

Managing Complicated Nontuberculous Mycobacteria Infections in Plastic Surgery

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Summary: Nontuberculous mycobacteria (NTM) infections after cosmetic surgery have become an increasing concern. These infections are often initially misdiagnosed and treated with standard antibiotic regimens, which fail to resolve the underlying infection, leading to prolonged patient suffering. In this case study, we describe a chronic wound infection caused by *Mycobacterium abscessus* subsp. *bolletii* after a muscle-repair abdominoplasty. This case illustrates the diagnostic and therapeutic challenges plastic surgeons face in successfully treating such infections. Initial obstacles included the isolation of co-contaminating bacteria that masked the NTM infection, the use of antibiotics ineffective against the specific NTM species, and the failure to identify the infection source. In this instance, contaminated skin marker ink used to mark the rectus muscle, combined with a nonabsorbable (permanent) suture for muscle repair, led to the development of a biofilm that acted as a persistent reservoir for the infection, resistant to antibiotic treatments. Complete resolution was achieved only after evaluation by a plastic surgeon experienced in treating NTM infections and the subsequent removal of the permanent suture. The delayed suture removal contributed to a 15-month recovery period. This case underscores the importance of early recognition of NTM infections after cosmetic procedures. By sharing this case, we aim to raise awareness of NTM infections and help prevent future cases of misdiagnosis and prolonged antibiotic treatments. Key points regarding the diagnosis, sources of infection, and treatment options for NTM infections are highlighted in this article using "text boxes" to emphasize the most important information and provide concise summaries of critical insights. (*Plast Reconstr Surg Glob Open* 2024; 12:e6254; doi: 10.1097/GOX.0000000000006254; Published online 24 October 2024.)

INTRODUCTION

Nontuberculous mycobacteria (NTM) are mycobacteria distinct from *Mycobacterium tuberculosis* (causing tuberculosis) and *Mycobacterium leprae* (causing leprosy). NTM are also known as atypical mycobacteria, or environmental mycobacteria, and can cause skin and soft-tissue infections upon skin penetration. They are commonly present in soil, dust, and water sources, including municipal

water supplies. NTM are categorized into 2 groups: slow-growing and rapid-growing mycobacteria, determined by the time taken for colony formation on solid media.

Reports of NTM infections after cosmetic procedures are rising, with cases documented across different procedures and countries.¹⁻⁵ The United States is not exempt from this problem. Recently, an outbreak after a cosmetic surgical procedure was reported with a total of 15 cases among patients who received cosmetic surgical procedures at the same facility in Florida.⁶ Fast-growing NTM, in particular the species *Mycobacterium abscessus*, *Mycobacterium chelonae*, and *Mycobacterium fortuitum*, have been increasingly identified as the culprits behind these cosmetic procedure-related infections, but slow-growing NTM, although less frequently reported, have also been isolated.^{7,8} NTM infections affect procedures as diverse as breast augmentation, implants, abdominoplasty, fillers, mesotherapy, facelifts, and liposuction.⁹⁻¹⁴ Postsurgical wound infections due to NTM are not limited to plastic surgery. Eyebrow tattooing, biopsies, tattoos, pedicures, piercings, acupuncture, laser resurfacing, and intramuscular injections can cause NTM infections.^{1,15-17} Notably,

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Received for publication May 5, 2024; accepted August 27, 2024.

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DOI: 10.1097/GOX.0000000000006254

Disclosure statements are at the end of this article, following the correspondence information.

our own research in Venezuela confirms this trend, with reports and case studies involving NTM infections after mesotherapy, hydrolipoclasia therapy, acupuncture, breast implants, liposuction, and dental procedures.¹⁸⁻²¹ The sources of infection have been the subject of investigations in multiple publications, with various potential sources identified. These include contaminated water supplies, a contaminated air-conditioning system, the use of ineffective antiseptic solutions, inadequately sterilized medical devices, contaminated medical solutions, and contaminated skin markers.^{14,21-27}

In the case of an NTM infection, it is crucial to isolate the mycobacterium in culture and identify the isolated acid-fast microorganism to species level because different species have varying treatment options, and antibiotic susceptibility patterns vary according to the geographical origin of the NTM.²⁸⁻³³ In addition to a prolonged antibiotic treatment, lasting from 6 months to a year, foreign bodies, such as breast or facial implants, surgical meshes, or fillers, must be removed. The rationale behind this is that when a foreign body remains in place for an extended period, mycobacteria can colonize it, forming a protective layer known as a biofilm. This biofilm acts as a shield, making it challenging for the body's immune system to combat the bacteria and for antibiotics to penetrate effectively.³⁴

Abdominoplasty is among the most frequently performed aesthetic procedures, aimed at enhancing the abdomen's shape and appearance. During this intervention, excess skin and fat are removed from the abdomen. Additionally, during an abdominoplasty, the abdominal muscles, using sutures, are often tightened for a firmer abdomen, and the remaining skin is repositioned to create a more toned appearance. Infections are an important complication after abdominoplasty, with an estimated incidence of 1%–3.8%, including operative site infections and infected seromas.³⁵ Here, we discuss a case involving an NTM infection. This case report describes common mistakes made during the diagnosis of an NTM infection, including the treatment of a coinfection, the use of incorrect antibiotics, and the lack of awareness regarding the presence of a foreign body with a biofilm.

CASE REPORT

A 43-year-old woman, who underwent an abdominoplasty 1 month prior, attended the plastic surgery clinic with symptoms including fever, wound dehiscence displaying signs of inflammation, and serous discharge from the periumbilical surgical wound (Fig. 1A). A culture of the discharge revealed coagulase-positive *Staphylococcus*, sensitive to quinolones. Outpatient treatment was described, consisting of ciprofloxacin (500 mg every 12 h). Despite a 21-day course of ciprofloxacin, the patient showed no improvement, and due to a strong clinical suspicion of an NTM infection, cultures were performed to isolate mycobacteria from the wound discharge. The wound discharge tested positive for *M. abscessus* subsp. *bolletii*.^{36,37} To ascertain the source of the infection, samples were

Takeaways

Question: Why did a nontuberculous mycobacteria (NTM) infection persist despite the prior identification of the species and effective antibiotic treatment through drug resistance testing?

Findings: During surgical exploration, a foreign object—a permanent suture—was discovered, serving as a site for NTM colonization.

Meaning: The removal of foreign materials, along with appropriate antibiotic therapy, is essential for the successful treatment of NTM infections.

collected from various solutions in the surgical area, including iodopovidone, skin markers (methylene blue and gentian violet), and running water from the operating room and the patient's shower. Interestingly, a culture of a commercially available methylene blue antiseptic used for surgical skin marking revealed a strain of *M. abscessus* subsp. *bolletii* with the same genetic profile as the patient's isolate (publication in preparation). This "antiseptic" transmitted the NTM infection during swab marking. Cultures of other solutions, such as tap water and saline solutions, revealed no NTM growth, or NTM species unrelated to this case (*M. fortuitum* was isolated from tap water).

Upon recommendation from an infectious disease specialist, and without antibiotic susceptibility testing, the patient received treatment with oral doxycycline 100 mg every 12 hours for 6 weeks (a poor choice, as in Venezuela, only about 2% of this NTM is susceptible to this antibiotic³³) and intravenous amikacin 500 mg for 2 weeks, resulting in partial recovery. However, after 6 weeks of treatment, serous discharge from the wound recurred. The patient was then sent back to the laboratory, and susceptibility testing of a new isolate showed susceptibility to amikacin, imipenem, and linezolid but resistance to doxycycline.

A new treatment regimen was initiated, consisting of 4 weeks of amikacin (1 g daily) in combination with intravenous imipenem (500 mg every 12 h for 7 d), followed by daily 50-mg doses of clofazimine and 600 mg of linezolid every 12 hours. After 4 months of treatment and persistent positive results for *M. abscessus* subsp. *bolletii* in the yellow transparent discharge, the case was re-evaluated. Due to suspicion of a fistulous tract, a surgical intervention was planned (Fig. 1B, C).

During the operation, a fistulous tract was discovered from the umbilical region to the right hypochondrium, involving the Prolene sutures used in the abdominoplasty procedure (Fig. 1B). Prolene sutures are nonabsorbable, synthetic (polypropylene) sutures, considered permanent, as they do not dissolve or get absorbed by the body, providing long-term support for wound closure or tissue approximation. The patient had the permanent suture removed, the abdominal area was irrigated and drained with an isotonic solution of 700 ppm hypochlorous acid (Oxikill), and the operation wound was closed using

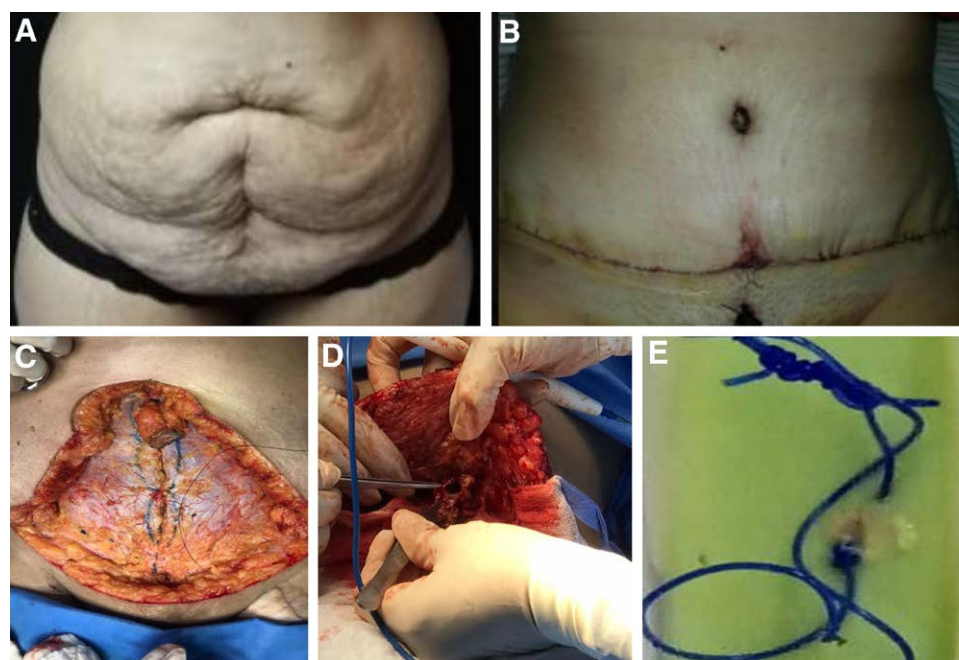


Fig. 1. NTM infection post-abdominoplasty: clinical features and diagnostic insights. A, Patient just before the first plastic surgery procedure, and (B) 4 months after the muscle-repair abdominoplasty procedure, showing wound dehiscence and a fistula. C, The application of the contaminated marker ink delineating the surgical site and the application of permanent sutures for tightening lax abdominal muscles during an abdominoplasty procedure. D, The sinus tract due to the *M. abscessus* infection, indicated with the point of the tweezers, and draining from the abdomen, near the permanent suture, to the skin. E, The suture culture, performed on L-J medium. The area where the suture encountered the L-J medium (depicted by the green color in the photograph due to the presence of Malachite green in this solid egg-based medium) showed the growth of an *M. abscessus* colony, which became visible after 5 days of incubation at 37°C.

Vicryl absorbable sutures for subcutaneous tissue and Prolene sutures for the skin.

The removed suture was sent for microbiological analysis and cultured on Lowenstein-Jensen (L-J) medium, revealing the growth of *M. abscessus* subsp. *bolletii* where the suture touched the culture medium (Fig. 1D). After the surgical intervention, the infectious disease department prescribed treatment with amikacin (1 g for 30 d), in combination with linezolid (600 mg every 12 h), and clofazimine (100 mg daily), followed by 50 mg of clofazimine once daily and 600 mg of linezolid every 12 hours. The patient progressed satisfactorily, experiencing complete wound healing and no discharge after 8 months of treatment. Currently, 2 years have passed without treatment, and the patient remains asymptomatic.

DISCUSSION

The increasing number of NTM infections after cosmetic procedures is worrying. These infections, caused by different NTM species, are hard to diagnose, and the infection comes from various sources. Determining which NTM is causing the infection is crucial for finding the right treatment, as different species respond differently to treatment.³⁸ Hence, mycobacterial cultures are imperative, enabling both identification and antibiotic drug resistance testing.

NTM infections after abdominoplasty have been reported before and were successfully treated.^{39–41}

However, in this case, the persistent NTM infection required extensive investigation. Despite initial treatments with broad-spectrum antibiotics, the infection persisted, but the presence of a fistulous tract involving nonabsorbable Prolene sutures sheds light on a potential source of persistent infection, highlighting the critical role of foreign bodies in such cases.^{42,43}

Microbiological Diagnosis

The presented case highlights the common errors encountered by physicians and microbiology laboratories when diagnosing and treating NTM infections. These errors include isolating and treating co-contaminant microorganisms, a coagulase-positive *Staphylococcus*, a common member of the body's microbiota. The initial sample was obtained using a swab from the open surgical wound, which is susceptible to contamination with skin flora. For NTM isolation, the clinical sample needs to be sterile; that is, without contamination from skin flora. If contamination of the sample with other bacteria is suspected and an NTM infection is suspected, the sample should be decontaminated using NaOH or HPC before inoculating on culture medium. This is a common technique in mycobacterial laboratories to eliminate contaminating flora, ensuring that only NTM are inoculated onto the culture medium.²² In our case, the skin was decontaminated with 70% alcohol prior to taking a sample of the

- Diagnosing soft tissue NTM infections is challenging. Characteristically, it is the “late onset” of the manifestation of an infection which can occur from one week to several months postoperatively.
- A complete blood count will show no significant abnormalities; however, if there *are* abnormalities, there may be a co-infection. Tuberculin or INF-gamma testing, although useful for tuberculosis testing, is not indicative for an NTM infection, with the exception of an infection with *M. kansasii*, a slow growing mycobacterium.
- The manifestation of the infection is in general local (eg, cellulitis or an abscess) and, in the minority of cases, fever is present. Typical symptoms include minor wound dehiscences or fistulas accompanied by the discharge of a clear, odorless, yellowish serous fluid. Generally, signs of acute inflammation are absent and there is no inflammatory reaction or redness of the skin (cold abscess).
- Consider NTM infections after cosmetic procedures if the infection shows resistance to standard antibiotics previously prescribed by the physician.
- Accurate microbiological diagnosis requires adequate fluid collection and/or tissue biopsy. In our practice, serous fluids yield a significantly higher positive rate compared to biopsies, making them the preferred clinical sample.
- Acid-fast (Ziehl-Neelsen) staining of fluids or biopsies lacks sensitivity for diagnosis and doesn't provide adequate identification needed for treatment planning. Instead, culture on L-J medium is advised. NTM also grow on blood agar medium or TBS medium supplemented with 1% glycerol. As mycobacteria grow more slowly than other microorganisms, culture incubation times are prolonged: up to 7 days for fast-growing NTM and 4–5 weeks for slow-growers.
- Confirmation of Mycobacterium isolation entails performing a Ziehl-Neelsen stain on one or more colonies cultivated on the mycobacteria culture medium. Mycobacteria appear as “acid-fast, red-colored rods” when observed at a magnification of 1000x with an oil immersion lens.
- It is imperative to identify Mycobacteria to the species level, as each species exhibits a distinct susceptibility pattern to antibiotics. Utilize molecular techniques for precise identification, particularly sequencing the 16S rRNA gene, the gold standard. For *M. abscessus* complex strains, consult references 38 and 39 in this article.
- While species identification can guide antibiotic treatment decisions, it is preferable to follow up with drug resistance testing whenever possible.

Fig. 2. Diagnoses of NTM infections.

yellowish serous discharge, which is characteristic of NTM infections. This sample did not grow any contaminated bacteria on blood agar after 24 hours of incubation but yielded the mycobacterium on the selective L-J medium, which moreover has a growth inhibitor for most Gram-positive and Gram-negative microorganisms (Malachite green). More information about the microbiological diagnosis of NTM infections can be found in [Figure 2](#).

Treatment of NTM Infections

The second error, once the NTM was isolated, concerned the treatment with doxycycline, a tetracycline antibiotic. Doxycycline is effective against other NTM: clinical usefulness has been mentioned for *M. fortuitum* and *M. chelonae* infections.⁴⁴ Nonetheless, in our setting, less than 2% of the *M. abscessus* strains are susceptible to this antibiotic.³³ In contrast, tigecycline, another tetracycline antibiotic, has demonstrated susceptibility across most, if not all, *M. abscessus* strains.³³ This treatment failure underscores the critical need for initial drug resistance testing before commencing NTM treatment. It is noteworthy that the majority of NTM are resistant to drugs commonly used in

tuberculosis treatment.^{45–47} Further details on NTM infection treatment can be found in [Figure 3](#).

Foreign Body Removal

Once the appropriate treatment was initiated, based on drug resistance testing, nobody recalled the presence of sutures. This was the third error that affected the patient's care. Contaminated marker ink had been used to delineate the abdominal muscles ([Fig. 1A](#)), raising the possibility that the infection had triggered a biofilm formation on the suture. The act of forgetting to remove foreign bodies, ie, the permanent suture, sustained the infection. The surgical intervention—involving the removal of the permanent suture, extensive debridement, and lavage with hypochlorous acid (700 ppm HOCl, or Oxikill, FUNDAIM, Caracas)—alongside targeted antibiotic therapy, proved pivotal in achieving a successful resolution of the infection.

The Infection Sources

Identifying the source of infection is crucial, as it can prevent future occurrences. In this particular case, the

- Treatment includes comprehensive surgical debridement, the removal of any infected foreign material (breast implants or sutures) and fibrotic tissue, and long-term, targeted, species-specific antibiotic combination therapy.
- For the choice of the antibiotic treatment, an infectious disease expert should be consulted.
- A dual or triple therapy regimen, starting with the parenteral administration of amikacin for most species, is recommended. The selection of antibiotic combinations depends on the NTM species and should be supported by species identification and, when possible, by susceptibility testing in the clinical laboratory.
- A duration of antibiotic treatment spanning four to six months is advised. The use of macrolides, azithromycin, or clarithromycin, previously commonly prescribed for infections with *Mycobacterium abscessus* strains, requires prior (molecular) evaluation due to the presence of inducible macrolide resistance, which is only detected in the laboratory after a 14-day incubation in the presence of the macrolide^{38,39}. Inducible macrolide resistance was recently also detected in *M. chelonae* strains⁴⁷.
- Clofazimine, a drug that has been used for leprosy treatment, and tigecycline, a tetracycline drug type, have exerted activity on most of the NTM infections and are now regularly prescribed^{48,49}. In general, NTM are resistant to anti-tuberculosis drugs like rifampin, isoniazid, and ethambutol.
- Patients should be regularly tested for adverse effects of the antibiotic treatment.
- A healing prognosis is usually good, though full recovery may take longer than expected. Prepare patients for extended antibiotic treatment.

Fig. 3. Treatment of NTM infections

marker ink was found to be contaminated with NTM. Previous reports have also documented NTM contamination of marker ink, not only in surgical settings but also in tattooing procedures.^{21,25,48–50}

Municipal water supplies are recognized as significant reservoirs for mycobacteria and are the primary source of most nosocomial outbreaks.^{51,52} Supported by biofilms in pipes, NTM can flourish at high temperatures, survive in distilled water, and resist common disinfectants (such as quaternary ammonium compounds^{26,53}) as well as the low chlorine concentrations found in tap water.⁵⁴ Easy-to-use physical methods must be used to reduce NTM from municipal water, the potential source of infection in a hospital setting.^{55,56}

Outbreaks have been linked to various sources of NTM contamination, including ice machines in operating rooms,⁵⁷ dental water lines that are not properly disinfected,^{20,22} whirlpool foot baths at nail salons,⁵⁸ and the use of humidifiers and heater-cooler devices in the operation room.^{59,60} Additionally, potential origins of NTM infection include contaminated multidose vials, solutions used for skin marking, and improper handling of injectable medications, particularly when aseptic techniques are not strictly followed. Moreover, inadequate sterilization techniques of potentially NTM-contaminated instruments, such as liposuction cannulas, tattoo and acupuncture needles,^{19,48} and piercing tools, can lead to skin or surgical wound infections.^{14,61,62} See also the textbox of [Figure 4](#) for a comprehensive overview of potential infection sources. These examples emphasize the importance of strict sterilization protocols and regular monitoring of equipment

and water systems in healthcare settings to prevent NTM infections.^{55,56}

Infection Source Investigation

For infection source investigations, samples for NTM isolation should include tap water, water from the air-conditioning systems,⁶³ saline solutions, injectable drugs, surgical dressings, skin markers, and cleaning solutions. Swab samples of surgical instruments, implants, and air-conditioning filters should be collected.^{64–66} Air can be sampled with an air sampler. Samples should be processed in a laboratory experienced in isolating mycobacteria using special decontamination techniques and/or selective culture media.^{67,68} It is important to remember that mycobacterial infections can be established with very low inocula. For instance, *M. tuberculosis* infections can occur with as few as 10–100 bacteria.^{69,70} Although the exact infectious dose for *M. abscessus* skin or soft-tissue infection remains unknown, analyses of mesotherapy solutions implicated in infections have revealed the presence of approximately 10 culturable *M. abscessus* per injection dose¹⁸ (personal communication, J.H.d.W.).

CONCLUSIONS

This case underscores the importance of a multidisciplinary approach involving plastic surgeons, infectious disease specialists, and microbiologists for accurate diagnosis, effective treatment, and optimal management of NTM infections after cosmetic procedures. Stringent infection control measures, including sterile medical devices,

- The origin of the infection is likely to be, within the hospital or operating room. Human-to-human transmission is very rare or non-existent.
- The infection source often remains unclear. Investigations usually start after the first diagnosis. The late onset of infection means investigations often occur weeks or months after the event, potentially allowing the source to disappear.
- No predisposition has been shown for cosmetic-related infections, unlike NTM pulmonary infections.
- NTM are widespread in all environments and are often recovered from air, water, soil, and (air-conditioner) dust.
- Several studies mention municipal tap water as a source of infection because this water often contains NTM, leading to an increased risk of exposure and infection.
- Outbreaks have also been linked to ice machines in operating rooms, dental water lines that are not properly disinfected, and whirlpool foot baths at nail salons.
- Infection has been associated with the use of humidifier and heater/cooler devices.
- Potential origins of NTM infection include contaminated multi-dose vials, solutions used for skin marking, and the improper handling of injectable medications, particularly when aseptic techniques are not used.
- Inadequate sterilization techniques of NTM-contaminated instruments, including liposuction cannulas, tattoo needles, and piercing tools, can lead to skin or surgical wound infections. Inadequate cleaning enables biofilm formation, protecting bacteria from standard sterilization.
- For literature references regarding infection sources, see the main text of this article.

Fig. 4. The source of NTM infections.

effective antiseptics, and vigilant surveillance for contamination sources, are crucial for prevention. Furthermore, NTM infections pose significant diagnostic and treatment challenges. Prompt pathogen identification and recognition of foreign bodies, like nonabsorbable sutures, are critical in persistent infections. Tailored antibiotic regimens and surgical interventions, guided by thorough microbiological analyses, are essential for achieving favorable outcomes in mycobacterial infections.

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DISCLOSURES

The authors have no financial interest to declare in relation to the content of this article. The Universidad de Las Américas, Quito, Ecuador, sponsored the article processing fee.

PATIENT CONSENT

The authors have obtained written permission from the patient to publish this case, and this permission is available upon request. Personal details of the patient have been minimized, and irrelevant information for this case study has been omitted.

DECLARATION OF HELSINKI

The study was conducted in accordance with the Declaration of Helsinki and approved by the Ethics Committee of Hospital

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