Take the Dog Out: The 4 “L’s” for Preventing Dog Ears

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Disclosures

None related to this topic
The Problem: Too Many Dog Ears!
Patients Are Telling Us What To Do

More lipo on flanks needed? (Photo)
12 weeks post op of a tummy tuck and liposuction done to the flanks. I was told they got 900cc of out each side of my flanks. But I’m not satisfied with my results. Could this still be swelling or is more lipo needed? I love how flat my stomach is but when I sit down my sides roll over so bad! At 12 weeks when will it be ideal to get more lipo done?

Not enough fat removed

Not enough skin removed

Will bunched up skin smooth out? (Photo)
I tried calling the PS but have not gotten a response. Not sure traveling to Miami for sx was smart. Maybe being in home state would produce better response. I am 17 days post TT. I have a bunching of skin at the end of my incision. It looks and feels like maybe it’s stitched too tight. Will this go away when the swelling goes down? What can I do to help it heal? Should I be concerned? Will I need more sx?
Tips to Prevent Abdominoplasty Dog Ears

- **Line** markings
  - Align tissue correctly

- **Liposuction** of flanks & love handles
  - Lateral debulking

- **Longer** incision
  - More lateral skin excision after debulking

- **Longitudinal** traction (NOT Lateral)
  - Prevent tissue from bunching up
Standing: Mark Vertical **Lines** Every 5 cm
Liposuction From Front & Back
Longer Incision Past Anterior Axillary Line

Potential dog ear

Textbook incision stops here
Longitudinal Pull for Marking Skin Excision

- **Longitudinal pull**
- **Lateral pull**
- **Lines maintain proper tissue position**
- **Skin excess & dog ear forming**
High risk for dog ears
High risk for dog ears
Tell patients a longer scar is worth it if body contour is optimized

“I don’t care about the scar, you gave me my body back!”
Go long or go home
Go long or go home
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