

Lipoabdominoplasty in the high BMI patient: Is it safe?

Stanley A. Okoro, MD; Ruth N. Celestin, MD; Jennifer C. Adams, PA-C

Abstract

Background: Lipoabdominoplasty is considered a controversial procedure especially in the obese patient due to the perception that it is associated with an increased risk of complications such as venothromboembolism (VTE)¹⁻³. The authors review their experience with outpatient lipoabdominoplasty performed on overweight and obese patients to evaluate patient outcomes and complications.

Materials and Methods: A retrospective chart review of 28 patients who underwent lipoabdominoplasty between December 2012 and January 2014 was conducted. The procedures were performed on an outpatient basis by a single surgeon in either an office-based operating room or hospital. Patient outcomes and complications were analyzed to assess the safety of these procedures in high BMI patients.

Results: Of the 28 patients (1 male and 27 female), 12 were overweight (BMI 25.1-29.9) and 16 were obese (BMI ≥ 30) (Figure 1). In the overweight group, the average age was 42.2 years, the average BMI was 27.3. In the obese group, the average age was 44 years; the average BMI was 35 (Figure 2).

In the overweight group, there were 1 (8%) seroma, 1 (8%) hematoma, 1 (8%) skin necrosis, 2 (17%) minor skin abrasion, 1 (8%) cellulites, 1 (8%) wound dehiscence and 1 (8%) pulmonary embolism. In the obese group, there were 1 (6.25%) seroma, 2 (12.5%) skin necrosis, 2 (12.5%) minor skin abrasions, 2 (12.5%) wound dehiscence, and no VTE.

Conclusions: Lipoabdominoplasty can be safely performed in patients with high BMI. In the author's experience, these procedures are associated with comparable rate of complications in the appropriately selected patients.

Reference:

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Figure 1. Preoperative and postoperative view of 42-year-old woman



Figure 2. Preoperative and postoperative view of 29-year-old woman