

The Umbilicus: An Essential Aesthetic Element

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ABSTRACT

The umbilicus is an aesthetic landmark of the anterior abdominal wall and its absence a frequent base of concern, particularly in a beach setting. That is why we suggest a simple method for its construction, usable even with local anesthesia. A small flap, at the normal place for the navel is developed, and then partially split at its end (where a small skin triangle is removed), allowing for a curved reconstruction. Further local fat is removed to allow for the deepening of the new umbilical scar.

KEYWORDS

Umbilicus; Aesthetic anatomy; The importance of the umbilical scar

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