Dr. R. Brannon Claytor Presents Blood Clot Prevention Study at International Meeting

May 06, 2026

PHILADELPHIA - May 06, 2026 -

Dr. R. Brannon Claytor, a board-certified plastic surgeon from Claytor Noone Plastic Surgery, presented peer-reviewed research on blood clot prevention in body contouring surgery at the 18th annual American-Brazilian Aesthetic Meeting (ABAM) on February 6, 2026 in Park City, Utah. His presentation detailed findings from a study examining venous thromboembolism (VTE) prevention protocols in 333 of his patients who underwent abdominoplasty (tummy tuck), belt lipectomy (body lift), or modified float tummy tuck from 2017-2024. The procedures were performed by Dr. Claytor in his private practice in Bryn Mawr, Pennsylvania.

The research was published in Aesthetic Surgery Journal Open Forum under the title, ?A Comprehensive Mechanical and Chemoprophylaxis Algorithm for Prevention of Venous Thromboembolism in Lipoabdominoplasty.? Venous thromboembolism?which includes deep vein thrombosis (DVT) and pulmonary embolism (PE)?remains one of the most serious potential complications in body contouring surgery. The article introduces a structured, multi-layered approach to preventing VTE during procedures that involve a tummy tuck.

The study outlines an evidence-based VTE prevention protocol integrating individualized risk assessment with coordinated mechanical and chemical prophylaxis. The comprehensive regimen was customized for each patient based on preoperative screening using the 2005 Caprini risk assessment model, and included both intraoperative and at-home protocols. The regimen was associated with a low overall incidence of VTE compared with historical benchmarks and did not demonstrate an increased rate of bleeding or wound complications.

?Patient safety has always been the foundation of my practice, and this research represents years of refining a thoughtful, data-driven prevention protocol,? said Dr. Claytor. ?By presenting these findings to an international audience, my team and even my patients are hoping to contribute to the ongoing evolution of evidence-based safety standards in aesthetic surgery.?

The findings support the safety and effectiveness of combining formalized risk stratification with proactive prophylaxis in a plastic surgery practice performing a high volume of abdominoplasty and post-weight loss body contouring procedures.

?This focus is particularly timely for my patients as demand for post-weight-loss body contouring continues to rise,? explained Dr. Claytor. ?While I have been using this protocol for many years now, it is exciting to aggregate the data and find that we can improve patient safety with a simple, repeatable framework of risk prevention.?

The rapid rise of GLP-1 prescription medications for weight loss has enabled many patients to achieve significant transformations. However, substantial weight reduction often results in excess skin and tissue laxity, driving increased demand for body contouring procedures such as abdominoplasty. As surgical volume grows nationwide, optimized safety protocols become increasingly important.

?I am deeply committed to improving my patients? quality of life through body contouring surgery,? Dr. Claytor said. ?Equally important is ensuring that each procedure is performed within a comprehensive safety framework, from individualized risk assessment to advanced surgical techniques such as drain-free tummy tuck approaches that enhance comfort and recovery.?

Dr. Claytor previously presented earlier phases of this research at the Northeastern Society of Plastic Surgeons in Philadelphia and at the American Society of Plastic Surgeons Annual Meeting.

The American-Brazilian Aesthetic Meeting brings together aesthetic surgeons, fellows, and residents from the United States, Brazil, and more than 60 additional countries for a collaborative exchange of surgical innovation and peer-reviewed research. Now in its 18th year, ABAM is recognized for fostering international academic dialogue and advancing the science of aesthetic surgery.

?Meetings like ABAM are vital in a specialty that continues to evolve through research, technology, and the refinement of techniques,? Dr. Claytor added. ?I value both contributing to the scientific conversation and learning from colleagues who are equally dedicated to advancing patient care.?

Dr. Claytor recently published another study in the journal Plastic and Reconstructive Surgery ? Global Open, titled ?Awake Rejuvenation With the Deep Plane Face Lift and Extended Deep Neck Contouring,? which examined the safety of performing facelift surgery without general anesthesia to reduce risks of postoperative complications.

Dr. Claytor is certified by the American Board of Plastic Surgery and has been recognized as a Castle Connolly Top Doctor. His Bryn Mawr practice specializes in facial rejuvenation procedures, including the deep plane facelift, as well as advanced breast and body contouring surgery. Dr. Claytor operates out of a private, AAAHC accredited surgical facility and serves patients from throughout the Philadelphia Main Line. To learn more about Dr. Claytor?s practice and research, visit their website.

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Claytor Noone Plastic Surgery

Dr. R. Brannon Claytor of Claytor Noone Plastic Surgery is a nationally-recognized, board-certified plastic surgeon serving Philadelphia and the Main Line. He is committed to providing his patients with cutting-edge care that yields exceptional results.

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