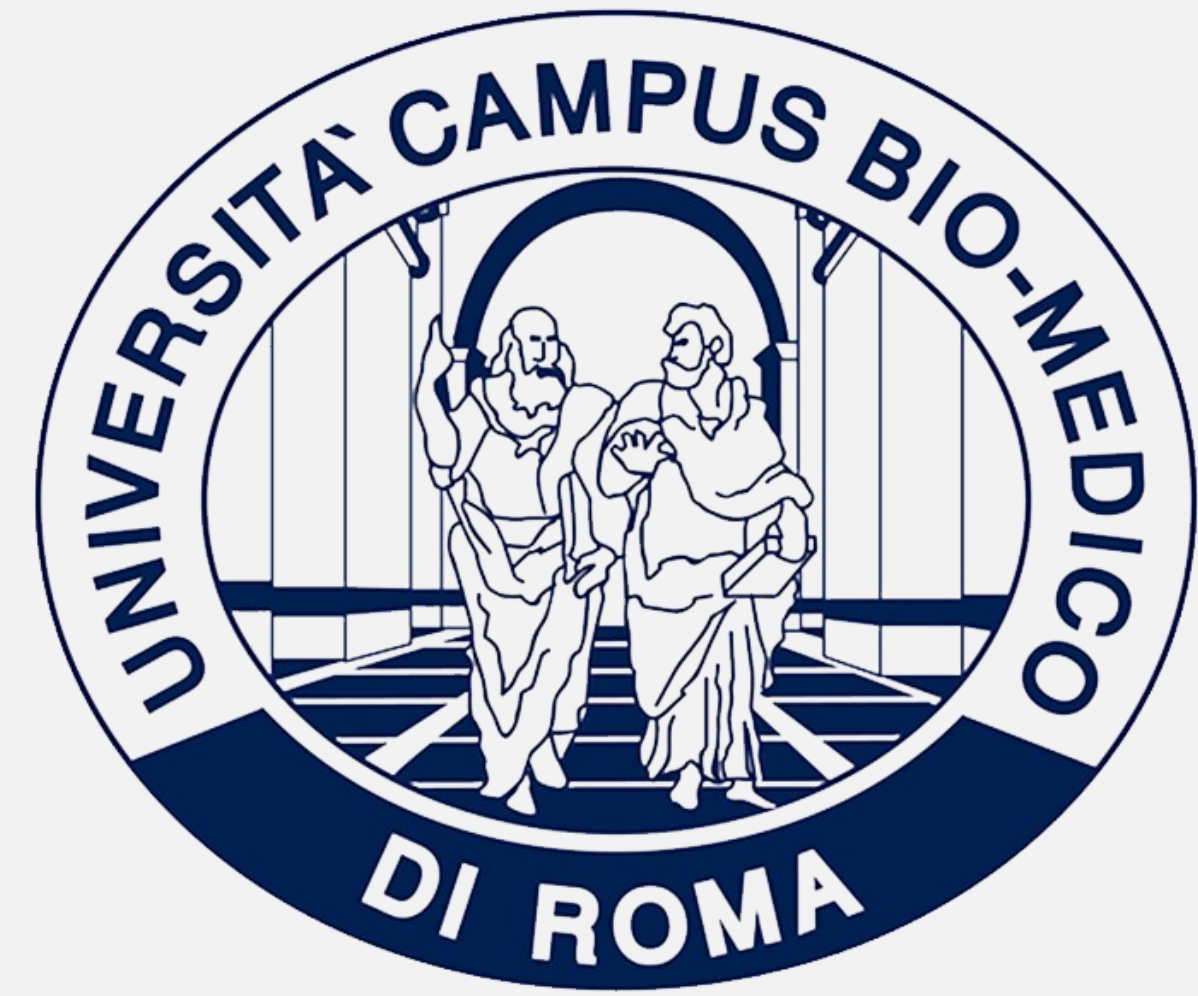




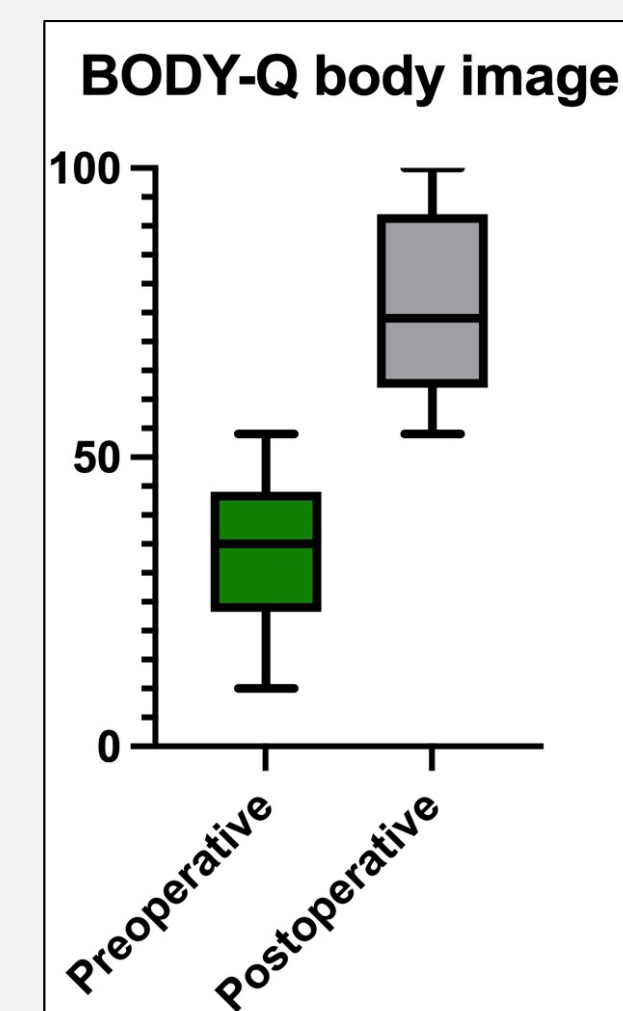
ANALYSIS OF LONG-TERM OUTCOMES AND SATISFACTION OF PATIENTS UNDERGOING BRACHIOPLASTY FOLLOWING MASSIVE WEIGHT LOSS.

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INTRODUCTION

Plastic surgery represents one of the **fundamental steps** in the **rebirth journey** of **bariatric patients**. Among the various body contouring procedures, **brachioplasty**, almost often performed, has the drawback of resulting in **long scars**, which always raise concern for the patient. Despite the most advanced techniques allowing these scars to be hidden, it is crucial to understand **to what extent these scars affect patient satisfaction**. This is why the **aim of this study** is to analyze the long-term satisfaction of patients who underwent brachioplasty subsequent to massive weight loss, using the validated **SCAR-Q** and **BODY-Q** questionnaires.



RESULTS

Thanks to the inclusion criteria we established, we enrolled **11 males and 57 females** aged between 25 and 65 years (mean 44.2 years $\pm$ 12.1 SD), with a mean follow-up of 24.4 months (range 12-36). Statistical analysis conducted on the questionnaire results demonstrated **significantly higher scores postoperatively** in the **BODY-Q** ($p < 0.0001$) in all the scales. Regarding the **SCAR-Q** questionnaire results, we highlighted that patients have, on average, expressed **high satisfaction with scar** outcomes across all three scales.



CONCLUSION

Despite its scars, brachioplasty in the post-bariatric patient yields **high level of satisfaction** due to the possibility of remodeling the arm silhouette hence solving many daily problems caused by excess skin. When specifically investigating the scar, **patients did not express any noteworthy concerns with it**. These results underscore that **in post-bariatric patients, brachioplasty outcomes can be remarkably satisfactory despite long scars**.

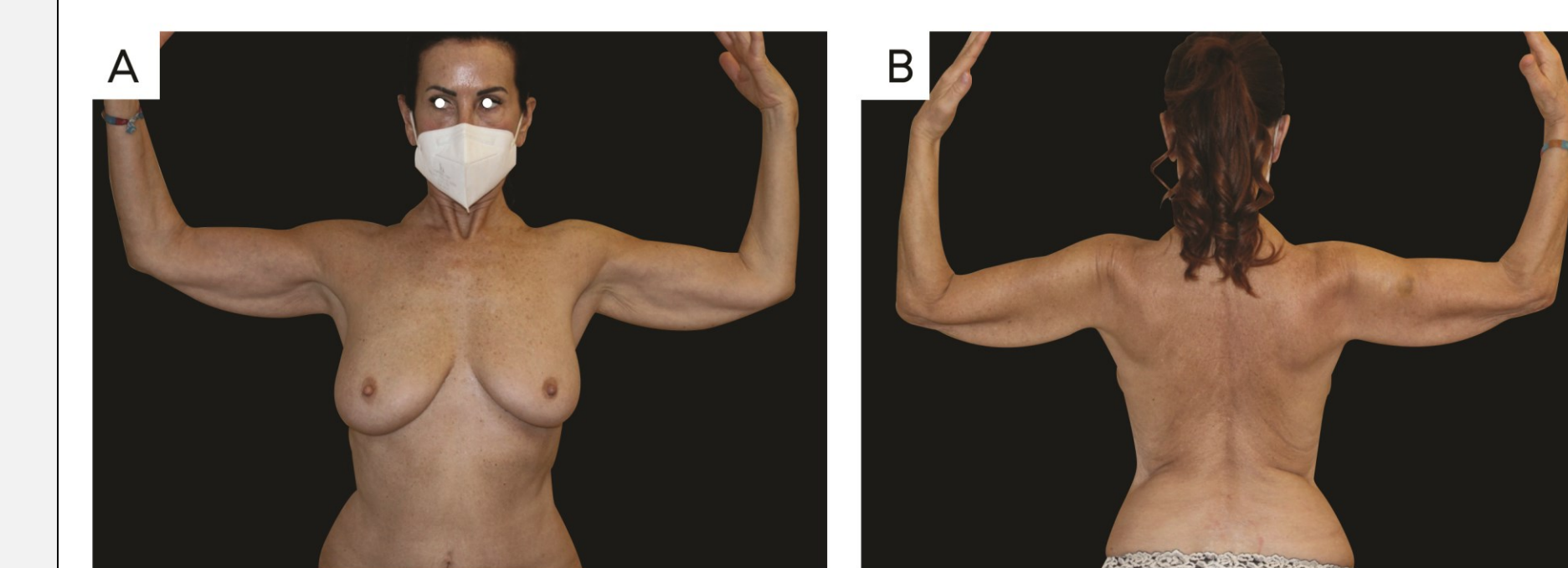
METHODS

In this **single-center** study, we included all patients who underwent **brachioplasty** at our institution between January 1st, 2021, and December 31st, 2021, meeting the following **inclusion criteria**: no previous upper arm remodeling procedures, previous bariatric surgery resulting in a weight loss of at least 30 kg, weight stability for at least one year, proficient understanding of the Italian language, and standardized pre- and postoperative photographs. We administered the **SCAR-Q questionnaire** at least **2 years after surgery**, and the **BODY-Q questionnaire** **preoperatively** and at least **2 years after surgery**. Results were then evaluated and analyzed in order to delineate patients' perspective.

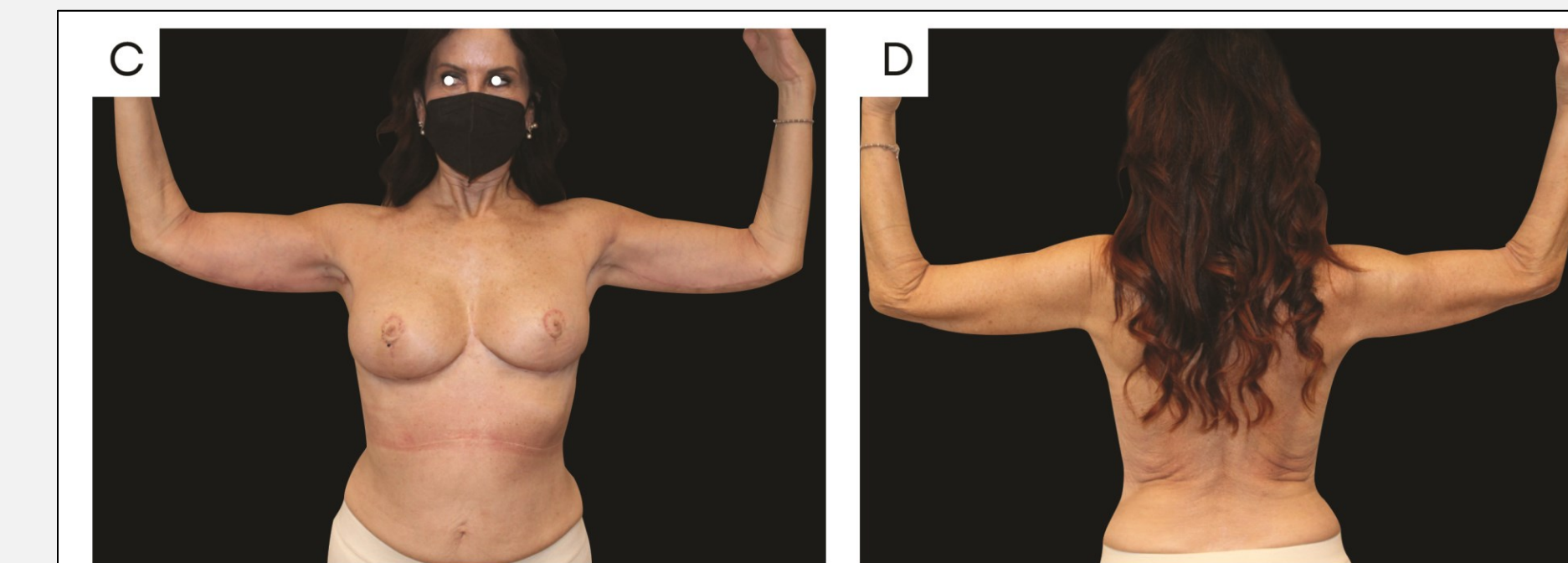
DISCUSSION

The role of brachioplasty is to reshape the arms of post-bariatric patients, resulting in both **aesthetic** and **psychological benefits**. Despite being a crucial part of the post-bariatric patient's transformation journey, this procedure comes with the drawback of leaving **long and permanent scars**. Therefore, it is essential for plastic surgeons to consider whether these scars are well tolerated in the postoperative phase. By utilizing the validated **BODY-Q** and **SCAR-Q** questionnaires, we aimed to scientifically understand the impact of this surgery on patients. Our findings revealed that despite the presence of noticeable scars, patients reported **increased satisfaction with their bodies after brachioplasty**. This highlights the **transformative impact** of the procedure on patients' self-perception and overall well-being. Importantly, our analysis showed **minimal psychological and physical effects of these scars, further supporting the idea that the benefits of brachioplasty outweigh concerns about scarring**. These findings offer valuable insights for clinicians and patients considering brachioplasty, reaffirming its role as a **vital step** in achieving **comprehensive transformation** and **enhancing quality of life** after bariatric surgery.

PREOP



POSTOP



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