Peri-stomal Fat Grafting to Enhance Parastomal Contour and Improve Ostomy Care

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Stomas are common surgical procedures that have a wide range of complications. One of the challenges that is frequently encountered by surgeons and patients include having durable stoma appliance seal that may lead to loss of skin integrity and ulcerations. In addition, difficulties with stoma appliance fitting can lead to major life style modifications for the patients. We report our experience with six patients who underwent fat grafting for difficult stoma to improve skin contour and ostomy care.

**Outcome**

- Six patients underwent parastomal fat grafting from February 2017 to June 2018.
- Three patients had an end-ileostomy, one had a loop ileostomy, one with a chronic enterocutaneous fistula with ostomy appliance, and one patient had a urostomy.
- An average of 192.5 mL lipoaspirate was harvested (range: 120-350 mL), and 108 mL of filtered and washed fat was grafted (range: 58-230 mL).
- One patient had near complete resolution of leaks after the surgery and no major issues were reported after one year from the procedure.
- Two patients had major improvement of appliance seal with short-term follow up with relapse of leakage after several months.
- Three patients had partial improvement in seal when compared to continuous leakage preoperatively.
- No complications were related to the procedure.

**Conclusion**

- Fat grafting is a novel and safe technique that could provide a solution for difficult stoma.
- Any improvement in ostomy appliance fitting has major lifestyle improvement for the patients.
- This technique is especially useful when patients have prohibitive risks to have further transabdominal procedures.
- Larger sample size and long-term follow up will be needed for further assessment of the outcomes.

**Bibliography**