

Complication Avoidance and Management in Abdominoplasty: Patient Safety in Body Contouring Surgery

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Body contouring operations, and especially liposuction, abdominoplasty, or liposuction-related procedures, are among the most commonly performed aesthetic procedures in the United States. Concerns over the safety of combining extensive liposuction with abdominoplasty in a one-stage lipoabdominoplasty procedure persist. The first article, by Samra et al.,¹ reports a comparison of the perfusion-related complication rates between lipoabdominoplasty and traditional abdominoplasty among high-risk patients. The authors focus on treating high-risk patients (particularly those with significant abdominal scars and/or a history of smoking). They found that lipoabdominoplasty involved less undermining, decreased suture line tension, and maintained abdominal flap vascularity as compared with traditional abdominoplasty.

Patient safety and complication avoidance continue to be a theme in the second article, by Costa-

Ferreira et al.² These authors evaluate the effect on full abdominoplasty of preserving the Scarpa fascia in the infraumbilical region in the immediate postoperative period. Through a prospective study that included a total of 208 patients, the authors provide evidence for some of the potential advantages of preserving the Scarpa fascia during a full abdominoplasty. Advantages include reduction in total volume of fluid drained, reduction in the period the patient has to have suction drains, and reduced hospital stay. Patient recovery is thus improved.

REFERENCES

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2. Costa-Ferreira A, Rebelo M, Váscquez LO, Amarante J. Scarpa fascia preservation during abdominoplasty: A prospective study. *Plast Reconstr Surg.* 2010;125:1232–1239.



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From the Manhattan Eye Ear and Throat Hospital.
Received for publication August 8, 2012; accepted August 8, 2012.
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DOI: 10.1097/PRS.0b013e31826e3571

Disclosure: The author has no financial interest in any of the products, devices, or drugs mentioned in this Introduction or in the articles being discussed.