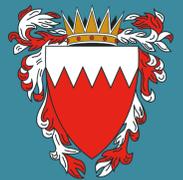


Satisfaction and Quality of Life in Patients Who Underwent Post Massive Weight Loss Body Contouring Procedures: A Tertiary Center Experience in Bahrain



المستشفيات الحكومية
Government Hospitals

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ABSTRACT

Background: Incidence of body contouring surgeries (BCS) rose significantly to overcome sequela of redundant skin resulted from post-Bariatric Surgery (BS).

Methods: We used a questionnaire to assess the quality of life (QOL) and satisfaction level in patients who underwent BCS post-BS in Plastic Surgery Department, Salmaniya Medical Complex, Bahrain, in 2017-2018.

Results: Of 929 plastic surgery admissions, 58 patients underwent 82 BCS post-BS. The most frequent BCS performed was abdominoplasty followed by breast surgeries.

Complications related to wound problems (wound dehiscence, infection, and necrosis) have the highest reported rates. Results showed that patients who are older, employed and females had a better overall satisfaction, overall QOL and self-confidence. Those who underwent surgeries other than abdominoplasty and breast surgeries had a better physical activity.

BACKGROUND

Bahrain has one of the highest rates of overweight and obesity in the Arabian Gulf region. Obesity is a well known risk factor for developing serious chronic diseases. Various types of BCS post-BS gained popularity due to its promising results and improving QOL. This study is the first study in Bahrain to evaluate the QoL and various aspects of satisfactions in patients who underwent BC post BS.

PURPOSE

Aim of the study: to evaluate satisfaction level and quality of life (QOL) in patients' post-BCS.

MATERIALS and METHODS

This is a retrospective and prospective study conducted between 2017-2018 in Salmaniya Medical Complex, Bahrain.

Detailed demographic data, complications associated with BS and type of BCS surgery done were recorded. Patients' QOL and satisfaction in those underwent BCS post-BS was evaluated.

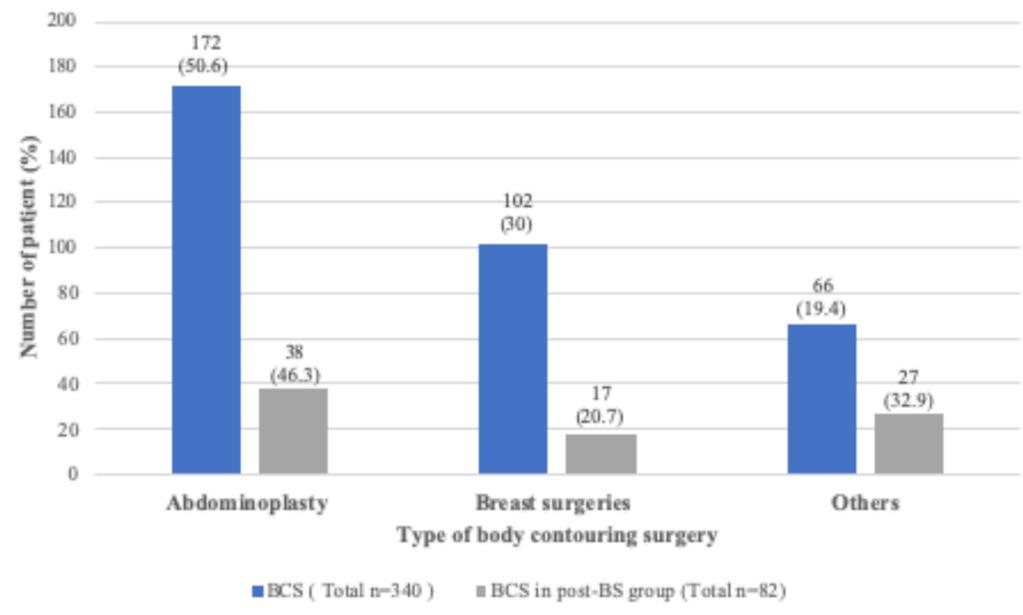
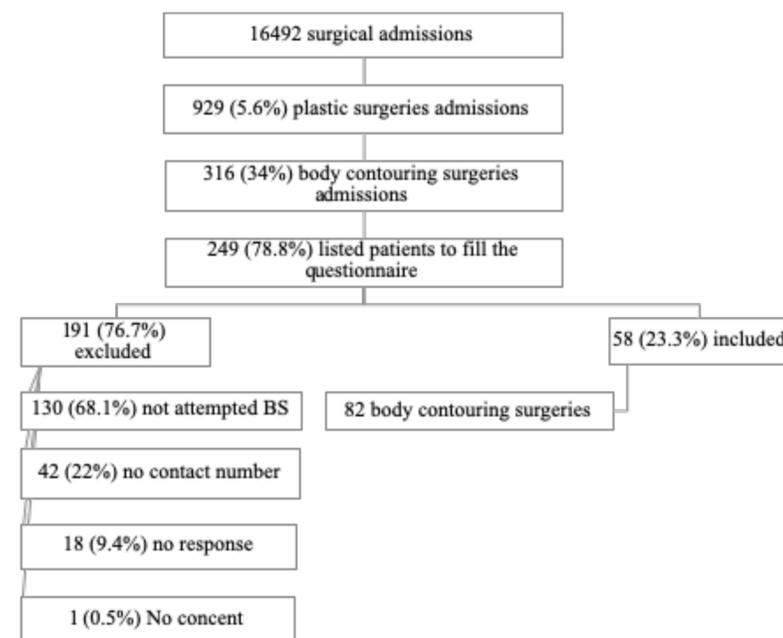


Figure 2. Most frequent type of body contouring surgery out of the 340 procedure and out of the 82 procedures post bariatric surgery

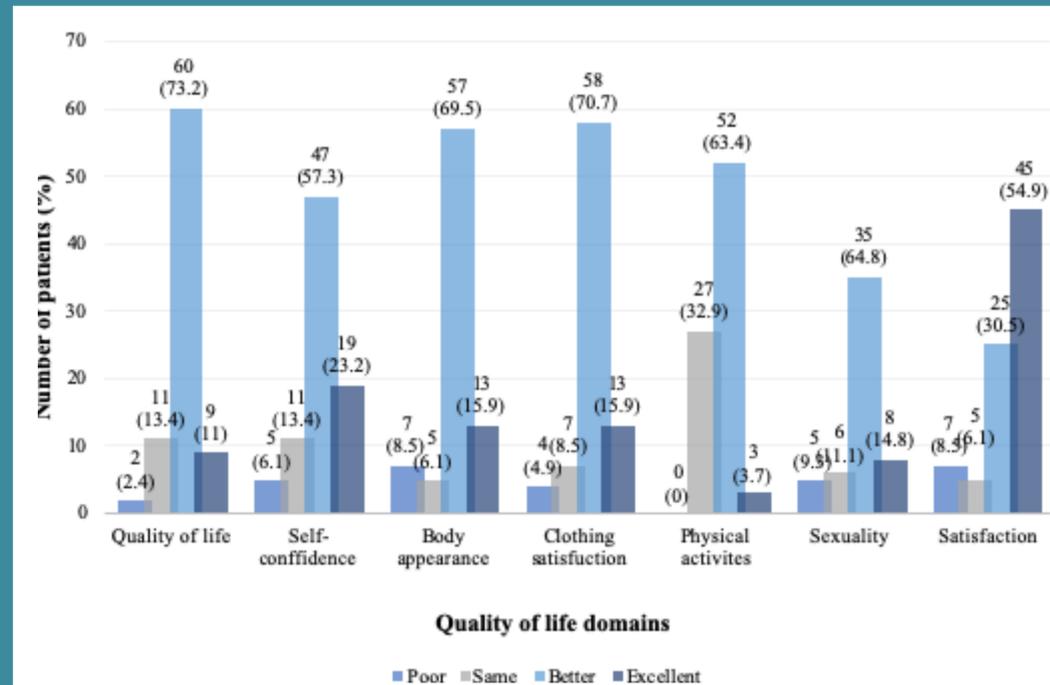


Figure 3. Quality of life and satisfaction after body contouring surgeries, Salmaniya Medical Complex, Bahrain.

RESULTS

Of 316 patients admitted for BCS (249 patients), fifty-eight (28%) patients with history of BS were recruited and were mostly females (n=42, 72.4%) and overweight (n=26, 44.8%). The mean age was 37.4±9.6 years. Median pre-BCS body mass index was 26.9 kg/m². Abdominoplasty was the commonest BCS (n=172, 50.6%) in both groups; post-BS and non-BS. In post-BS group, wound problems were noted to be the most frequent post-operative complications (n=14, 17.1%). Most patients rated their experience as better in all questionnaire domains and most (n=45, 54.9%) rated their satisfaction level as excellent. Older age gave better overall satisfaction (P<0.001) while employed patients had better overall QOL (P=0.012) and self-confidence (P=0.048). Females had better satisfaction with body appearance (P<0.001) while those underwent abdominoplasty or breast surgeries had lower physical activity (P=0.042).

CONCLUSION

Patients who underwent BCS post-BS were mainly females, nationals, young and overweight. Wound problems were the most common post-operative complications reported. Extensive percentages of patients had a better QOL post-BCS and an excellent overall satisfaction. These findings could be affected by age, sex, and occupation. Among the population of Bahrain, this is the first study tackling QOL and satisfaction in patients underwent BCS post-BS.