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How to Reduce Thighplasty Complications Using the Boomerang Technique

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Nothing to disclose



Introduction

- Thighplasty in patients with massive weight loss (MWL) is a challenge for plastic surgeons
- Usual surgical techniques have common complications
 - Bleeding
 - Infection
 - Bad scarring
 - Wound dehiscence
 - Seroma
 - Labial spreading



Objective

- To describe a technique called Boomerang thighplasty and verify its effectiveness to treat thigh skin excess in patients with massive weight loss.



Material and Methods

- 16 patients with MWL underwent Boomerang Thighplasty between March 2011 and August 2012
- All patients were followed monthly
- On the 6th month after surgery, patients answered a satisfaction questionnaire.



Preoperative Marking

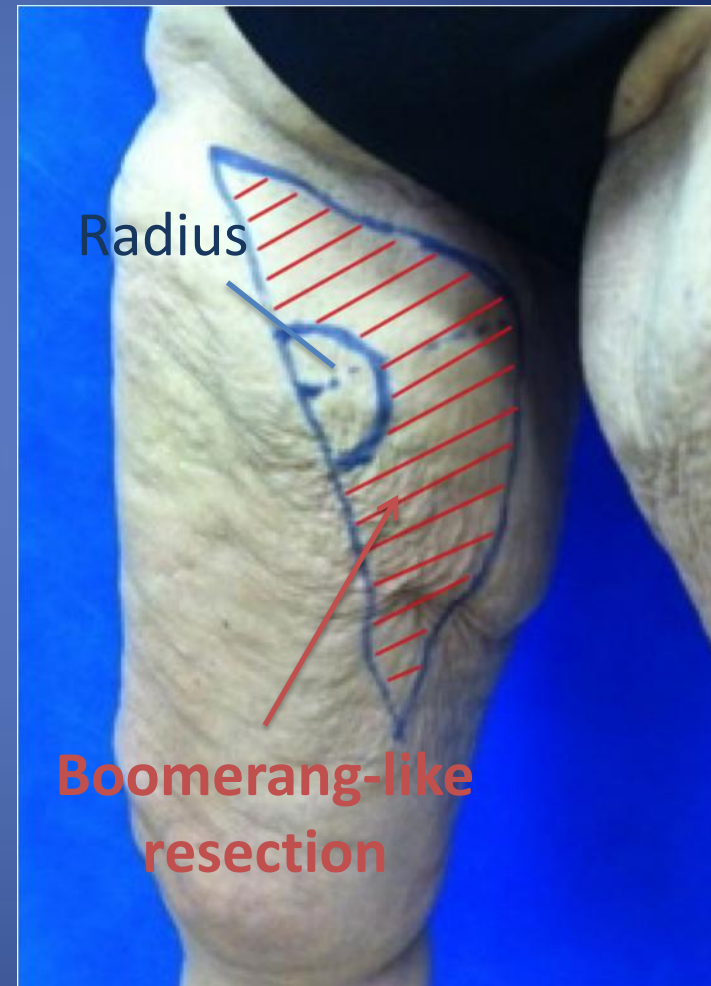
- A vertical, a diagonal and a transverse line 1 cm parallel to inguinal crease was drawn.
- To draw a semicircular flap, bisectrix was marked until it met the anterior oblique line.





Preoperative Marking

- A semicircle flap which radius was one third of bisectrix was marked. The triangular marking without the circular flap represents the boomerang-like skin excess resected.





Surgical Procedure

- Excess skin and subcutaneous were resected preserving deep fascia.
- The flap was not attached to the Colle's fascia.
- Suction drains were placed.



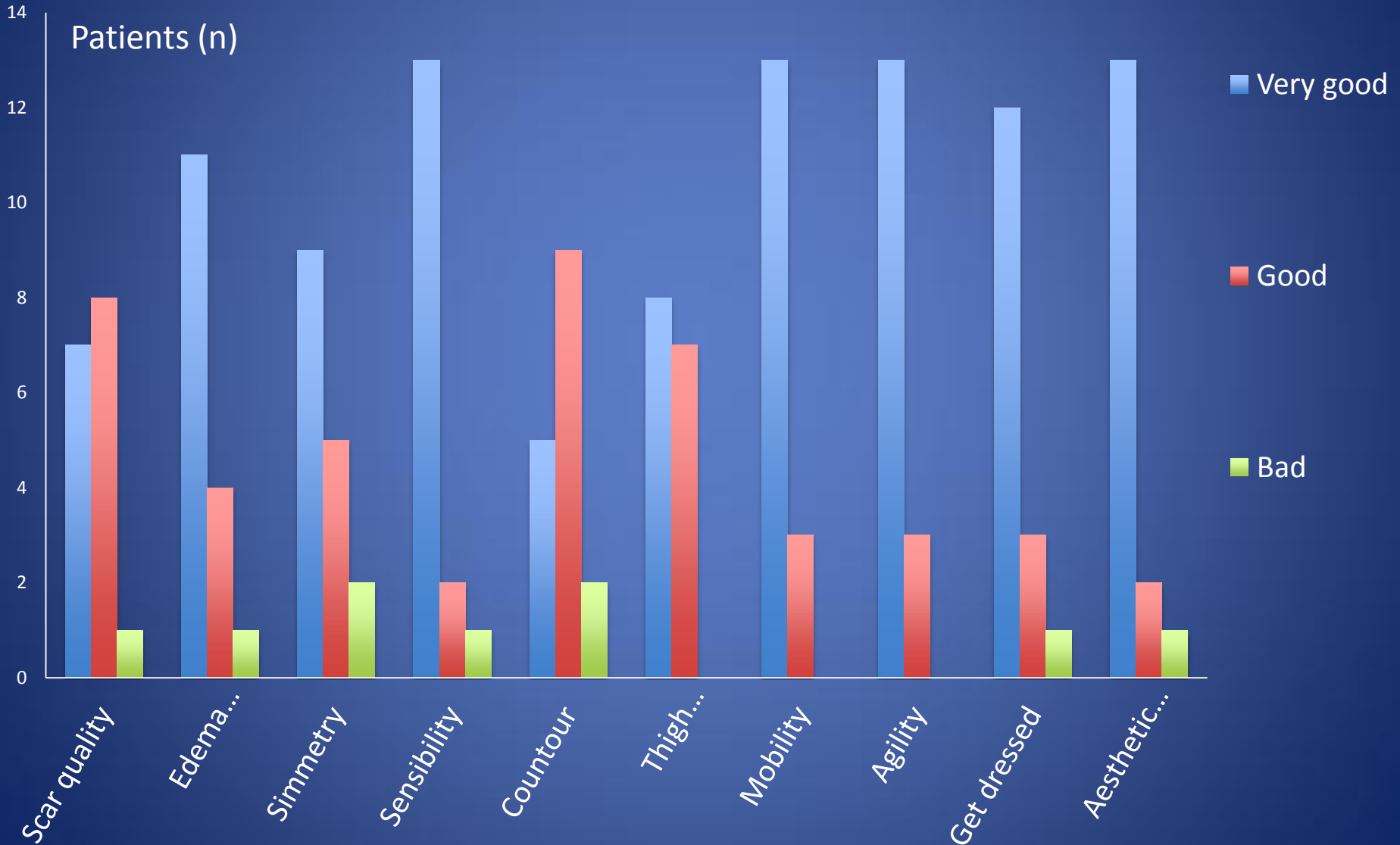


Results

- There was no dehiscence, hematoma or infection. One patient presented seroma with satisfactory outcome.
- Based on questionnaire, patient's satisfaction reached the average grade $25,8 \pm 3,8$ (86%) from a total of 30 points.
- Sensibility preservation, better mobility, ease in getting dressed and final cosmetic result presented the most positive data.



Results



Results



Before surgery



2 months after surgery



Considerations

- In order to reduce complications, this study describes a thighplasty technique with a boomerang-like resection.
- Final suture tension is reduced if a semicircular flap is preserved. We believe this implies lower complication rates and satisfactory aesthetic results.



Conclusion

- Boomerang Thighplasty appeared to be an easy and reproducible technique with low complication rates and high satisfaction for surgical treatment in patients with massive weight loss.



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