

## Post-operative recurrences in Crohn's disease

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**Background:** Crohn's disease is associated with high rates of postoperative recurrence. By 10 years postoperatively a high percentage of patient suffer clinical relapses (as many as 75% and above) and many of these (up to 45%) require re-intervention.

**Aim:** The aim of the study was to identify, among the various potentially predictive factors, those which today can be considered real risk factors for postoperative recurrence.

**Methods:** A review of the literature of the last 25 years was carried out. Factors related to the patient, disease, type of surgery and pharmacological treatment were analyzed.

**Results:** The relapse rate we recorded was 41.17% (28 of 62 patients operated on in the last 20 years included in an average 6-year follow up (range: 1-19 years). Significant predictive factors, in addition to duration of the follow up and smoking, are also the localization of the disease in the colon, extent more than 100 cm and the absence of postoperative pharmacological prophylaxis.

**Conclusion:** The high incidence of postoperative recurrence in Crohn's disease mandates a strict follow up (clinical, laboratory and instrumental monitoring). Identifying patients at increased risk would enable physicians to implement a rational pharmacological prophylaxis.

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