

**CONSENT FOR TUMESCENT LIPOSUCTION SURGERY**

Liposuction is a body contouring and sculpting technique. It is a means of reducing localized fat deposits that are difficult or impossible to remove with diet or exercise. Liposuction is not a technique for treating obesity. In the tumescent technique of liposuction, a very dilute anesthetic solution is injected under the skin into the fatty tissue before it is removed. Afterward, compression garments are worn for drainage and support. Patients usually return to work after 2 to 7 days.

I clearly understand and accept the following:

- 1) The goal of liposuction surgery, as in any cosmetic procedure, is improvement – not perfection.
- 2) The final result may not be apparent for 3 to 6 months post-operatively.
- 3) In order to achieve the best possible result, a "touch-up" procedure may be required.
- 4) Areas of "cottage cheese" texture (i.e. cellulite) will be changed little by the liposuction procedure.
- 5) Liposuction surgery is a contouring/sculpting procedure and is **not** performed for purposes of weight reduction, nor as a substitute for healthy diet and exercise.
- 6) Strict adherence to the post-operative regimen and instructions is necessary in order to achieve the best possible results.
- 7) I have not taken any aspirin or aspirin-containing products for a minimum of two (2) weeks prior to my surgery.
- 8) There is **no guarantee**, expressed or implied, that the expected or anticipated results will be achieved.
- 9) I understand that liposuction surgery is contraindicated in certain patients (see below) and that I am not one of these patients:
  - a) Women who are pregnant or believe they might be pregnant
  - b) Women who are nursing
  - c) Patients with active thrombophlebitis or active infection
  - d) Patients with poor circulation or confined to bed
  - e) Patients with a history of pulmonary embolism or blood clots in the lungs
  - f) Patients with a history of severe or multiple allergic reactions
  - g) Patients with uncontrolled diabetes mellitus or uncontrolled collagen vascular disease (e.g. Lupus, etc.)
  - h) Patients with a history of uncontrolled bleeding
  - i) Patients with positive blood tests for hepatitis, HIV, or AIDS
- 10) I authorize and consent to the usage of photographs or video taken before, during, or after surgery for teaching, marketing, scientific journals, and other viewing purposes.

Although complications following liposuction are infrequent, I understand that the following may occur:

- 1) Skin irregularities, lumpiness, hardness, and dimpling may appear post-operatively. Most of these irregularities disappear with time and/or massage, but localized irregularities may persist permanently. If loose skin is present in the treated area, it may or may not shrink to conform to the new contour.
- 2) Infection is rare, but should it occur, treatment with antibiotics and/or surgical drainage may be required.
- 3) Numbness or increased sensitivity of the skin over treated areas may persist for months. Rarely, it is possible that localized areas of numbness or increased sensitivity could be permanent.
- 4) Normal temporary side effects associated with liposuction surgery include soreness, inflammation, bruising, swelling, numbness, and minor irregularity of the skin. Some of these effects can take several months to resolve.

- 5) Objectionable scarring or pigment changes is unusual because of the small size of the incisions used in liposuction surgery, but scar formation or permanent pigment changes are possible.
- 6) Dizziness may occur during the first 24 to 48 hours following liposuction surgery, particularly upon rising from a lying or sitting position, or when removing compression garments. If this occurs, extreme caution must be taken while walking. Do not attempt to drive a car if dizziness is present.
- 7) Surgical bleeding is very rare using the tumescent technique of liposuction surgery; however, it could theoretically require hospitalization.
- 8) Temporary accumulation of fluid under the skin (seroma) may occur, requiring possible surgical drainage.
- 9) In addition to these possible complications, I am aware of the general risks inherent in all surgical procedures and anesthetic administration. Although rare with tumescent liposuction surgery, unexpected severe complications can occur, including but not limited to: allergic reaction, paralysis, convulsions, blood clots, strokes, heart attack, brain damage, or even death.
- 10) In the event of an emergency, I hereby give my consent to my transfer to a nearby hospital. I understand that I am responsible for any transportation expenses incurred for my care during the time I am in transit between institutions, as well as any hospital, physician, laboratory, or radiological expenses.
- 11) I confirm the surgeon and his/her staff have explained to me the nature, purpose, limitations, and possible consequences of liposuction surgery, as well as risks involved and possible complications. I understand the explanation I have received is not exhaustive and that other, more remote risks and consequences may arise. I have been advised that a more detailed and complete explanation of any foregoing matters will be given to me if I so desire, and I do not desire such further explanation. All questions have been answered to my satisfaction.
- 12) The following is/are the area(s) of my body to be treated by liposuction: (circle and initial)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Abdomen, Lower      | <input type="checkbox"/> Thighs, Outer           | <input type="checkbox"/> Hips               |
| <input type="checkbox"/> Addomen, Upper      | <input type="checkbox"/> Infero-Lateral Buttocks | <input type="checkbox"/> Waist              |
| <input type="checkbox"/> Male Flanks         | <input type="checkbox"/> Thighs, Inner           | <input type="checkbox"/> Female Flanks      |
| <input type="checkbox"/> Male Breasts        | <input type="checkbox"/> Knees, Inner            | <input type="checkbox"/> Posterior Axillary |
| <input type="checkbox"/> Chin, Jowls, Neck   | <input type="checkbox"/> Thighs, Anterior        | <input type="checkbox"/> Arms               |
| <input type="checkbox"/> Platysmal Plication | <input type="checkbox"/> Knees, Anterior         | <input type="checkbox"/> Buttocks           |

\_\_\_\_\_  
Patient Name (Printed)

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
Witness Name (Printed)

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date/Time

Physician/Staff Declaration: I have explained the contents of this document to the patient and have answered all the patient's questions, and to the best of my knowledge, the patient has been adequately informed. The patient has consented, and has been given a copy of this consent form.

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date/Time

**IMPORTANT INFORMATION ABOUT TUMESCENT LIPOSUCTION**

**Risks of Liposuction Surgery:** Any surgery involves the risk of infection, bleeding, scarring, or serious injury. However, tumescent liposuction has an amazingly good safety record. One of the reasons that tumescent liposuction is safer than other liposuction techniques is that general anesthesia is not required. The greatest risks of liposuction are those associated with general anesthesia. By eliminating general anesthesia, the risks of liposuction are dramatically reduced.

Patients can minimize the risk of surgical complications by not taking medications or over-the-counter preparations that might adversely affect the surgery. Patients should inform the surgeon of any medications being taken regularly, or occasionally, including herbal remedies.

**Risk of Irregularities of the Skin:** Tumescent liposuction using microcannulas is the least likely to cause any significant or noticeable post-surgical irregularities of the skin. By magnifying the fatty compartment, the tumescent technique permits more accurate removal of fat, with greater assurance that the liposuction cannula will not inadvertently approach too near the undersurface of the skin, which would cause irregularities. Thus, the tumescent technique helps to minimize the risk of post-surgical irregularities or rippling of the skin. Liposuction might improve pre-existing irregularities of the skin such as dimpling, but prospective patients should not assume that there will be significant improvement. It is unrealistic to expect perfectly smooth skin. Patients should expect that their skin will have approximately the same degree of dimpling and irregularities as existed before tumescent surgery. Ultimately, after liposuction the skin texture should be within normal limits. A casual observer should not notice any evidence of surgical irregularities of the skin. However, it is possible that a noticeable irregularity of skin may result and require touch-up surgery.

**Risk of Scarring of the Skin:** Incisions for liposuction may result in scarring. The incisions made for inserting the cannulas are usually less than 2 to 3 mm in length and are usually virtually invisible once healed. Although you may be able to find them upon close examination, most other people would not be able to see them. Some patients may experience temporary hyper-pigmentation (darkening) that usually fades after several months. Some patients may have a genetic predisposition for persistent discoloration at the incision sites. Patients that have experienced hyper-pigmentation, or hypo-pigmentation (pale or light-colored scars) in the past might expect to also experience it with these incisions. Certain areas of the body, such as the back or upper flanks, may be more likely to have pigmentation changes.

**Cellulite:** Liposuction of the thighs, while improving the silhouette, does not necessarily eliminate the subtle "puckering" of the skin often called "cellulite." Cellulite results from the pull of fibrous tissue that connects skin to underlying muscle. While tumescent liposuction may reduce the degree of cellulite, it is unlikely to eliminate it. Liposuction should not worsen cellulite.

**Liposuction and Obesity:** Liposuction is not an appropriate treatment for obesity. Liposuction is not a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidates for limited liposuction if their goal is simply to improve the shape of certain limited areas of the body.

**Postoperative Healing:** Normal healing after tumescent liposuction involves a limited but definite degree of soreness, swelling, bruising, and lumpy firmness. A temporary mild numbness of the skin may persist for up to 4 months. Most patients can actually see some improvement of their silhouette within one week after surgery. However, because of the slow resolution of post-surgical swelling, the ultimate results following liposuction usually require 12 to 24 weeks to be achieved.

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Initial

**Realistic Expectations:** Although the results of liposuction are often quite spectacular, it is not realistic to expect perfection. It is impossible to guarantee the precise amount of improvement that will result from liposuction. Patients should not have unrealistic expectations. Although patients can usually expect to achieve at least a 50% improvement, it is unreasonable to expect 95% improvement or near

perfection. For the perfectionist, or for liposuction of a very large area, maximum improvement may require a second procedure for which an additional fee may apply.

Patients who would be satisfied with a 50% improvement would be reasonably good candidates for liposuction. The "50% Improvement" is intentionally a vague measure. It indicates a definite perceptible improvement, but something short of perfection. If a 50% improvement would make a patient happy, then it is likely that these expectations will be met.

**Longevity of Results:** The fat cells that are removed by liposuction do not grow back. If the patient later gains or loses weight, the change tends to be distributed proportionately over the entire body. Although one can expect some changes with aging, provided that the patient does not gain large amounts of weight, the new, more pleasing silhouette is relatively permanent.

\_\_\_\_\_  
Patient Name (Printed)

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
Witness Name (Printed)

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date/Time

**ADVANCE COSMETIC AND LASER CENTER**

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Phone (949) 248-1900 Fax (949) 248-1956

**LIPOSUCTION**

The following list represents a partial review of the complications, potential complications and sequelae, which have been discussed with me, in consideration of my forthcoming Liposuction Surgery with Dr. Tim Roham. While Dr. will make every effort to contour symmetrically there are no absolute guarantees in this procedure and unevenness or lumpiness may occur.

**LIST OF POSSIBLE COMPLICATIONS**

|   | <b><u>Patients Initials</u></b> |
|---|---------------------------------|
| 1. Bleeding                                 | 1. _____                        |
| 2. Infection                                | 2. _____                        |
| 3. Anesthetic Reaction                      | 3. _____                        |
| 4. Swelling                                 | 4. _____                        |
| 5. Pain                                     | 5. _____                        |
| 6. Ecchymosis (Bruising)                    | 6. _____                        |
| 7. Irregular Contour                        | 7. _____                        |
| 8. Indurations (hardening beneath the skin) | 8. _____                        |
| 9. Dimpling                                 | 9. _____                        |

\_\_\_\_\_  
PATIENTS NAME

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
DATE

## PRE AND POST LIPOSUCTION INSTRUCTION SHEET

NAME \_\_\_\_\_  
Date of Surgery \_\_\_\_\_ Time of Surgery \_\_\_\_\_  
Post Operative Check-Up Date \_\_\_\_\_

\*\*\*Please be aware that surgery must be paid in full prior to procedure, if you intend to pay the remainder with a check the check must clear the payment procedure at the front desk. If the check does not go through please be prepared to pay remainder by credit card, cash, or care credit prior to surgery.\*\*\*

\*\*Patient must have all Lab tests done ONE WEEK PRIOR to procedure.

\*\*Patient must arrange for someone to drive them home from the facility and to have an adult over the age of 18 remain with them the first night.

\*\*Patient must have ALL PRESCRIBED MEDICATIONS 24 hours in advance of the procedure.

\*\* No Aspirin or anti-inflammatory medications such as; Naproxen, Voltaren, Ibuprofen, Motrin, Advil, Vitamin E, Fish Oil, natural or health food remedies for 2 weeks before your procedure.

\*\*Take no medication 12 hours before procedure unless approved by Dr. Roham.

\*\*No Alcohol or Caffeine for 12 hours before procedure.

### Pre Operative Instructions

\*\* Patient must take the first dose of prescription antibiotics the night before surgery. The second medication Medrol pack is to be taken for the first time following surgery, according to directions on the medication.\*\*

- 1) Patient must purchase a package of baby diapers for the day of the procedure a pack of 24 or more is suggested you will be using the diapers to absorb fluid leakage for the first 72 hours.
- 2) If patient has long hair please bring a rubber type band for holding long hair back during surgery.
- 3) If your feet get cold you may bring a pair of socks black is recommended.
- 4) A plastic bag is recommended to carry home all your personals and extra clothing.
- 5) 2-Large black or dark towels recommended for covering the car seats on your return home.
- 6) Please shower with Hibiclens the night before and the day of your procedure.
- 7) Wear old clean comfortable loose clothing (preferably a dark color) to the procedure.
- 8) Please leave all jewelry and valuables at home.
- 9) Purchase a bottle of Hydrogen Peroxide and a tube of Neosporin antibacterial salve and cotton balls for cleaning surgery sites. Have these at home following procedure they will be used when Dr. instructs you to use.

### Time of procedure

MORNING PROCEDURE: If your procedure is booked for the am, nothing to eat or drink after midnight of the evening before your procedure.

AFTERNOON PROCEDURE: If yours is an afternoon procedure, nothing to eat or drink at least 6 hours prior to your scheduled surgery time.

Photos will be taken before your procedure and line markings with a surgical marker will be made on your body in the area's Dr. will be sculpting, these will wash off.

### Abdominal Liposculpture

If Liposculpture is performed on the abdomen, sit straight, lie straight and stand straight for at least two weeks after liposculpture so that you minimize the possibility of any creases developing in the abdomen.

No tight or confining garment including belts, underwear, bras or tight pants are to be worn after surgery for up to two weeks, due to the possibility of indentations of skin and underlying fat which may become permanent during the healing process.

If asymmetry or skin irregularities or unevenness occur, an additional procedure at the patients cost would need to be performed to correct the flaw.

### **Post Operative Instructions**

- 1) Patient has had liposuction to one or more areas of your body, and should not be alone the first night after procedure.
- 2) Patient will experience drainage from the tiny incisions for approximately 72 hours this is normal and maybe somewhat blood-tinged and will be more profuse in the dependent or lower portion of any area treated.
- 3) The diaper must be changed within 2 hours after surgery and drainage will increase when patient walks or a stand up this is normal.
- 4) Do not wrap the diaper tightly around the incision site. Lay the diaper around the treated area loosely to absorb the drainage, no occlusive dressing. Draining must be allowed and is necessary.
- 5) When the drainage stops the diaper will no longer be needed. The sites must be cleaned daily mix ½ water and ½ Hydrogen peroxide in a small bowl and clean with a cotton ball. After cleaning put antibacterial salve on the site.
- 6) Patient needs to eat something immediately after the procedure as well as drink water.
- 7) Patient will go home with diapers covering the incision sites. After returning home within two hours change the diapers while lying down.
- 8) The patient must not stand-up while changing the diapers, as dizziness will occur. Once the garments are pulled back up the patient can stand.
- 9) Patient is to return to the office the day after surgery to be seen by medical personal.
- 10) Please wait until Dr. Roham instructs you as to when you may shower and wash your garments.
- 11) You have been supplied with two garments, one larger than the other eventually the small garment will be worn on its own once Dr. instructs you to wear one garment.
- 12) Hand wash the garments, or wash on delicate, the sun destroys this fabric so dry with blow dryer or line dry indoors. You should wait at least a week to 10 days for more intense activity (low impact aerobics) and if discomfort is experienced with any activity, it should be discontinued and more strenuous activity should be postponed for at least a month.
- 13) For any pain or questions please call our office immediately (949) 248-1900.**

**PATIENT'S SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**PHYSICIAN'S SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

## **Post Operative Liposuction Care Instructions**

### **Going Home**

You should not plan to drive yourself home. It is recommended that you have a responsible adult at home with you on the day of surgery.

### **Diet**

If you have had liposuction totally by local anesthesia, you may resume your usual diet immediately. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. Avoid drinking alcoholic beverages for 48 hours before surgery and 48 hours after surgery.

### **Physical Activity**

Quiet rest is recommended for the first hour immediately after surgery. Do not drive or operate hazardous machinery for 18 hours after surgery. Do not make any important personal decisions for 24 hours after surgery. Later in the day or evening of surgery it is recommended you take several short walks around your house. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and vigorous physical activity 2 to 4 days after surgery. It is suggested that you begin with 25% of your normal workout and then increase your daily activity as tolerated. Most people can return to a desk job within one to two days after surgery, although one must expect to be sore and easily fatigued for several days.

### **Elastic Compression Garments**

Post-Op Garments are designed specifically for tumescent liposuction. Two Over-All garments are worn after tumescent liposuction. These garments are specifically designed to be used with super-absorbent pads and to provide firm compression to encourage maximum drainage of residual blood-tinged anesthetic solution. Beginning the day after surgery, the post-op garments are to be removed daily to permit you to shower and to wash the garments. Two garments should be worn day and night for seven to ten days. Do not be concerned if you have drainage for several days. Discontinuing the use of the garments too early may result in more prolonged drainage. Typically, patients will need to wear the garments for four weeks. Some patients, especially after a large amount of liposuction, will have drainage for more than a week. Many patients choose to wear the garments for a greater duration simply because of the comfort the garments provide. Wearing the post-op garment for more than the minimal number of days provides no significant advantage in terms of the ultimate cosmetic results.

### **Dizziness and Fainting**

Patients may experience a brief sensation of dizziness the morning after surgery, when the garments are first removed in order to take a shower. Feeling lightheaded is similar to what you might experience when standing-up too quickly. It is the result of rapid decompression of the legs after the post-op garments are removed. Should dizziness occur, simply sit or lie down until it passes. Dizziness may be prevented by removing the outer compression garment 10 minutes before removing the second garment.

### **Fainting at the Sight of Blood**

Some people have a tendency to faint upon the sight of blood. Such persons should anticipate such a problem when removing blood-tinged absorbent pads when changing dressing after liposuction

### **Fainting after Urination**

On the morning after childbirth a woman has an increased risk of fainting if she stands up too fast immediately after urinating. This is known as post-micturation syncope. A similar situation occurs the morning after liposuction. A liposuction patient should stand up slowly after urinating. In order to avoid a serious injury from a fall, if dizziness does occur, the patient should sit or lie down on the floor immediately. It is recommended that patients not lock their bathroom door so that someone can come to assist if necessary.



### **Managing Post-Op Drainage**

One should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is, the less bruising and swelling there will be. For the first 24 to 48 hours, bulky super-absorbent pads are worn overlying the treated areas, and under the compression garments. After most of the drainage has stopped, patients need only place absorbent pads over the incision sites that continue to drain.

### **Leaks Are Possible**

When the super-absorbent HK Pads are properly applied they should absorb all of the drainage. However, leaks beyond the pads can occur. During the first 36 hours, when sitting or lying down, you should place absorbent terrycloth towels beneath you in order to protect your furniture from any unexpected leak of blood-tinged drainage. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel.

### **Wound Care & Bathing**

Keep incisions clean. You may shower after the incisions have healed and closed up. First wash your hands, then wash incisions gently with 50% peroxide and 50% water, afterwards gently pat incisions dry with a clean towel. Apply new absorbent pads. When an incision has ceased draining for more than 24 hours, it no longer needs to be covered by pads.

### **Take Antibiotics**

Take Antibiotics as directed until the prescription is finished. Take antibiotics with food. Call our office if you notice signs of infection such as fever, foul smelling drainage, or focal redness, swelling, or pain in a treated area.

### **Do NOT's**

Do NOT apply ice-packs or a heating pad to skin overlying the areas treated by liposuction.

Do NOT use full strength hydrogen peroxide it should be diluted 50% peroxide and 50% water. And do not use plastic Band-Aids to incision sites.

Do NOT soak in a bath, Jacuzzi, swimming pool, or the ocean for at least 7 days after surgery in order to minimize the risk of infection.

### **Nausea**

Nausea and vomiting are among the side effects that may be associated with liposuction. Nausea can be caused by antibiotics or local anesthesia.

### **Menstrual Irregularities**

Menstrual irregularities may occur for a month or so after liposuction. Premature or delayed onset of monthly menstruation is a possible side effect of any significant surgery.

### **Temperature Elevation**

Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma.

### **Inflammation, Swelling**

Inflammation, swelling, and soreness are expected consequences of liposuction. You can expect to have swelling of your genitals. Two extra-strength Tylenol should be taken every 4 hours while awake for the first 48 hours to reduce postoperative soreness and inflammation. Discomfort and soreness is worse the second day after surgery, then improves daily.

### **Avoid Aspirin and Ibuprofen**

For 3 days after surgery do not take aspirin or ibuprofen or similar NSAIDS (non-steroidal anti-inflammatory drugs)

such as Bufferin, Anacin, Advil or Nuprin. NSAIDS can promote bleeding by impairing platelet function. NSAIDS also depress the immune response to infection by impairing white blood cell function.

**Bruising**

Bruising is minimal with tumescent liposuction. Nevertheless, the more extensive the liposuction surgery, the more bruising one can expect. Some patients have more of a tendency to bruise than others.

**Pain and Swelling**

Pain and swelling due to an inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery. Notify your surgeon if there is a dramatic increase in pain or swelling.

**Itching**

Itching of the treated areas several days after surgery may occur as part of the normal healing process. To help relieve the itching, you may try taking Benadryl as directed on the packaging. Be aware that Benadryl causes drowsiness. You may also try using oatmeal soap. After the 7th postoperative day, provided that the incisions are well healed, you may soak in a bath with an oatmeal bath preparation. Benadryl and oatmeal products may be purchased at most drugstores.