

[P40] SQUARED FASCIOCUTANEOUS RANDOM PLANTAR FLAPS IN THE TREATMENT OF NONINFECTED DIABETIC PLANTAR ULCERS

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Aim: off-loading cast has not been widely used in treatment of plantar ulcer due to scarce acceptance by patients and high risk of side effects. We decided to value safe and efficacy of a squared fascio-cutaneous random plantar flap to cover plantar ulcers.

Method: From December 2012 to February 2013 we consecutively enrolled 23 diabetic patients with deep neuropathic or neuroischemic plantar ulcer. 9 patients were submitted to a percutaneous transluminal angioplasty and 18 patients (78%) to bone surgery as follows: a) 10 metatarsal heads removal; b) 3 uploading distal metatarsal osteotomy; c) 2 first metatarsal-phalangeal joint resection with ray stabilisation by K-wire; d) 1 midfoot esostectomy; e) 1 sesamoidectomy f) 1 partial calcaneotomy. A squared fasciocutaneous random plantar flap was performed in all patients. 2 patients were excluded from analysis because loading of affected feet.

Results/Discussion: Healing rate was 100% in remaining 21 patients. In 15 patients (71,5%) we observed healing by first intention while in 5 (24%) by second intention and in 1 (4.5%) by means of surgical revision. We observed a healing time by first intention of 30 ± 13 days, by second intention of 86 ± 40 days and a total healing time of 44 ± 31 days. During the follow up of 724 ± 275 days any relapsing ulcer was observed but there was one transfer ulcer on adjacent metatarsal head.

Conclusion: In conclusion squared fascio-cutaneous plantar flaps can be considered a safe and effective surgical option in treatment of neuropathic plantar ulcer considering high healing rate, short healing time and low rate of recurrences.