

عنوان مقاله:

Comparing Z-Plasty versus Z-Plasty and Skin Grafting for Surgical Tension-Free Treatment of Post-Burn Elbow Contractures: A Randomized Clinical Trial

محل انتشار:

مجله تروما, دوره 24, شماره 2 (سال: 1398)

تعداد صفحات اصل مقاله: 5

نویسندگان:

Seyed Nejat Hosseini Seyed Nejat Hosseini

Mehran Khorram - *Department of Burns Surgery, Ayatollah Mousavi Hospital, Zanzan University of Medical Sciences, Zanzan, Iran*

Masoud Vakili - *Department of Health Education and Promotion, Faculty of Medicine, Zanzan University of Medical Sciences, Zanzan, Iran*

Farnaz Samani - *Department of Anesthesiology, Ayatollah Mousavi Hospital, Zanzan University of Medical Sciences, Zanzan, Iran*

خلاصه مقاله:

Background: Elbow contracture is a common incidence. It has surgical treatments such as scar release and skin graft, Z or V-Y plasty, and lateral or medial arm flap. In this study, we compared Z-plasty versus Z-plasty and skin grafting in the surgical tensionfree treatment of post-burn elbow contractures. Methods: ۳۰ patients with elbow joint extension restriction participated in this randomized clinical trial in two groups: experimental (Z-plasty with skin graft) and control (Z-plasty alone) groups. In both groups, Z-plasty was designed with a ۶۰ angle. In the experimental group, the flaps were rotated without tension, and then the upper and lower parts of the flaps were grafted by a midsplit-thickness skin graft. The surgery area was examined regarding infections, wound healing time, necrosis, and scar. Significant differences were evaluated using unpaired student t-test. Results: Only seven participants in the control group had complications. The statistical analysis of all variables in both groups showed that Z-plasty with skin graft treatment had a significantly better result than the Z-plasty alone ($P = ۰.۰۰۶$). However, the two groups showed no significant differences in terms of infection, flap tip necrosis, surgery site infection, and feeling of pressure in joint extension or scar recurrence ($P = ۰.۲۷۳$). Conclusions: Tension-free flap must be used in patients with mild or moderate wide elbow scar contracture. Combining Z-plasty with skin graft is easy and has better results than Z-plasty alone. It is recommended using this technique in patients with intraoperative flap tension.

کلمات کلیدی:

Z-Plasty, Skin Graft, Elbow Contracture, Post-Burn Contracture

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