Impact Of Post-Bariatric Body Contouring Procedures on Patient Body Weight and Metabolism

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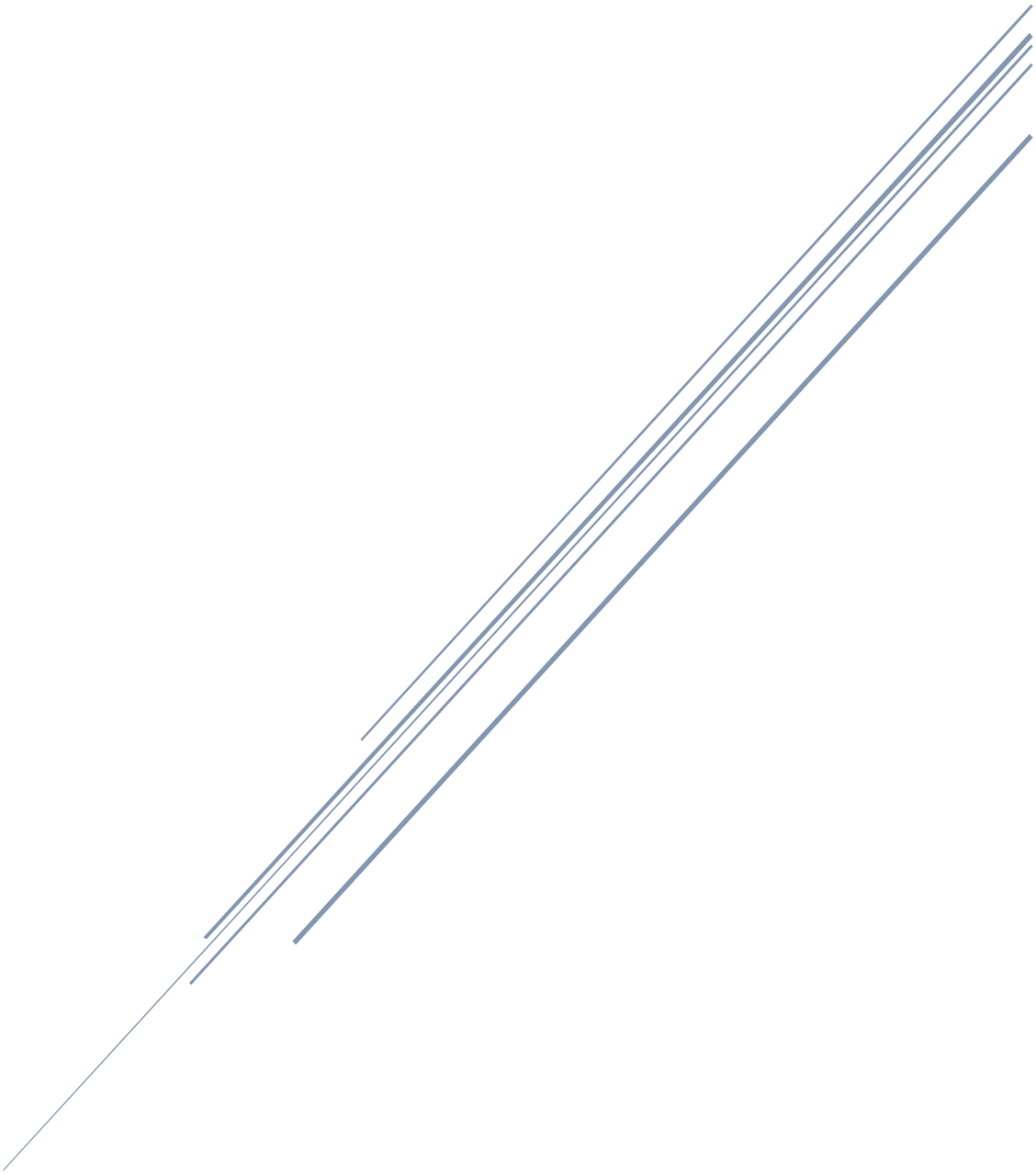

[School]
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Patients and methods

This is a prospective comparative study on 60 patients will be conducted on post-bariatric patients seeking for body contouring surgery from 2021 to 2025.

The primary contouring procedures will be analyzed including panniculectomy, abdominoplasty, and lower body lift. Brachioplasty, mastopexy with breast reduction or augmentation, arm and thigh lift, liposuction, facelift, and pubic/genital plasty procedures were identified and considered as “other procedures.”

Weight of the resected tissue will be recorded. Patient demographic characteristics included age, gender, and body mass index (BMI) both before and at the last available follow-up visit after bariatric surgery. Thorough patient co-morbidity assessments were performed. This cohort of patients was then matched and compared with a 1:1 control group of patients who had only undergo for bariatric surgery. Matching will be based on age, gender, BMI at the time of bariatric surgery, type of bariatric surgery procedure, and length of follow-up.

These patients will be divided into 2 groups. Group (A): 30 patients will do Post-bariatric body contouring procedure . Group (B): 30 patients as a control group will not do body contouring surgery.

Body Contouring Surgery will performed when the patient's weight has been stable within 5 kg for at least 3 months.

The Patients will have a fixed diet plan through the time of the study and diet will be given according to BMR

Men: BMR= 88.362+(13.397 x weight in kg) + (4.799 x height in cm) - (5.677 x age in years)

Women: BMR = 447.593 + (9.247 x weight in kg) + (3.098 x height in cm) – (4.330 x age in years)

Weight and BMI documentation will occur after body contouring surgery before body contouring surgery and 3 and 6 months after.

Routine investigations (CBC, UR & CR, Lipid profile and RBS) will be done before body contouring surgery and 6 months after.

Measurement of post-bariatric body metabolism will be done by measurement of TNF-α, hsCRP and BNP before body contouring surgery and 3 and 6 months after.

Patient satisfaction score from 1 to 5 done 2 months post body contouring surgery. The weight of excised skin and fat in contouring surgery will be documented and removed from the net weight loss.

Inclusion criteria:

- Post-bariatric (sleeve) patients will do body contouring surgery.

- Post-bariatric patients has been stable within 5 kg for 3 months

- Age between 20-60 years old.

- patients use the determinant fixed diet.

Exclusion criteria:

- Age below 20 and above 60 years old.
- Non-compliance with the fixed diet.
- psychotic patients.
- Female patients seeking pregnancy.
- Endocrine causes of obesity.
- Bariatric surgery other than sleeve.

Procedures data:

- Demographic data
- Type of bariatric surgery
- Type of plastic operation
- Age of patient
- Timing of applying the methodology

Post-procedure data

- Weight changes
- Patients satisfaction score
- patient metabolism by hsCRP, TNF-α and BNP.

Evaluation of the patients:

1- patient weight and BMI:

Documentation of the patient weight and BMI after post-bariatric body contouring surgery for 6 months.

2- patient satisfaction score:

patient satisfaction score from 1 to 5 done 2 months post body contouring surgery.

Question	Score
How satisfied are you with the results of your surgery?	
Very satisfied	5
Somewhat satisfied	4
Neither satisfied nor dissatisfied	3
Somewhat dissatisfied	2
Very dissatisfied	1

3- Type of patient metabolism:

Detect patient metabolism by doing TNF-α, hsCRP and BNP before the body contouring surgery and 3 and 6 months after. Routine investigations (CBC, UR & CR, Lipid profile and RBS) will be done before body contouring surgery and 6 months after.

Statistical analysis

Statistical analysis was done by SPSS v26 (IBM Inc., Chicago, IL, USA). Quantitative variables were presented as mean and standard deviation (SD) and compared between the two groups utilizing unpaired Student's t- test. Qualitative variables were presented as frequency (%) and were analyzed utilizing the Chi-square test or Fisher's exact test when appropriate. A two tailed P value$\leq$ 0.05 was considered statistically significant.