

The Mental Health Benefits Of Limb Salvage With Free Tissue Transfer In Lower Extremity Trauma

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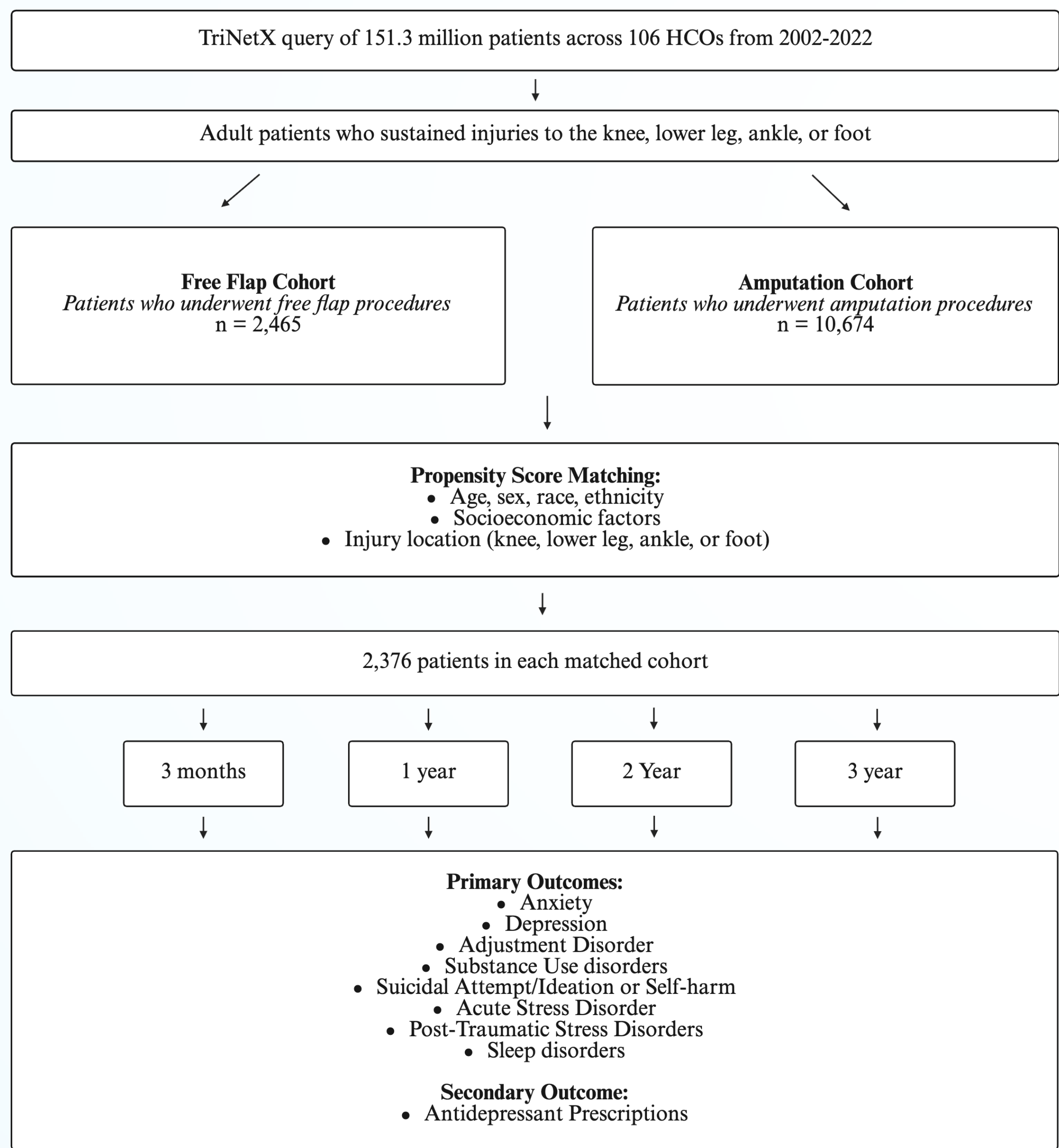
Introduction

- **Lower extremity trauma** often requires **free flap reconstruction** or **amputation**.¹
- Prior studies emphasize functional outcomes, but **psychiatric effects remain underexplored**.²
- **Mental health conditions** such as anxiety, depression, PTSD, and suicidal ideation directly impact recovery and quality of life.³
- Understanding psychiatric outcomes is essential for **patient counseling** and **informed surgical decision-making**.

Aim

- Compare psychiatric outcomes between patients undergoing **free flap reconstruction vs. amputation** after lower extremity trauma.
- **Evaluate incidence** of various psychiatric conditions such as anxiety, depression, acute stress disorder, post-traumatic stress disorder, sleep disorders, substance use disorder, adjustment disorder, and antidepressant use.

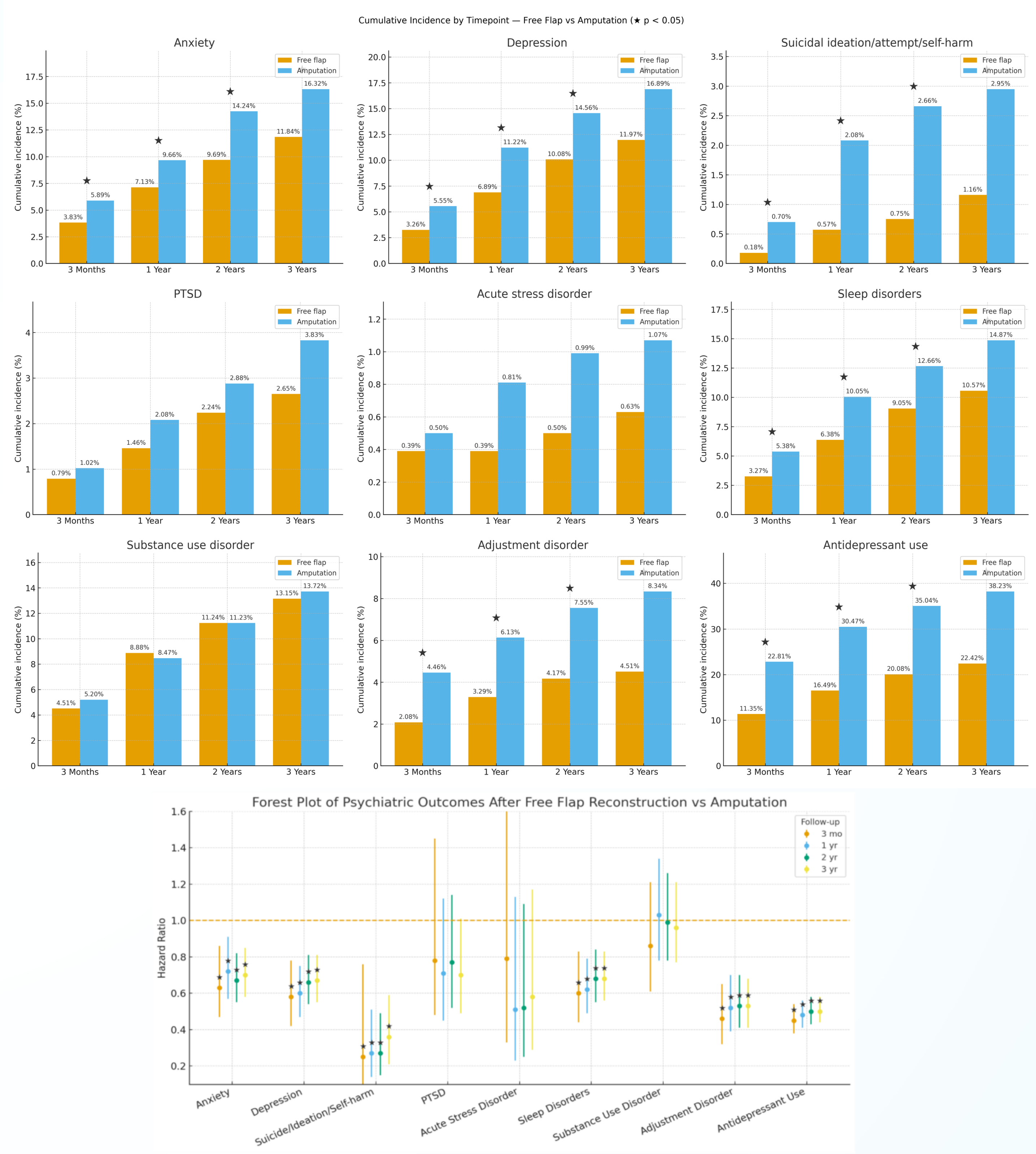
Methods



Results

- Free flap patients had **lower rates** of anxiety, depression, sleep disorders, adjustment disorder, suicidal ideation, and antidepressant use compared to amputations.
- These differences were **significant at 3 months** and **persisted through at least 3 years** of follow-up.
- **No differences** were observed in PTSD, acute stress disorder, or substance use disorder.

Data



Conclusion

- **Free flap reconstruction** is associated with **lower long-term psychiatric morbidity** vs. amputation.
- Our study **supports** that **mental health** outcomes **should be integrated** into **reconstructive counseling**.
- Highlights need for holistic decision-making in trauma care.

References

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