

TULUA

Abdominoplasty

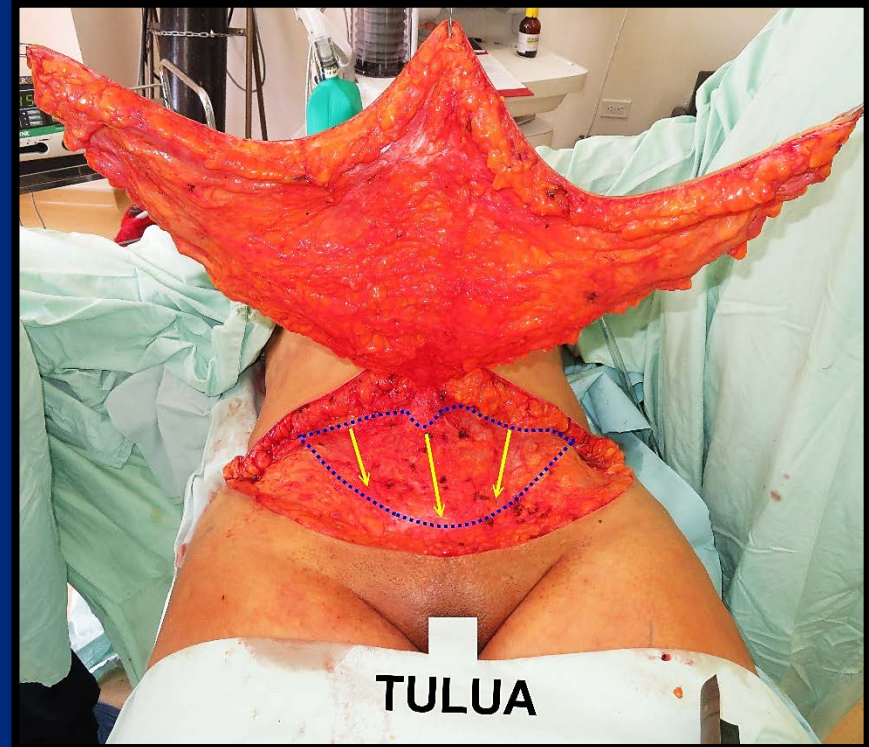
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Institutions:

Clínica San Francisco, Tuluá.
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Colombia.

Nothing to disclose



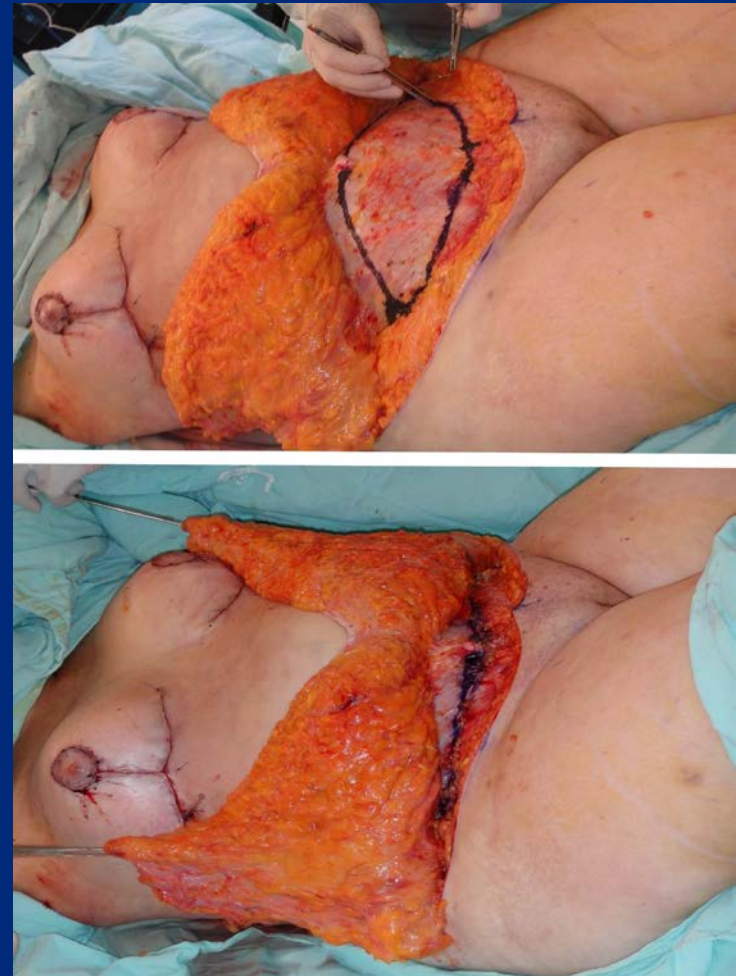
Objective of the study

Describe a modified
lipoabdominoplasty
technique:

Modifications

Results

Complications



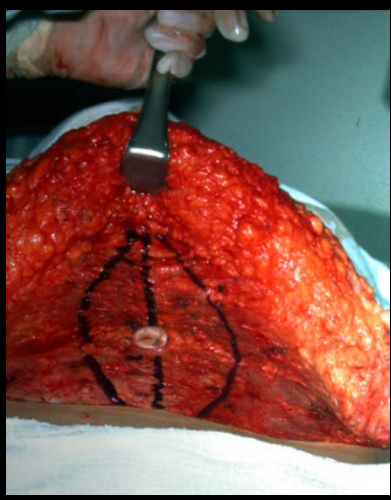
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Abdominoplasty

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Materials and methods: 100 patients 2005-2017

CONVENTIONAL ABDOMINOPLASTY			TULUA MODIFICATIONS	
	Vertical plicature	T	Transverse (plicature)	
	Tunnel or wide dissection	U	Undermining halted at umbilicus (No detachment)	
	Without liposuction or limited (danger zones)	L	Liposuction (without restrictions)	
	Umbilicoplasty by stump exteriorization	U	Umbilicoplasty with a skin graft	
	Abdominoplasty Random scar location	A	Abdominoplasty low scar localization	



Villegas F : A Novel Approach to abdominoplasty: TULUA modifications (transverse plication, no undermining, full liposuction, neoumbilicoplasty, and low transverse abdominal scar).
Aesthetic Plast Surg 2014; 38(3):511-20

Transverse plicature

T	Transverse (plication)
U	Undermining halted at umbilicus (No detachment)
L	Liposuction (without restrictions)
U	Umbilicoplasty with a skin graft
A	Abdominoplasty low scar localization



- 30 by 12 cm umbilicus to pubis
- Polipropilene 0
- 2 layers
- Flexed surgical table

- Wider than vertical
- Diminish dead space
- Less tension wound closure



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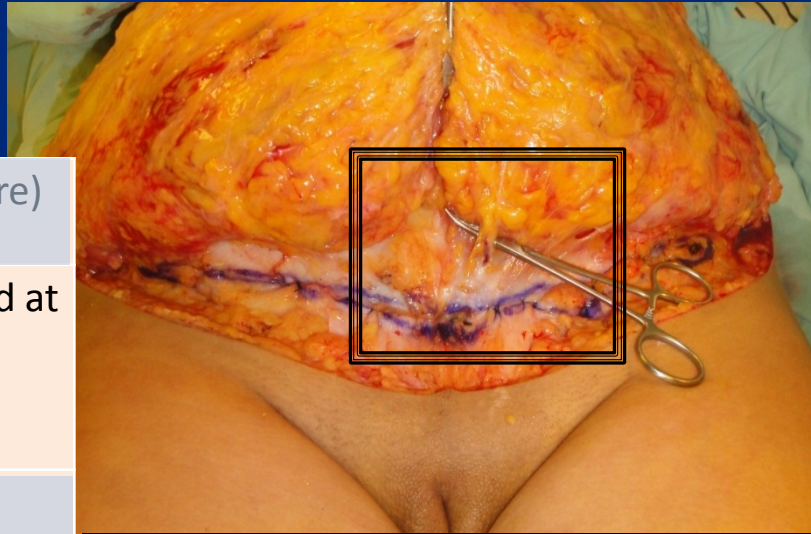
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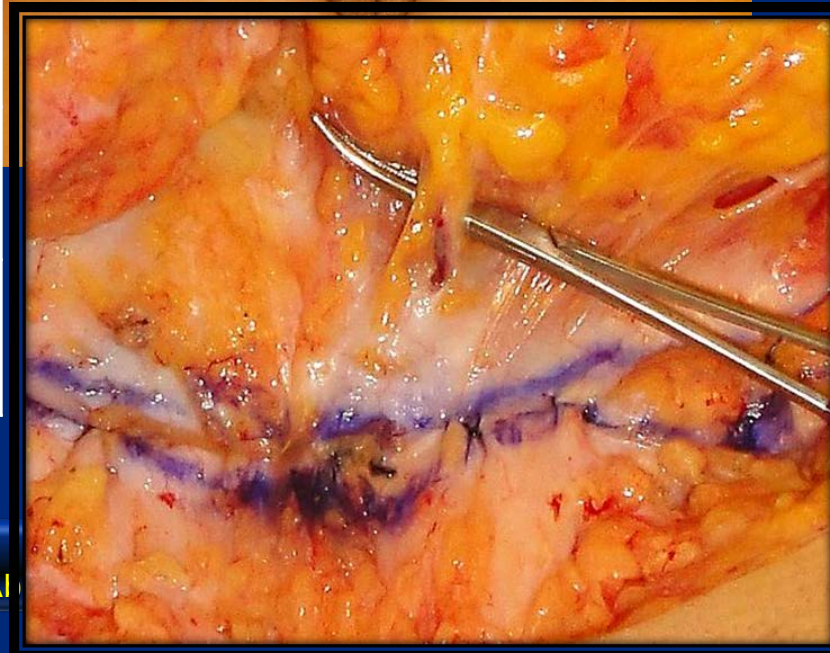


No undermining

T	Transverse (plicature)
U	Undermining halted at umbilicus (No detachment)
L	Liposuction (without restrictions)
U	Umbilicoplasty with a skin graft
A	Abdominoplasty low scar localization



- No flap detachment
- Dissection stops at umbilicus level



- Mesh dissection (cannula)
- **Preserves perforators**

Flap liposuction (without restrictions)

T	Transverse (plicature)
U	Undermining halted at umbilicus (No detachment)
L	Liposuction (without restrictions)
U	Umbilicoplasty with a skin graft
A	Abdominoplasty low scar localization



- Tumescant
- Superficial and deep planes
- Suction of the flap
- No restrictions

- Flap thinning
- Flap molding
- Flap sliding down
- Improves contour



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Neo-umbilicoplasty

T	Transverse (plicature)
U	Undermining halted at umbilicus (No detachment)
L	Liposuction (without restrictions)
U	Umbilicoplasty with a skin graft
A	Abdominoplasty low scar localization



- Stalk amputation
- Ring closure
- Neo-umbilicus
- Inverted U
- Skin graft

- Good position
- Proportionality
- Aesthetic result

Low scar placement

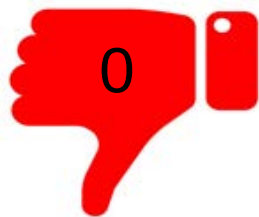
T	Transverse (plicature)
U	Undermining halted at umbilicus (No detachment)
L	Liposuction (without restrictions)
U	Umbilicoplasty with a skin graft
A	Abdominoplasty low scar localization



- 5-6 cm from vulvar commissure

- Proportionality
- Aesthetic result
- Less tension
- Better scar

Clinical outcome scoring of 100 TULUA abdominoplasty patients

Score indices	0 Excellent	1 Good	2 Fair	3 Revision required
Epigastric bulging (wall)	93	7	0	0
Epigastric redundancy (skin)	90	10	0	0
Hypogastrium/ Veneris (H/V) Ratio	48	-	50	2
Umbilical shape	98	1	0	1
Transverse scar position	52	40	4	4
Aesthetic appearance global	61	37	2	0
Excellent (0 points), 48 cases; Good (1-5 points), 50 cases; Fair (6-9 points), 2 cases; Poor (10 or more points), 0 cases.				



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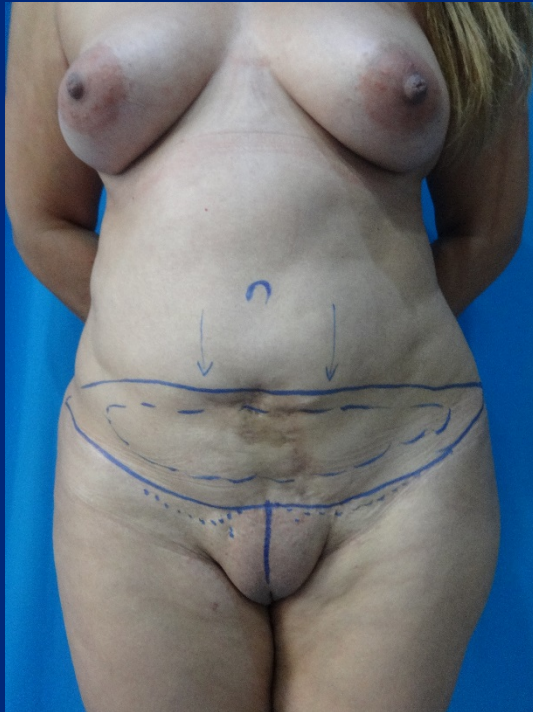
Results : Primary case



TULUA in as a combined procedure



Results : secondary case



TULUA in a patient with previous abdominoplasty, skin and umbilical necrosis.
Note extent of the new resection, no supraumbilical detachment and low scar placement.



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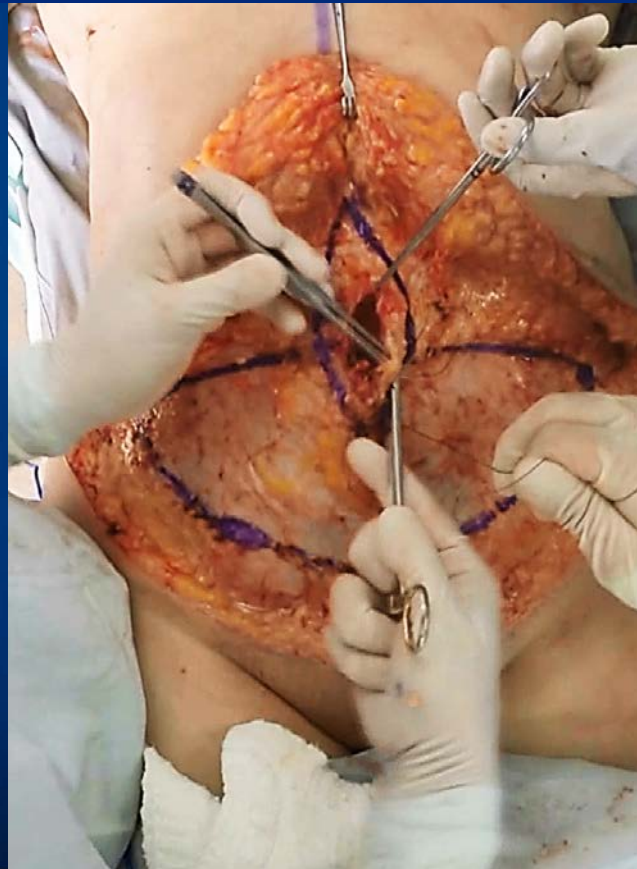
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Results : Hernia repair



Aesthetic Plastic
Surgery of
the Abdomen

Alberto Di Giuseppe
Melvin A. Shiffman
Editors

Springer

Villegas F. A paradigm shift for abdominoplasty: transverse hypogastric plication without supraumbilical dissection, unrestricted liposuction, neoumbilicoplasty, and low placement of the scar (TULUA). In: Di Giuseppe A, Shiffman AM, editors. Aesthetic Plastic Surgery of the Abdomen. Springer. 2016: p 171-193

Results : Male abdominoplasty

COMPLICATIONS

- No flap necrosis
- No fatal cases
- No deep vein thrombosis
- No Pulmonary embolism
- 14 umbilical skin graft loss
(evolution to good umbilicus)
- 8 seromas (syringe drained)



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Conclusions: TULUA

FULL liposuction with vascular safety

- Can be indicated in ALMOST every abdominoplasty.
- Widens indications to more difficult cases.
- Advantages
 - flap vascularity
 - scar positioning
 - umbilicus placement.
 - less seromas
 - aesthetic results



TULUA in a patient with umbilical hernia

A name to the procedure

- ✓ **T**ransverse plication (Hypogastrium)
- ✓ **U**mbilicoplasty (Skin graft)
- ✓ **L**iposuction, Full (Epigastrium, flanks...)
- ✓ **U**ndermining (No up to the umbilicus)
- ✓ **A**bdominoplasty

- Tuluá - Colombia



-Villegas F.: Abdominoplasty without flap dissection, full liposuction, transverse infraumbilical plication and neoumbilicoplasty with skin graft. (T.U.L.U.A). Canadian J. Plast Surg. 2011, 19 (A): 95