

EP-127

초고령 환자에서 성형 및 재건 수술이 삶의 질에 미치는 영향에 대한 장기 연구

(Evaluating the Influence of Plastic and Reconstructive Surgery on Quality of Life in Super-Seniors, long term study)



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Purpose: Korea has already entered a super-aged society. Although advances in diagnostic and therapeutic medicine have extended life expectancy, it remains unclear whether these improvements have enhanced quality of life among the elderly. As interest in improving well-being among the super-elderly grows, the demand for aesthetic and reconstructive surgery has also increased. This study evaluated whether such surgical interventions improve quality of life in super-senior patients and compared with those reported approximately three decades ago.

Methods: We retrospectively reviewed the medical records of 133 super-senior patients (aged ≥85 years) who underwent surgery between January 2018 and January 2026. Demographic characteristics, disease distribution, types of plastic and reconstructive procedures, anesthetic methods, postoperative complications, and functional and aesthetic outcomes were analyzed. Findings were compared with those of a similar study conducted about 30 years earlier.

Results: The mean age was 87.47 ± 2.45 years, including 56 men and 77 women. Pressure sores were the most common diagnosis (34.58%), followed by skin and soft tissue defects (18.79%) and skin cancer (17.29%). Flap reconstruction was the most frequent procedure (35.38%), followed by debridement (27.81%) and skin graft (13.53%).

Postoperative complications included partial flap necrosis, partial skin graft failure, and hematoma. Quality of life improved in 42.86% and remained unchanged in 26.37%, while deterioration decreased from 24% in the previous study to 10.99%.

Conclusion: Compared with three decades ago, super-senior surgical care shows broader patient inclusion, increased use of flap reconstruction, and reduced quality-of-life deterioration, likely reflecting advances in surgical techniques and perioperative management.

Table 1. Distribution of diagnosis patients, undergoing surgery

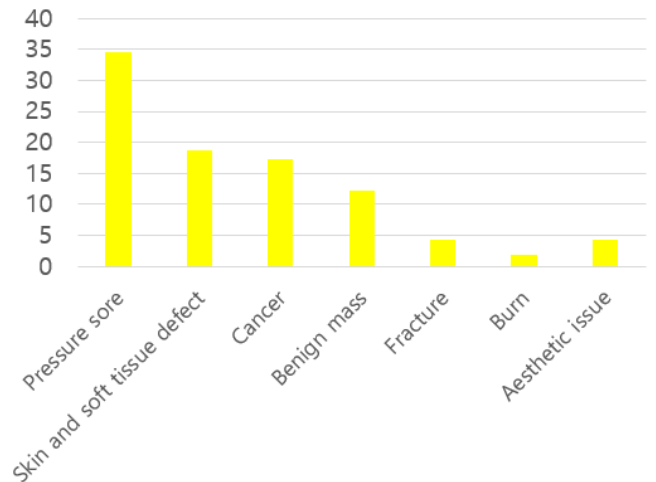


Table 2. Types and proportions of surgery patients underwent

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|----------------------|-------|
| Flap surgery | 35.4% |
| Debridement | 27.8% |
| Skin graft | 13.5% |
| Benign mass excision | 10.8% |
| ORIF and/or CR | 7.5% |
| Aesthetic surgery | 5% |