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Umbilicoplasty Procedure

Umbilicoplasty is a safe procedure that is relatively quick to perform. Belly button surgery typically requires about an hour or more to complete and requires that the patient be put under local anesthesia. Other forms of sedation may also be available, depending upon the patient's specific medical requirements and preferences for surgery.

Your surgeon makes a small incision around the belly button and either removes extra skin from the low-center portion of the abdomen or positions a small amount of skin over the top of the belly button.

The plastic surgeon may trim the skin around the belly button in order to reposition the navel either higher or lower than the original placement. Once the procedure is complete, the incisions are sutured closed.

Umbilicoplasty Recovery

Due to the relatively non-invasive nature of belly button surgery, patients will likely be able to return home immediately after the procedure is completed. The majority of patients are able to successfully return to work and everyday activities within three days following umbilicoplasty, but we advise that patients avoid any strenuous activity.

The navel might appear swollen immediately after surgery, but any apparent bruising or swelling will likely dissipate in the weeks following the surgery. Once the healing process is complete — ranging from a few weeks to a month — the patient enjoys permanent results and a seamless belly button appearance.

What are the risks of umbilicoplasty?

Umbilicoplasty is considered to be extremely safe. As with all forms of surgery, the umbilicoplasty procedure carries a number of risks, such as those associated with anesthesia complications and post-surgical infections. Our surgeons ask that patients strictly follow the provided instructions for care before and after surgery to help avoid side

effects and the possibility of scarring from the surgery. Possible complications and risks include the following.

- Excessive bleeding
- Surgical site infection
- Poor scar formation
- Belly button asymmetry

Among the most significant risks of umbilicoplasty is an infection. Additionally, there is a chance that the patient will experience a reaction to the anesthesia. In some cases, fluid or blood collects beneath the skin during the procedure.

In some instances, the procedure makes the belly button appear lopsided, which requires corrective surgery. As with any plastic surgery procedure, realistic expectations are paramount to successful results.

Contact our plastic surgery center if you have any questions (310) 273-1001 or email assistant@drbrent.com