

Prevalence and Variation of BMI in Patients Undergoing Abdominoplasty: A Retrospective Study in A Private Service

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1. Abstract

1.1. Background

Body Mass Index (BMI) is a statistical tool used to estimate body fat based on a person's weight and height. This index applies to men and women of all ages, categorizing them as underweight, normal weight, overweight, or obese. These classifications are widely adopted by the World Health Organization (WHO) for white, Hispanic, and black populations. Abdominoplasty is a surgical procedure designed to remove excess skin and fat from the abdominal region and strengthen the abdominal wall muscles. BMI plays a key role in this surgery, as it helps assess whether the patient is within an ideal weight range to optimize results and reduce procedure-related risks.

1.2. Objectives

To investigate the prevalence and variation of Body Mass Index (BMI) in patients undergoing abdominoplasty in a private practice, analyzing its relationship with surgical outcomes and associated risks.

1.3. Methods

A review of medical records was conducted for 15 patients who underwent abdominoplasty between October and December 2024

at the Giovanni Augustus Morais e Silva Plastic Surgery office. The analysis included weight and height measurements.

1.4. Results

During the analyzed period, 15 female patients underwent abdominoplasty. Their pre-surgical BMI ranged from 21.02 to 33.20. Based on the BMI obesity classification table, the patients were distributed as follows: 3 patients (20%) had a normal weight, 8 patients (53.3%) were overweight, and 4 patients (26.6%) were classified as having grade I obesity. The mean BMI was 26.12, categorizing the group as overweight. No patients were recorded as underweight or in the categories of grade II or III obesity.

1.5. Conclusions

Body Mass Index (BMI) proved to be a valuable tool in the preoperative evaluation of patients undergoing abdominoplasty, helping to identify conditions such as overweight and grade I obesity. Most patients in the study fell within the overweight range, underscoring the importance of detailed monitoring to optimize surgical outcomes and minimize associated risks. However, BMI has limitations, as it does not account for individual factors such as body composition and fat distribution. This highlights the need for a more comprehensive clinical evaluation.