

Comparison between the L- Shaped Versus the T- Shaped Brachioplasty for Post-bariatric Massive Weight Loss Patients

Brachioplasty, commonly called an arm lift, is a surgical procedure to reshape and provide improved contour to the upper arms and connecting area of chest wall. With the ever-increasing number of patients undergoing surgical treatment for obesity, a growing number of patients are presenting for brachioplasty after massive weight loss. Many techniques have been described to correct upper arm laxity in massive weight loss patients. The aim of this prospective study was to compare the L shaped and T shaped brachioplasty as regard complication rates and patient's satisfaction. The study conducted on 2 groups, each group of 30 patients with post bariatric massive weight loss and arm laxity, one group underwent T-brachioplasty and the others group underwent L-brachioplasty, and the results were analyzed. The results showed that The T-brachioplasty has less incidence rates of seroma, wound dehiscence ad hypertrophic scar; L-brachioplasty has less incidence rate of infection, scar contracture and residual skin laxity. The incidence of paresthesia and rates of patient's satisfaction is the same for both techniques. The incidence of complications in general is higher in patients with higher BMI at time of brachioplasty