

## Assessment of quality of life changes in post-bariatric abdominoplasty patients operated at the Unicamp Hospital

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### Abstract

Obesity is an important Public Health issue, and the abdominoplasty procedure is comprised in its treatment scheme. The evaluation of the quality of life of patients who were submitted to abdominoplasties after a bariatric procedure is relevant since obesity results in psychological and daily activities impairment due to unfavorable life conditions. The data collected from questionnaires filled by the patients showed an improvement in quality of life after abdominoplasty.

*Key words: abdominoplasty, quality of life, obesity*

### Introduction

Obesity is a public health issue worldwide. Plastic surgery procedures, especially abdominoplasty, are considered an important component of the treatment of morbidly obese patients, since they can improve body contour after massive weight loss<sup>1</sup>.

Obese individuals present with a higher prevalence of psychological issues when compared to normal weight subjects<sup>2</sup>, and one explanation for this fact are the several difficulties these patients face in daily life activities. In this manner, beyond postoperative body contour results, an evaluation of the effect of abdominoplasty in the overall quality of life of these patients is relevant.

The aim of the study was to evaluate a possible quality of life change in patients who underwent post-bariatric surgery abdominoplasty.

### Results and Discussion

From 2011 to 2013, 70 patients were operated at the Unicamp Hospital. From those, 32 accepted to participate in the study, 2 males and 30 females (93,75%). Thirty-one individuals were white and one brown. The average age at the time of abdominoplasty was 41,8±6,72 years. Pre-bariatric surgery BMI had an average of 37±3,5 kg/m<sup>2</sup> and pre-abdominoplasty an average of 25,45±2,7kg/m<sup>2</sup>. Four patients had a current psychiatric disorder (depression, anxiety and personality disorder). The Obesity Psychological State Questionnaire<sup>3</sup> was used and consisted of 46 items with scores ranging from 1 to 5, where a lower value corresponded to a better quality. The scores given to each domain corresponding to the pre and post-abdominoplasty situations were compared using the non-parametric Wilcoxon test.

The abdominoplasty resulted in an improvement in all seven domains (physical functioning, mental well-being, physical appearance, social acceptance, self-efficacy toward eating, intimacy/sexuality and social network).

**Chart 1.** Results of the Obesity Psychological State Questionnaire

	Before Abdominoplasty, Mean (SD)	After Abdominoplasty, Mean (SD)	p value
Physical functioning	45.97 (13.18)	26.34 (7.93)	< 0.0001
Mental well-being	16.81 (7.08)	8.94 (3.59)	< 0.0001
Physical appearance	32.25 (7.47)	13.78 (5.51)	< 0.0001
Social acceptance	14.25 (3.92)	6.19 (2.78)	< 0.0001
Self-efficacy toward eating	10.91 (3.86)	6.13 (2.97)	< 0.0001
Intimacy/sexuality	11.75 (4.22)	6.00 (3.24)	< 0.0001
Social network	4.47 (2.48)	3.06 (1.54)	0.0010

### Conclusions

Abdominoplasty resulted in a significant improvement in the quality of life of post-bariatric patients in all the domains comprised by the questionnaire.

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