

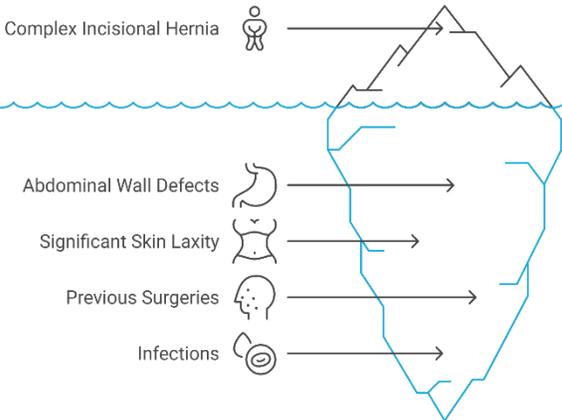
## Aesthetic and Functional Outcomes of Concomitant Abdominoplasty and Complex Hernia Repair:

### A Comprehensive Case Series

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## INTRODUCTION



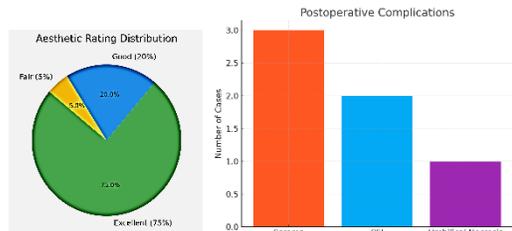
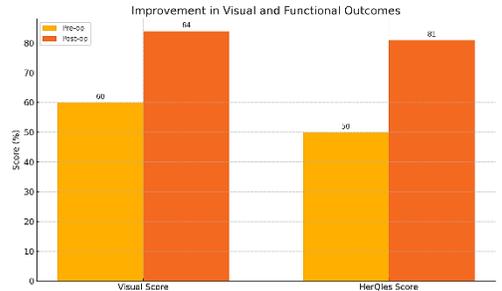
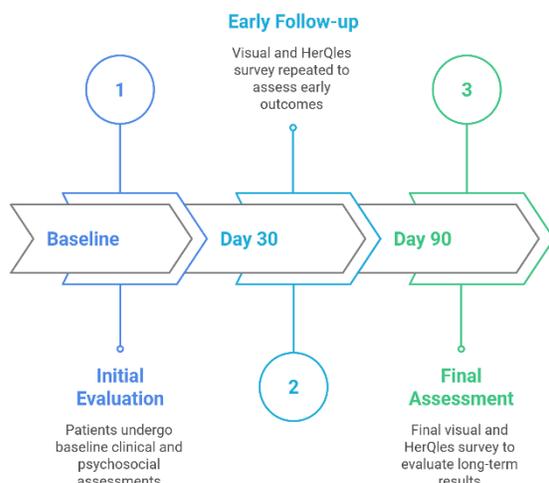
- Concomitant abdominoplasty and hernia repair offers a **single-stage**, comprehensive solution &
- Aims for **functional restoration** and **aesthetic enhancement**

## AIMS AND OBJECTIVES

- To evaluate **aesthetic and functional outcomes** of combined surgery
- To assess outcomes using:
  - Structured visual assessment scores
  - HerQles quality-of-life survey

## METHODOLOGY

- Prospective case series over 1 year
- 18 patients with **EHS Types**: M4, M5, W2, W3
- **Surgical Techniques**: Retrorectus, TAR, PCS with simultaneous abdominoplasty for contour restoration.



Pre-op Pictures of M34W2R1 Incisional Hernia



Post-op Pictures – POD30 of Retrorectus with Abdominoplasty

- **Combined abdominoplasty and complex hernia repair** is:
  - Safe and effective
  - Results in superior functional and aesthetic outcomes
- Advanced techniques (TAR + PCS) and structured evaluation ensure **quality outcomes with minimal morbidity**

1. Ventral Hernia Working Group. Recommendations for reporting outcomes in abdominal wall reconstruction. *Surg Infect (Larchmt)*. 2010;11(3):255-263.
2. Muysoms FE, Antoniou SA, Bury K, Campanelli G, Conze J, Cuccurullo D, et al. European Hernia Society guidelines on the closure of abdominal wall incisions. *Hernia*. 2009;13(4):407-414.
3. Heniford BT, Park A, Ramshaw BJ, Voeller G. Laparoscopic repair of ventral hernias: nine years' experience with 650 consecutive hernias. *Plast Reconstr Surg*. 2003;112(2):485-491.