

Outpatient Circumferential Abdominoplasty in the Non Post-bariatric Surgery Patient

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Abstract

Background: Circumferential abdominoplasty is a body contouring procedure that provides 360° improvement in body shape and contour. However, it has traditionally been associated with a number of drawbacks¹⁻⁵. Our aim is to quantify and compare these factors when performed in the outpatient setting. Furthermore, investigation of non-bariatric patient satisfaction with circumferential abdominoplasty is perhaps the more important factor in determining integration of the procedure for this particular patient population into a practice.

Methods: A retrospective review of 59 consecutive patients who underwent a circumferential abdominoplasty, performed by a single surgeon in an outpatient setting from 2006 to 2013, was investigated. Patient demographics, comorbidities and operative details were recorded. Major and minor complications, corresponding interventions and postoperative details were followed. Patients were invited to participate in a satisfaction survey at a follow up appointment.

Results: Of the 59 patients undergoing circumferential abdominoplasty, 89.8% were female with an average age of 44. The average BMI was 27. One patient was a smoker. Approximately half of the patients, 50.8%, experienced a complication; the majority were minor (Table 1). A small percentage, 13.6%, required a revision. Increased amounts of tissue and lipoaspirate removed correlated with increased complications, $p=0.000$ and $p=0.016$ respectively. Patients experiencing a complication were more likely to undergo a revision, $p=0.029$, as were patients with increased BMI, $p=0.030$, and those having additional procedures performed, $p=0.010$. The patient survey had a 33.9% response rate. 100% of patients stated that their expectations were met, with an average overall satisfaction rating of 9.4 on a 1 – 10 scale (Figure 1). 45% of patients stated that they experienced problems, but 90% of patients stated that they would undergo the procedure again.

COMPLICATIONS	% (N)
Total patients experiencing complications	50.8% (30)
Total complications	45*
Life threatening complications	0% (0)
Deep venous thrombosis	0% (0)
Pulmonary embolism	0% (0)
Major complications	35.6% (16)
Unacceptable scar requiring revision	17.8% (8)
Wound dehiscence/skin breakdown requiring operative closure	8.9% (4)
Abscess requiring incision & drainage	4.4% (2)
Seroma requiring aspiration	2.2% (1)
Hematoma requiring operative drainage	2.2% (1)
Minor Complications	64.4% (29)
Suture granuloma	22.2% (10)
Cellulitis requiring oral antibiotics	17.8% (8)
Wound dehiscence/skin breakdown requiring local wound care	15.6% (7)
Unacceptable scar not requiring revision	4.4% (2)
Swelling of mons pubis	4.4% (2)

*9 patients experienced multiple complications

Table 1. Detailed complication rates among patients

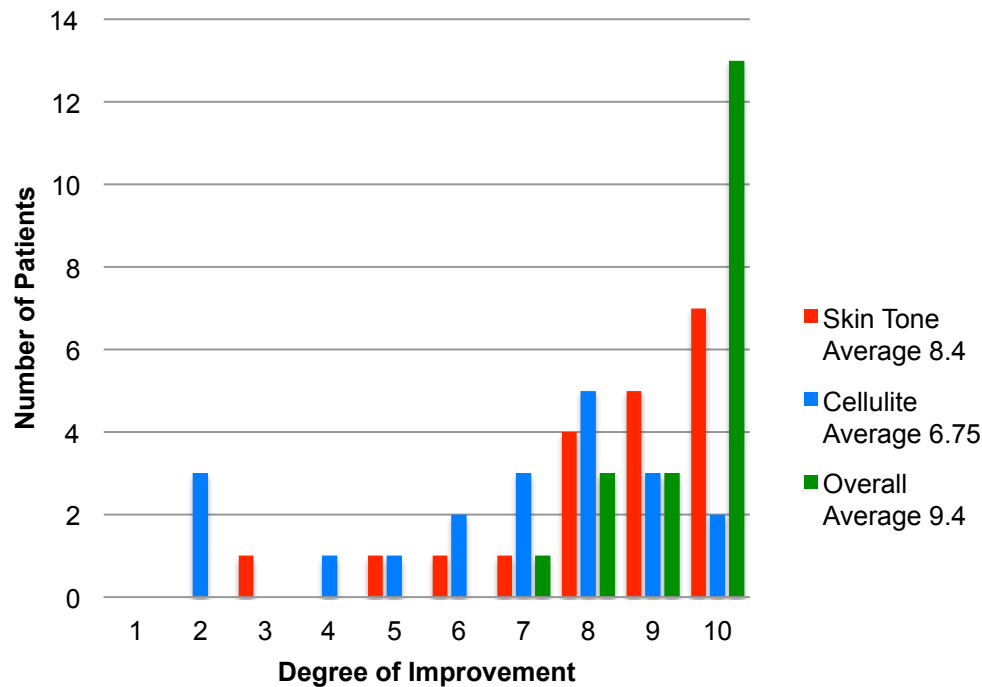


Figure 1. Patient ratings for degree of improvement post circumferential abdominoplasty

Conclusions: Circumferential abdominoplasty can be safely performed in the outpatient setting in the non post-bariatric patient. There is a high associated complication rate of 50.8%, however the majority of complications are minor, and all are non-life threatening. More importantly, patient survey data demonstrates that patients acknowledge complications at approximately the same rate as medical reports, 45% v. 50.8%. Still, the patients report high rates of satisfaction despite those complications. Patient satisfaction is arguably the most important determination of a successful cosmetic operation. Therefore, integration of outpatient circumferential abdominoplasty is a reasonable option for non post-bariatric patients seeking cosmetic body contouring.

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