

Post Bariatric Surgery Abdominoplasty

An Essay

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Contents

List of Abbreviations	i
List of Figures	ii
Introduction	1
Aim of the work	3
Chapter (1): Anatomy of the abdominal wall	4
Chapter (2): Indications and patient selection	30
Chapter (3): Traditional techniques of abdominoplasty procedures	44
Chapter (4): Recent trends in abdominoplasty	98
Summary	136
References.....	140
Arabic summary.....	--

List of Abbreviations

ASIS	: Anterior Superior Iliac Spine.
BMI	: Body Mass Index.
HLT	: High Lateral Tension Abdominoplasty.
MWL	: Massive Weight Loss.
NSAID	: Non Steroidal Anti-inflammatory Drugs.
WRAP	: Wide rectus abdominis muscle plication.

List of figures

Figure no.	Description	Page no.
Fig. 1	Embryo at the time of abdominal wall formation (12 weeks).	6
Fig. 2	Arcuate line and linea semilunaris.	16
Fig. 3	Anatomy of muscles of the abdominal wall with arterial supply.	24
Fig. 4	Hanging panniculus.	32
Fig. 5	Abdomen Pittsburgh Scale.	38
Fig. 6	Incisional hernia following open bariatric surgery.	39
Fig. 7	Tumescent infiltration technique.	50
Fig. 8	Clinical signs of appropriate infiltration.	51
Fig. 9	Types of liposuction cannulas.	53
Fig. 10	Marking of full abdominoplasty.	62
Fig. 11	Marking the lower transverse incision of abdominoplasty & liposuction areas.	63
Fig. 12	Full abdominoplasty: incision & dissection.	67

List of figures (Cont.)

Figure no.	Description	Page no.
Fig. 13	Full abdominoplasty: elevation of the abdominal flap.	68
Fig. 14	Full abdominoplasty: umbilicus is vertically incised.	68
Fig. 15	Full abdominoplasty: The lower abdominal flap is incised longitudinally.	69
Fig. 16	Full abdominoplasty: Upper dissection continues to the costal margins, Inferior dissection to the level of the symphysis pubis.	70
Fig. 17	Markings of the medial border of the rectus diastasis.	72
Fig. 18	Rectus abdominis plication.	72
Fig. 19	Discontinuous undermining by the Lockwood dissector.	73
Fig. 20	Medial advancement of external oblique aponeurosis.	74
Fig. 21	Modified jack knife position.	75
Fig. 22	Tissue demarcation before resection.	76
Fig. 23	Umbilicoplasty.	78

List of figures (Cont.)

Figure no.	Description	Page no.
Fig. 24	Full abdominoplasty (pre & postoperative views).	82
Fig. 25	Umbilical stalk is sutured to the underlying fascia.	85
Fig. 26	Marking the abdominal wall with an inverted U (new position of the umbilicus).	86
Fig. 27	Resecting an inverted V-shaped wedge from the umbilical skin.	87
Fig. 28	Suturing the umbilicus to the abdominal wall.	88
Fig. 29	Four flap technique (umbilicoplasty).	89
Fig. 30	The site of the neoumbilicus is identified and marked.	90
Fig. 31	Four flap technique (the preoperatively marked flaps are incised and elevated).	91
Fig. 32	Four flap technique (the flaps are defatted down to the rectus sheath).	91
Fig. 33	Four flap technique (the flaps are secured with permanent sutures down to the underlying rectus sheath).	92

List of figures (Cont.)

Figure no.	Description	Page no.
Fig. 34	Elevation of a massive pannus with a shoulder suspension device.	96
Fig. 35	Resected pannus.	97
Fig. 36	After panniculectomy: wound is closed with 2 nylon mattress stitches and packed with Kerlix.	97
Fig. 37	Design of standard abdominoplasty (Above, left). Modified vertical abdominoplasty (Above, right). Circumferential abdominoplasty (Below).	101
Fig. 38	Fleur-de-lis abdominoplasty markings.	102
Fig. 39	Modified vertical abdominoplasty (Pre- and 3 months' postoperative).	102
Fig. 40	Anatomical regions for liposuction in combined abdominoplasty- liposuction.	106
Fig. 41	Lipoabdominoplasty (the Baroudi bicycle handlebar incision and the liposuction areas).	109
Fig. 42	Lipoabdominoplasty (skin markings).	109

List of figures (Cont.)

Figure no.	Description	Page no.
Fig. 43	Lipoabdominoplasty: Median infraumbilical resection of a vertical fuse.	113
Fig. 44	Baroudi quilting sutures.	115
Fig. 45	Lipoabdominoplasty (the final incision is closed in two layers).	115
Fig. 46	Circumferential abdominoplasty (preoperative markings: lateral view & dorsal view).	119
Fig. 47	Pascal-Le Louarn's flap.	121
Fig. 48	Circumferential abdominoplasty (pre & postoperative views).	122
Fig. 49	High Lateral Tension (HLT) abdominoplasty pattern.	123
Fig. 50	HLT abdominoplasty procedure (Pre- and 3 months' postoperative views).	124
Fig. 51	Progressive tension sutures.	126
Fig. 52	Abdominoplasty complicated by skin necrosis.	128

List of figures (Cont.)

Figure no.	Description	Page no.
Fig. 53	Sensory distribution of nerves at risk during abdominoplasty.	132

Introduction

Obesity remains one of the leading health issues in today's society and could lead to decrease in the life expectancy (**Olshansky S. et al, 2005**).

Defined as having a body mass index (BMI: weight in kg /height in m²) greater than 30, obesity has reached epidemic proportions mainly because of poor diets and sedentary lifestyles (**Aly A., 2006**).

For the obese individual who has exhausted a program of regimented diet and exercise, bariatric surgery has evolved into an effective solution. Massive weight loss not only leads to greater functional capacity but also improves the overall health of the patient (**Buchwald H. et al., 2004**).

Patients who experience massive weight loss are left with disfiguring skin laxity; this aesthetically displeasing consequence can impede the patient's psychological, as well as functional improvement and therefore necessitates excision to achieve a flat abdomen (**Savage R., 2001**).

Abdominal wall surgery was first described in the 19th century focused on excision of redundant skin for repair of large umbilical hernias. Kelly published one of the first

Introduction

reports on the use of abdominoplasty in this century in a trial to correct excess abdominal fat and skin (**Kelly H., 2006**).

The use of liposuction and abdominoplasty has revolutionized the concept of the body contouring. Abdominoplasty will repair the underlying muscles which are plicated and liposuction will contour the overlying fat (**Illouz Y., 2000**).

Concern must be taken to other affected areas with skin laxity such as the trunk, hips, thighs, arms, and breasts. After MWL, many patients present with multiple folds or rolls of skin and subcutaneous fat laterally and posteriorly in addition to a large abdominal redundancy. Buttock ptosis is also present. The skin redundancy that exists circumferentially needs to be addressed surgically to achieve a more complete contouring (**VanGeertruyden et al., 1999**).

Aim of the work

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The aim of our work is to discuss abdominoplasty used for patients with massive weight loss after bariatric surgery.

Anatomy of the Abdominal Wall

Introduction

The abdominal wall is bounded superiorly by the xiphoid process and costal margin, and inferiorly by the inguinal ligament, pubic bones and the iliac crest **(Suleiman S. and Johnston D., 2001).**

The superior boundary is as follows from medial to lateral: the xiphoid process in the midline then the costal margin extends from the seventh costal cartilage at the xiphisternal joint to the tip of the twelfth rib. The lowest part of the costal margin lies in the mid-axillary line and is formed by the inferior margin of the tenth costal cartilage **(Borley N., 2008).**

The inferior boundary is as follows from lateral to medial: the iliac crest, which extends from the tubercle of the iliac crest to the Anterior Superior Iliac Spine (ASIS) then the inguinal ligament, the pubic tubercle, the pubic crest and the symphysis pubis in the midline **(Borley N., 2008).**

Embryology of the Abdominal Wall:

The abdominal wall develops from the lateral plate of intraembryonic mesoderm which later becomes segmented into proliferating somites forming the abdominal wall. As the lateral plates grow and folds over, four folds are made (**Sabiston D. and Lyerly H., 1994**).

The cephalic fold matures into the epigastric abdominal wall, the foregut, the stomach and the mediastinal contents (figure 1). The caudal fold matures into the hypogastric abdominal wall, the colon, rectum and bladder. The two internal folds mature into the lateral part of the abdominal wall and midgut. All of these segments blend in the midline at the umbilicus (**Sabiston D. and Lyerly H., 1994**).

At an early stage, the abdominal wall is composed of a membrane of connective tissue which is replaced by muscular buds from the dorsal myotomes. These muscular buds are segmentally connected to their corresponding neurovascular bundles and then fuse to form the definitive muscles (**Sadler T., 1990**).