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LIPOSACTION AS A MODERN METHOD FOR CORRECTION OF AESTHETIC DEFECTS OF THE ANTERIOR ABDOMINAL WALL

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Relevance. According to world statistics, by 2025, 18% of men and 21% of women will be obese, one of the negative consequences of which are aesthetic defects of the anterior abdominal wall, which provoke not only physical but also mental discomfort, so increasing the need of their surgical treatment is obvious

Aim: to analyze the effectiveness of liposuction for the correction of aesthetic defects of the anterior abdominal wall.

Materials and methods. Liposuction of the anterior surface of the abdominal wall was performed in 25 patients, in two of whom additionally was performed liposuction of the thighs, and in three of patients the operation was supplemented by a one-step correction of the lateral surfaces of the abdominal wall. The average age of patients was 36.4 years. Postoperative results were evaluated at 1, 6, and 12 months. The severity of the pain syndrome was determined on days 1, 3 and 7 of the postoperative period using the Visual Analog scale. Treatment outcomes were assessed by questioning patients using the Global Aesthetic Improvement Scale.

Results. Liposuction was performed under general anesthesia, infiltration of the anterior abdominal wall was performed with Klein's solution using a dispenser Nouvag DP30, for aspiration of adipose tissue was used a cannula with a diameter of 5 mm. The average duration of surgery was 45 ± 14 minutes. During one liposuction procedure, an average of 2100 ± 140 ml of aspirate was removed. In 6 (24%) patients complications developed in the form of clinically insignificant hematomas that did not require specific treatment. The severity of pain on day 1 of the postoperative period, determined by Visual Analog scale, did not exceed 20 mm, while on day 3, this figure in most patients increased to 40 mm, which is apparently associated with tissue edema in the early postoperative period, however, on the 7th day it decreased to 12 mm. According to the Global Aesthetic Improvement Scale, after 1 month of treatment, the highest percentage (72%) belongs to the category of "satisfied patient", while from 6 months, most patients (84%) evaluate the results, which correspond to a score of "very satisfied patient", this trend is observed in the survey 12 months after treatment, which is prognostically positive for long-term results.

Conclusion. Almost complete absence of complications, with the exception of clinically insignificant hematomas, minor pain marked by patients on the Visual Analog scale and high rates of aesthetic improvement marked by patients on the Global Aesthetic Improvement Scale are important arguments in favor of the use of liposuction and allow us to recommend it as a method of choice for the correction of aesthetic defects of the anterior abdominal wall with prognostic positive long-term results.