



In pursuit for the “ideal” free flap in diabetic foot reconstruction.

Ali Adil Mahmud

Aligarh Muslim University, India

Abstract:

Introduction: Diabetic foot ulcers have troubled surgeons for generations and still continue to do so. Setting a balance between adequate wound healing, maintaining joint movements and wearing foot wear are some of the ideal end points of surgery.

With the advent and proven safety of free flaps the plastic surgeon is equipped with a unique armamentarium to treat these problematic wounds.

Various free flaps have been described with various advantages and disadvantages, in this study we analyze why free gracilis muscle transfer is one of the most “ideal” free flaps in diabetic foot ulcers.

Materials and methods: This is a retrospective study done over a period of 2 years. A total of 37 patients with diabetic foot ulcers were operated by a single surgeon. Total operation time, wound healing, donor and recipient site complications and ability to wear footwear were recorded.

Results:

The majority of patients were male. 12 patients had wounds on the dorsum of foot, 10 on the fore foot, 8 on the ankle and 7 patients had ulcers on the sole of foot.

There was complete flap take in 30 patients, partial flap loss in 5 and complete flap loss in 2 patients. The average operation time was 180+/-35 minutes, with minimal donor site complications and no repeat procedure was required in the majority for footwear adjustment.

Conclusion: Gracilis flap can be considered as an “ideal” free flap in small to medium sized diabetic foot ulcers



Biography

Ali Adil Mahmud is studied medicine in Goa Medical College MBBS., JNMCH, AMU, Aligarh, Uttar Pradesh (2015) MS General Surgery JNMCH, Aligarh Muslim University, Aligarh, Uttar Pradesh.(2018) M. Ch., Plastic and reconstructive surgery DNB (Plastic and Reconstructive Surgery) (2019).

Recent Publications:

1. Various Modalities of Scalp Reconstruction: A Review of Literature and Case Series
2. Landmark Based Femoral Central Venous Catheterization, A Reliable And Safe Method In Acute Burns Resuscitation: An Institutional Based Study
3. Use of Laboratory Risk Indicator for Necrotizing Fasciitis (LRINEC) Score in differentiating Necrotising Fasciitis cases from Soft tissue infections: A Prospective Study

[Webinar on Surgery and Surgeons Meet; November 19, 2020](#)

Citation: Ali Adil Mahmud; In pursuit for the “ideal” free flap in diabetic foot reconstruction; Webinar on Surgery and Surgeons Meet; November 19, 2020.