

e-book

YOUR ABDOMEN WITHOUT
SCARS

LEARN ABOUT THE ENDOSCOPIC MINIADOMEN TECHNIQUE

By *Mucio Porto*





Introduction to Abdominal Plastic Surgery

I'm Múcio Porto, a plastic surgeon with roots in Patos de Minas, but my journey took me from Brasília to Dubai. I graduated in medicine from the Federal University of Goiás, and I was honored to specialize in plastic surgery with Professor Ivo Pitanguy.

Throughout my career, I've had the privilege of working in centers of excellence around the world and founded my own clinic in Brasília. Today, I split my time between Brazil and the United Arab Emirates, where I continue my mission to transform lives through plastic surgery and teaching. In addition, I am the founder of Portoicademy, Porto Medical School, and the Dr. MP Skincare cosmetics line, always seeking excellence in every detail.

Today's topic is controversial: after all, is there surgery without cutting? Today we'll talk about abdominal plastic surgery without cuts."

I want to debunk this idea that's out there. Let's start by clearing this doubt once and for all: "Surgery without cutting? Does it exist?" Let's clarify all of this, because what's being said out there often confuses. "

The first thing we need to understand is that if you're going to have surgery, you have to have an incision." Now, let's explain how this works in practice.





The Evolution of Plastic Surgery: From Liposuction to Endoscopy

In abdominal plastic surgery, especially in the technique that I will explain to you today, we use endoscopy. "What is endoscopy?", you may ask. Well, you are familiar with those surgeries performed to remove the gallbladder or appendix? General surgeons have been doing this with mastery for many years. This type of surgery is what we call endoscopic, where we use a camera to visualize what we are doing without having to open the abdomen completely.

The patient is lying down, under general anesthesia, and we use small incisions to insert the camera and the necessary instruments. "Thus, we avoid those huge scars that were common in older surgeries." The technique that I will present to you is an evolution of these traditional surgeries, adapted for abdominal plastic surgery.

The secret lies in the correct diagnosis. "If a patient comes to my office with abdominal muscle separation, as you can see in the image, endoscopy can be an excellent option." Often, this separation occurs after pregnancy or with weight gain, when the abdominal muscles separate. "The challenge is to close this muscle effectively, and that's where endoscopy comes in."





Mini-abdomen: The Revolution of the 90s.

The evolution of plastic surgery over the years has brought new solutions to old problems. "In the 90s, when I started in plastics, we had to make large incisions to correct abdominal problems, such as muscle separation." At that time, the mini-abdomen was invented, a surgery that left a cut slightly larger than a cesarean section. But even then, it wasn't perfect. The technique required us to enter a tunnel to suture the muscles from top to bottom, which often resulted in difficult and less effective work.

"The surgery I'm talking about today is for a specific group of people," those who have abdominal distension but not much excess skin. "It is for these people that the endoscopic technique has become a true revolution." Today, we use cameras to guide us, avoiding large cuts and the problems that arose with old techniques.

"So what has changed?" Now we can make small incisions, insert the camera, and work with a direct view on the monitor. This allows us to suture the musculature more precisely and effectively, reducing trauma and accelerating patient recovery. "Endoscopy has brought a new era to abdominal plastics."



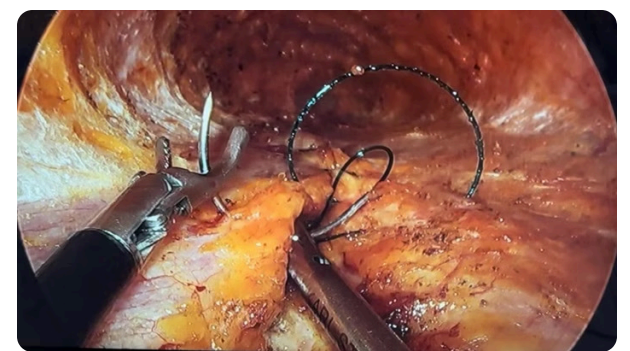
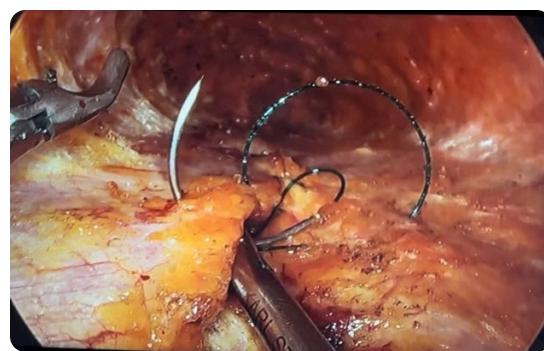


How the Endoscopic Technique Works.

Now, let's go into detail about how this technique works. "The first step is a careful assessment of the patient." If they have diastasis, which is the separation of the rectus abdominis muscles, and little skin to remove, the endoscopic technique is an excellent option. "Instead of making a large incision, we make small cuts to insert the camera and the necessary instruments."

We use carbon dioxide gas to inflate the abdominal cavity, creating a safe space to work. "This gas separates the tissues and allows for a clear view of the area to be treated." With the camera, we go to the affected area and begin to suture the muscles from top to bottom, uniting them again.

"The great advantage of this technique is that we can see exactly what we are doing, without the need to open the abdomen completely." This results in faster and less painful recovery, as well as much smaller scars. "This is the future of abdominal plastic surgery: fewer cuts, less trauma, more results." And of course, as in any surgery, a good diagnosis and a personalized treatment plan are essential.





Practical Cases: Diastasis and Pregnancy.

To illustrate better, let's use a practical example. Imagine a patient who has just gone through pregnancy. "During pregnancy, the uterus grows and pushes the abdominal muscles to the sides, creating a separation." After childbirth, these muscles don't always return to their original position, resulting in a protruding belly, even if the patient is in shape. "This is a typical case where the endoscopic technique can be applied with great success."

What we do is simple: "we sew the muscles back into place". But the apparent simplicity hides the precision and skill needed to perform this surgery. Using the camera, we get a clear view of the affected area, allowing the stitching to be done accurately and effectively. "This ensures that the muscles are joined correctly, restoring the firmness and contour of the abdomen."

And best of all, "with the endoscopic technique, the patient can return to their normal activities much faster than with traditional techniques." The scars are minimal, and the results are visible in a few weeks. "It's a solution that combines advanced technology with a deep understanding of human anatomy."





Combining Techniques: Liposuction and Endoscopy

Another important point is that the endoscopic technique is not just for diastasis cases. "It can also be used in patients who need a small liposuction to better define the waist or remove localized fat." In these situations, we combine muscle stitching with liposuction, offering an even more complete result.

"One of the biggest advantages of this technique is the possibility of treating multiple areas at the same time." This means that we can, for example, correct diastasis, remove localized fat and improve skin firmness in a single surgery. "All this with small incisions and a quick recovery."

It is important to note that "this technique is not indicated for all cases." If the patient has a significant excess of skin, the traditional technique may be more appropriate. "But for those who fit the right profile, endoscopy offers a solution that is hard to beat." The final decision should always be based on a careful diagnosis and a detailed discussion between the surgeon and the patient. "The goal is always to achieve the best possible result."



The Importance of Accurate Diagnosis.

"Endoscopic technique is a true revolution in abdominal plastic surgery." It combines the best of modern technologies with a deep understanding of anatomy and patient needs. "But what really makes the difference is accurate diagnosis." Correctly identifying the problem and choosing the most appropriate technique is what guarantees the success of the surgery.

Another aspect that cannot be ignored is the surgeon's experience. "It's not enough to have the technology; you need to know how to use it correctly." The endoscopic technique requires skill and practice, as it involves working in small spaces with limited vision. "But when done correctly, the results speak for themselves."

"This technique is especially effective for patients who want to improve the appearance of their abdomen without undergoing invasive surgery." Recovery is quick, scars are minimal and results are long-lasting. "But as always, the most important thing is the initial consultation." It is at this stage that we decide together what is the best approach to achieve your aesthetic goals. "Each patient is unique, and each surgery should be personalized."





Complementary Technologies: BodyTite and Morpheus 8

The endoscopic technique also allows for combination with other technologies, such as the use of radiofrequency to improve skin firmness. "This is especially useful in cases where there is minor laxity, but not enough to justify a large skin removal." In these situations, the combination of techniques allows to achieve excellent results with minimal invasiveness.

"One of my favorite combinations is the use of BodyTite with Morpheus 8." These technologies work together to heat the skin and stimulate collagen production, improving firmness and elasticity. "This is ideal for patients who have a small amount of loose skin after muscle stitching." The result is a firm abdomen, with defined contours and younger, healthier skin.

"The versatility of the endoscopic technique is one of its greatest advantages." It can be adapted to meet the specific needs of each patient, whether to correct diastasis, remove localized fat or improve skin quality. "With the combined use of technologies, we can offer a complete and effective treatment, ensuring patient satisfaction."





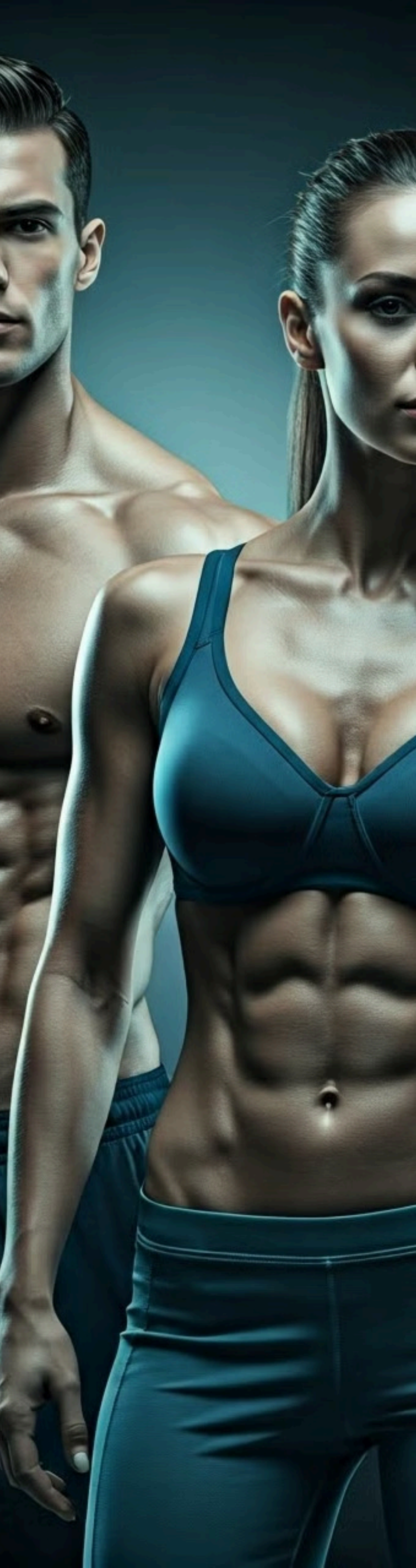
Postoperative Care: Ensuring Success.

The success of any plastic surgery depends on proper recovery. "With the endoscopic technique, recovery is generally faster and less painful than with traditional techniques. "However, it is essential to follow all the surgeon's instructions to ensure the best possible result." This includes wearing compression garments, avoiding strenuous physical activity, and maintaining a healthy diet.

"Furthermore, follow-up appointments are essential to monitor the progress of recovery." During these appointments, we can identify any problems and make adjustments if necessary. "The key to a good recovery is patience and attention to detail." Each patient responds differently, and it's important to respect the body's time to heal.

"The endoscopic technique offers a more peaceful recovery, but this doesn't mean that attention to postoperative care is not necessary." Long-term success depends on a commitment to a healthy lifestyle and adherence to medical guidelines. "With proper care, the results of the surgery can last for many years, ensuring a natural and revitalized appearance.





The Future of Plastic Surgery: The Endoscopic Technique.

In short, "the endoscopic technique represents the future of abdominal plastic surgery." It combines the best of modern technologies with a minimally invasive approach, offering superior results with less trauma and a faster recovery. "But the real secret to success lies in treatment personalization." Each patient is unique, and each surgery must be tailored to their specific needs.

"With the endoscopic technique, we can offer comprehensive treatment, which includes muscle stitching, localized fat removal, and skin tightening." All of this with small incisions and minimal scarring. "The future of plastic surgery is promising, and the endoscopic technique is a prime example of how innovation can improve the lives of patients."

"If you are considering abdominal plastic surgery, talk to an experienced surgeon about the available options." The endoscopic technique may be the solution you are looking for to achieve your aesthetic goals safely and effectively. "By combining technology and knowledge, we can offer exceptional results that make a difference."

