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Lipoabdominoplasty: A safe and effective technique

Lipoabdominoplasty is a technique which combines liposuction with abdominoplasty in a single operation. It is a safe and effective technique which delivers excellent aesthetic results. Lipoabdominoplasty has minimal morbidity and offers excellent patient satisfaction. A retrospective study was conducted from January 2015 to March 2018 (39 months) on all lipoabdominoplasty cases. A total of 26 cases were identified. There were 21 (80.7%) female and 5 (19.2%) male patients. Mean age was 40.38 years with a range from 19-64 years. Mean Body Mass Index (BMI) was 28.7 (range from 21.5-38.9). Mean volume of fat aspirated was 1451.9 cc (range 100-3950 cc). A total of 5 (19.2%) cases had seroma post operatively which was treated conservatively by aspiration. Three cases of seroma had BMI of more than 35. There was no seroma in any case with BMI of <25. Progressive tension suturing was performed in 15 cases. The incidence of seroma with the progressive tension suturing technique was 6.6% (1 case), compared to 36.3% in the non-progressive tension suturing group (4 cases). No case of wound dehiscence or wound infection was noted. Lipoabdominoplasty can be effectively used to contour the abdomen and produce an aesthetically pleasing result. The incidence of seroma is higher in cases with BMI of over 35. Progressive tension suturing and selective medial undermining of the abdominal skin flap may reduce the incidence of seroma in future cases.

Biography

Ananda A Dorai is a board certified Plastic Surgeon with more than 15 years of experience. He has completed a one year Fellowship in Burns, Reconstructive, Laser and Aesthetic Surgery from Taiwan. He has published more than 15 articles in various scientific journals. He has vast experience in burns, reconstructive, laser and aesthetic surgery. He is a Member of the Malaysian Society of Plastic and Reconstructive Surgery (MSPRS).

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