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 ± 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

Patients (n)

Scar quality | Edema... | Symmetry | Sensibility | Contour | Thigh... | Mobility | Agility | Get dressed | Aesthetic...

- Very good
- Good
- Bad
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.