

Belly Button Surgery

Surgery to repair, restore and improve the appearance of your belly button

What is Belly Button Surgery?

Belly Button Surgery or Umbilicoplasty is an operation to reshape and improve the appearance of the navel.

Whether they're innies or outies, belly buttons vary enormously in shape and size. Pregnancy, weight loss, and age can all affect the umbilicus. Belly Button Surgery can change the shape of the navel, treat any sagging or stretching, and repair any underlying hernias.

If your belly button is affecting your body image and self-esteem, Belly Button Surgery at Bella Vou can help. The operation can improve the appearance and treat hernias so that you can show off your midriff with confidence.

Why have Belly Button Surgery?

Whether it's in crop tops or bikinis, the belly button is increasingly on show. However, many people feel self-conscious about their navel. If you were born with a belly button shape you don't like, or if pregnancy or weight changes have left your navel uneven, saggy or misshapen, Belly Button Surgery can improve the form and help boost your confidence.

An umbilical hernia can cause a prominent outie. The experienced plastic surgeons at Bella Vou can improve the cosmetic appearance of your belly button and treat the structural abnormality, to prevent any potential problems with the hernia and help you look better.

What happens in Belly Button Surgery?

At Bella Vou, your Belly Button Surgery is usually carried out under local anaesthetic as a day case procedure, meaning you won't need to stay in the clinic overnight.

The specialist plastic surgeon makes a small cut around the rim of the belly button. Any excess skin is removed, the belly button and any hernias are repaired. The surgeon will then pull the skin taut and suture it closed.

The belly button will be reshaped and rejuvenated, with the scar discreetly hidden in the folds of the navel rim.

How long is the recovery for Belly Button Surgery?

At Bella Vou, most procedures are carried out under local anaesthetic, to reduce downtime and allow you to return to normal activities quickly.

Most people can get back to work in 2-3 days following Belly Button Surgery. It's important to avoid moving the midriff as much as possible, to let the scar heal and to reduce the risk of stretching the scar. You should avoid exercise for two weeks, then gradually increase activity.

Quick glance guide to Belly Button Surgery

Procedure Time: 30-40 mins

Recovery: 2-3 days

Anaesthetic: Local anaesthetic

Hospital stay: No

Treats: Irregular, misshapen or absent belly button

Why choose Bella Vou for your Belly Button Surgery?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Belly Button Surgery journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your belly button, the results you want to achieve, and whether surgery can help you reach those goals. The surgeon will show you before and after photos to help with your decision.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered an appointment to meet your surgeon again before proceeding to surgery. This will give you a chance to find out more about the procedure, your recovery, and to ask any questions you may have. The consultant will talk you through the operation and take time to address all your concerns.

Prepar

ation for Belly Button Surgery

Careful pre-operative preparation can reduce the risk of infection and improve your recovery.

You should shower daily and stop any aspirin or anti-inflammatory medication, which can increase the risk of bleeding. It is important to stop smoking cigarettes and e-cigarettes, which can slow down healing.

On the day of your Belly Button Surgery, you'll be personally welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you will be awake throughout the surgery, you will be greeted by your surgeon and can chat or choose the music to listen to during the procedure.

What happens during Belly Button Surgery

The specialist plastic surgeon carefully cleanses the skin, then makes a small incision in the skin around the rim of the belly button.

The surgeon will use different techniques, depending on your umbilicus and the results you want, Any excess skin can be removed, the belly button and any hernias are repaired, and the navel can be reshaped or repositioned.

The surgeon will then pull the skin tight and suture the incision closed using absorbable stitches, which do not require removal.

Recovery from Belly Button Surgery

You will be able to go home on the day of the procedure. There are no drains or drips; the wound will be covered by a simple dressing.

One of the Bella Vou team will give you a call the day after surgery to make sure you're well and to answer any questions. Most people can get back at work in 2-3 days following Belly Button Surgery. However, it's essential to take it easy and avoid too much midriff movement. This area is vulnerable to stretching, which can slow down healing and make the scar wider and more visible.

The staff at Bella Vou will carefully monitor your recovery. You should leave the dressing on for one week, at which stage our nurse and wound care specialist will check the scar. You should avoid exercise for two weeks, then gradually increase activity. At around six weeks, your surgeon will check your progress, but if you're worried, the staff are always on hand to answer questions on the phone or in person.

FAQs

Can the problem come back?

It is very unusual for the problem to reoccur, but during subsequent pregnancies, the internal pressure can make a belly button to revert to an 'outie' again.

How long does it take the wound to heal?

The scar is healed, usually by 10 to 14 days. After which you can have a bath or go for a swim.

Can you make an outie an innie?

The short answer is yes! Belly Button Surgery can change the shape of the navel. It can make an outie an innie, make an elongated belly button round, repair hernias and lift misshapen or sagging navels.

Can surgery treat piercing problems?

If belly button piercing has scarred, torn, or damaged, your Belly Button Surgery at Bella Vou can help restore its appearance, Make an appointment for advice and assessment, there are no obligations, and it is free of charge.