

**ABDOMINOPLASTY SURGERY: REDUCTION OF CLINICAL RISKS****Rafik A**

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**Introduction:** the abdominoplasty was considered a very heavy intervention for patients. we have started to perform high superior tension abdominoplasty (HST abdominoplasty) according to Le Louarn and Pascal in order to significantly reduce the complications while maintaining the aesthetic result.

**Materiels and methods:** We present a clinical history of 85 HAT abdominoplasties from 2007 until today, taking into consideration the criteria for selection of patients, the key stages of the intervention and the benefits that this technique allows to get in terms of improvement of results and significant reduction of risks.

**Results:** In the first year of learning the technique, we found only three minor complications: Two seroma and two marginal necroses in the area of the scar. This technique allows obtaining a slight and very well positioned scar without tension at the level of the suture, repositioning umbilicus very precisely, reshaping the epigastric area, avoiding post-surgical swell at this level and respecting the lymph trunk to avoid the risk of seroma formation.

**Conclusions:** HST Abdominoplasty is a highly efficient and safe technique for body contouring. Both patients and surgeons have clearly shown their satisfaction with regard to the aesthetic results as well as the prevention of complications.