Lipoabdominoplasty in the high BMI patient: Is it safe?

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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). 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