



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drdarm.com

Phone: 503.697.9777
Fax: 503.597.3708

EDUCATIONAL INFORMATION ABOUT LIPOSUCTION

Understanding the different Liposuction Technologies is very important before deciding what is best for your particular needs and what each treatment will entail. Liposuction is also known as Lipoplasty which is a technique most commonly used in cosmetic surgery for removing excess fat, body sculpting, and contouring. Liposuction is one of the most popular cosmetic procedures performed and continues to grow. Reading this document is required prior to signing the informed consent for laser assisted liposuction procedure.

Laser Assisted Liposuction (LAL) is an aesthetic surgical removal of unwanted subcutaneous adipose (fat) tissue resulting in cosmetic body contouring. Areas treated include face and neck, upper arms, trunk, abdomen, hips and thighs, and the knees. Your clinician will help you decide what areas are treatable for you. Patients with localized adipose (fat) tissue irregularities or “problem areas” are optimal candidates. The best candidates for liposuction are individuals of relatively normal weight who have excess fat in particular body areas. Ideally liposuction should be used in combination with exercise and not a replacement for weight management and maintaining a healthy diet.

Liposuction is intended for improvement of cosmetic appearance. Having firm, elastic skin will result in a better final contour after liposuction. Typically skin that has diminished tone due to stretch marks, weight loss, or natural aging will not reshape itself to the new contours and may require additional surgical techniques to remove and tighten excess skin. Aesthetic Medicine’s lipolysis technique includes a laser that assists in correcting loose skin and improves outcomes in comparison to lipolysis alone. Body-contour irregularities due to structures other than fat cannot be improved by this technique. Liposuction by itself will not improve areas of dimpled skin known as “cellulite.”

Aesthetic Medicine uses laser assisted liposuction because we believe it is superior to all other liposuction techniques. We use the SlimLipo Aspire by Palomar because it works with two wavelengths to gently melt the fat and is tissue specific. Statistically this laser provides 20% skin tightening. Our doctors have spent years researching other laser devices and techniques before purchasing this laser. This device has been used in our clinic since 2008 on thousands of patients and we still feel it is superior to any device on the market. Some advantages of using laser are that you have less downtime, it is less traumatizing to the tissue, and the skin is more uniformly tightened. With this procedure you have no IV sedation or general anesthesia. We prescribe Alprazolam (Xanax) to prevent anxiety that you may have on the day of the procedure. The incisions are so small that they do not require suturing and usually heal without significant scarring.

THE PROCEDURE IS DONE IN THREE STEPS:

- 1.) The first step is to numb the area being treated with tumescent lidocaine solution. Tumescent is IV saline solution with added lidocaine, sodium bicarbonate, and epinephrine that is administered under the skin (subcutaneously) to numb the areas you wish to treat with liposuction. Tumescent is administered by using a small hollow metal surgical instrument known as a cannula that is inserted through small skin incision(s) and is passed back and forth through the area of fatty tissue to numb the area. This technique can reduce discomfort at the time of surgery, blood loss, and post-operative bruising. This technique dramatically reduces the complication rate for liposuction and improves cosmetic results. The tiny incision sites or holes where the cannula enters under the skin are left open and not sutured so that this solution can drain for 24-48 hours post procedure. If more than 2L of liquid is anticipated to be removed, you may have an IV access placed.
- 2.) The second step is liquefying the fat with our Slim Lipo Aspire laser.
- 3.) The third and final step is suctioning to remove the melted fat and solution that was infused for numbing.
- 4.) You can anticipate being at the clinic anywhere from 2-4 hours on the day of your procedure. Staff will notify your caregiver 30 minutes before discharge.

AFTER YOUR PROCEDURE

We do not suture the incisions; this allows the tumescent solution to drain from the incisions. You will be changing absorbent pads until the incisions close, generally within 24-48 hours. Typically, patients have the procedure done on Friday and are back to work on Monday with only mild discomfort.

After the procedure you need to wear a compression garment. The garment is the most important part of the healing process. If you are having the neck procedure performed, staff will wrap your neck and head in white gauze. This gauze will remain on for the first 24 hours, and then it will be replaced with a chin strap that will be worn 24 hours for the first 3 days and 8-12 hours for 30 days. It is imperative to sleep with your neck extended up; this helps the skin to adhere back to the muscle. Using an airplane pillow under the chin is beneficial to keep the chin elevated.

For all other body areas, the compression garment should be worn for 4 weeks 24 hours a day for best results. Do not take a shower until the drainage has stopped, which is usually 24 hours after your procedure. After the drainage has stopped, the garment can be washed on normal cycle and air dried on low heat. Patient may shower the day after the procedure.

DAY OF SURGERY DISCHARGE INSTRUCTIONS

Anesthesia and medications for sedation will be acting in your body for up to 24 hours. You may not remember some things about your surgery, including important instructions and explanations you have been given. Some of this is caused by excitement (nervousness) and/or medications used during your procedure. It is important to be aware of the following:

For the first 24 hours following y procedure:

- **DO NOT drive a car or operate machinery or power tools**
- **DO NOT drink alcohol**
- **DO NOT take sleeping pills or tranquilizers unless specifically ordered by your physician**
- **DO NOT sign legal documents**
- **DO NOT care for children or elderly people**

Bacitracin Ointment:

- Keep the incision / laser sites moist at all times with bacitracin
- **DO NOT APPLY BACITRACIN WITH FINGERTIPS.** Use a clean cotton swab.
- **DO NOT USE ANY OTHER CREAMS**
- It is normal for the laser sites to be weepy and red
- **DO NOT pick, scratch, touch, or wipe the laser sites**
- It is recommended to wear cotton gloves while sleeping to avoid scratching

Diet:

- Drink at least 2 quarts of clear fluids throughout the day.

Rest and exercise:

- Go directly home and rest for the first 24 hours
- Walk five minutes every hour until bedtime, even if only to the bathroom.

First 24-48 Hours:

- Patient is to relax and have help at home. Walking is encouraged.
- Drink 5-8 glasses of water daily.
- Ice the area 20 min every 2-4 hours while awake to help minimize bruising/swelling.
 - Frozen peas or crushed ice in a zip lock bag works great.
- Absorbent padding (maxi pads) should be worn for fluid leakage. Change as they become soiled. Fluid leakage can last up to 24 hours. Wash hands before and after handling soiled pads. Dispose soiled pads tied in plastic bag for containment.
- Swelling can occur around the ankles, hands, wrists and genital area.
- **DO NOT SHOWER WITHIN THE FIRST 24 HOURS POST OP.** You may shower after 24 hours have passed since your procedure AND you have stopped leaking fluid.

Following 48 Hours — 3 weeks Post Op:

- No extreme gym workouts.
- Exercise such as walking, and leg pumps are encouraged.
- Deep massage 5-7 days after the procedure (helps with contouring). If you are still tender, you may wait until you can tolerate it or just start gently. Massage does not need to be done by professional.
- You may have some scarring at the incision.
- Irregular healing can occur in areas. Smoothing out these areas typically takes 6-12 months.

Long term success:

- Maintain a healthy lifestyle
- Maintain healthy diet
- Exercise regularly
- Manage weight

Avoid:

- Tanning beds for 2 weeks.
- Alcohol for 1 week.
- Hot tubs or swimming pools for 2 weeks.

Post Treatment short term effects:

- Numbness
- Lack of sensation
- Burning/ Itching

Neck Strap:

- For SlimLipo procedure on neck area. The neck strap must be worn 24 hours a day for the first 3 days. Then wear for 8-12 hours at night for 30 days. Make sure you sleep with your chin up and extended so the skin can adhere to the muscle smoothly.



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drDarm.com

Phone: 503.697.9777
Fax: 503.597.3708

- Make sure skin is not being pulled forward towards chin causing a wrinkle.
- Massage in downward motion from neck to chest to keep skin taught.
- You may use an airline pillow or neck brace for first 3 days to remind you to keep your chin up. Do not rest your chin on the pillow; just use it as a guide.

Compression Garment:

- For upper/lower abs, flanks, lips, pubic area, gluteal fold, arms, bra bulge, Dowager's hump, lower back, pecks, inner and outer thighs and knees: Must be worn 24 hours a day for 4 weeks. After 4 weeks you may purchase an alternative compression garment (such as Spanx) at your local department store or Amazon. Spanx can be worn 12 hours daily for an additional 3-4 weeks or longer if patient chooses to.

Garment Care:

- Wash garment in cold water and dry with either air dry or low heat. (High heat warps the garment) Once dry, place garment back on.

Keep your hands clean at all times by washing them frequently or using hand sanitizer. Do not pet animals and then touch your surgical area.

For any questions or concerns call the Office at (503)697-9777

Please call the office with any problems or questions. If it is an emergency and you are unable to contact the doctor or staff, please go to the emergency department at the nearest hospital.

OTHER LIPOSUCTION TECHNIQUES

Traditional Liposuction: This technique is done with cannulas to manually remove the fat. Then a vacuum device is used to suction out the fat. A week to six weeks recovery is not uncommon.

Power Assisted Liposuction (PAL): This technique is a motorized device (like a turkey cutter) to mechanically cut, rip and suck the fat all at once. This device is faster than traditional liposuction and less physical for the physician. A week to six weeks recovery is not uncommon.

Ultrasound Assisted Liposuction (UAL): This technique such as the Vaser, utilizes high-pitched sound waves to liquefy the fat and a vacuum device to suction out the fat. A week to six weeks recovery is not uncommon.

Water Assisted Liposuction (WAL): Utilizes a fan-shaped water jet to break up the fat and a vacuum device to suction out the fat. A week to six weeks recovery is not uncommon.

NON-INVASIVE OPTIONS:

This includes a wide array of devices utilizing many different technologies. In most of these procedures multiple treatments are required and, in most cases, they are performed by a laser technician or esthetician. To achieve maximum results, special diets, exercise, and drinking a certain amount of water is required in combination with treatments. The pricing is generally similar to a liposuction procedure. None of these options can achieve the results that can be accomplished using the laser assisted liposuction which is done in one treatment. Some of the technologies on the market include: Radio Frequency, Ultrasound Laser Freezing, Thermage, UltraShape Lipo, Sonix iLipo, Cryolipolysis, CoolSculpting.

ALTERNATIVE TREATMENTS:

- Alternative forms of management consist of not treating the areas of fatty deposits.
- Diet and exercise regimens may be of benefit in the overall reduction of excess body fat.
- Direct removal of excess skin and fatty tissue by surgery.

COMMON QUESTIONS AND ANSWERS REGARDING LASER LIPOLYSIS

Question: How should I prepare myself for Laser Lipolysis?

Answer: Read through the information which you were given by the clinic at your consultation. It is important that you **discontinue use of aspirin, fish oil, ibuprofen, vitamin E, alcohol and any other blood thinners a week before and one week after the procedure. If taking blood thinners, you must consult with primary care physician prior to discontinuing first.** To prevent the risk of infection, you will be given a pre-surgical Hibiclens body wash and body cleansing instructions the day of your history and physical (H& P) pre-op appointment. You will also be given written prescriptions to fill at the pharmacy of your choice.

Question: How do I take the prescriptions Aesthetic Medicine prescribed?

Answer: You will be given written prescriptions to fill at the pharmacy of your choice prior to your scheduled procedure. The antibiotic needs to be started the day before your procedure and continued as prescribed until gone. Make sure you take the antibiotic the morning of your procedure with a small amount of water.

Question: What if I have a joint (knee/hip) replacement?

Answer: Take the antibiotic the day before your procedure as prescribed, stop the antibiotic the morning of your procedure, resume the antibiotic the day after as prescribed until gone. A prophylactic antibiotic injection will be given on the day of your procedure.

Question: Will I need to miss work?

Answer: Typically, 1-2 days off work is necessary. If you do the procedure on a Friday. You can expect to be back to work on a Monday.

Question: Is the procedure painful?

Answer: There is minimal discomfort since a local anesthetic is administered during the procedure. While prescription pain medication has been prescribed for you, typically for small areas, no more than Tylenol is needed.

Question: How long does it take the anesthetic to wear off?

Answer: The local anesthetic will usually last 12-24 hours. It is normal to experience slight numbness in some areas for up to 6 weeks after the procedure. This is completely normal and will resolve on its own.

Question: How much weight will I lose?

Answer: This procedure is designed to contour; you will notice the difference in volume reduction not necessarily in pounds. You will look like you lost weight and your clothes may fit better or you may even reduce your clothing size. You are not likely see a difference in the numbers on the scale.

Question: How long do I wear the compression garment?

Answer: During the initial healing period, the garment helps to adhere the skin to the muscle, and also reduces swelling, bruising, and discomfort. You can easily wear your regular clothes over the garment with the exception of the neck.

For best results the compression garment for abs/flanks/pubic area/thighs/arms/bra bulge and pecks should be worn for 24 hours a day for 4 weeks, only taking it off to shower. We recommend wearing the compression garment that we provide for the first 4 weeks, after that you may purchase an alternative garment, such as Spanx, at any local department store. Many patients have found that a Spanx type body slimmer to be less bulky and more comfortable, while providing adequate compression after your first 4 weeks. You should wear some type of support for up to 6 weeks, especially if you have loose skin.

Neck procedure: Chin strap should be worn 24 hours a day for 3 days, and at night for 30 days. Your first day begins on the day of your procedure. Keep your chin extended up while you sleep so the skin will adhere to the muscle smoothly. We advise using an airline pillow or neck brace to help keep your chin extended up.

Question: What if I have a “ridge” when I take off my compression garment for my neck?

Answer: It is important to keep your chin extended following the procedure. The skin is mobile immediately after the procedure and if the chin is in a “double chin” position it can cause the skin to move forward and bunch along the jawline or tip of the chin. If it heals in this position it is very difficult to correct. Do not spend prolonged periods looking down. When you sleep it is best to sleep on your back with your neck slightly extended. Using an airplane pillow or neck brace assists the extension. Please check the area frequently if you notice bunching of the skin firmly massage downwards towards your chest to encourage the skin to smooth out.

Question: How long can I expect the drainage to last?

Answer: The tumescent lidocaine solution that was infused subcutaneously will drain a tinted red color. We advise patients to purchase extra-large absorbent pads, such as puppy pads (chux pads) to place on your mattress and couch. Most of the heavy drainage occurs in the first 24 hours post procedure. You should expect the draining to taper off after the first 24-48 hours. You will need to wear absorbent pads over the incision sites to absorb the fluid. After the first day, you may only need a band aid over the incisions to absorb the drainage. You may shower the day after the procedure.

Question: When can I resume exercise?

Answer: You may resume exercise depending on comfort level. We strongly encourage you to remain active, beginning on the day of the procedure. After your initial post op rest period, we suggest that you take a walk to encourage circulation, aid in healing, and minimize discomfort. Resuming exercise may be a gradual process and the intensity of your activity may need to be modified in the beginning. High impact exercise is less comfortable for 2 weeks post op than fluid movement (i.e. jogging as opposed to stair stepping). Supportive garments aid in exercise comfort during the first few weeks. Do not swim for 2 weeks.



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drdarm.com

Phone: 503.697.9777
Fax: 503.597.3708

Question: Will I be bruised?

Answer: We recommend purchasing and taking Arnica tablets prior to the procedure. This can be purchased over the counter from Walgreens, Fred Meyers, or Amazon. Bruising can be minimized by stopping Ibuprofen, aspirin, fish oil, and vitamin E one week prior to procedure and one week after. Topical Arnica may also be used on bruised areas, avoid the incision sites.

Question: When will my incision sites close?

Answer: The incision sites are purposely left open to allow drainage of the local anesthetic. Typically, these are completely closed within 2-5 days depending on the areas being done.

Question: Will I notice a difference immediately?

Answer: You will begin to more fully appreciate the difference in your shape once the swelling subsides. Drinking plenty of water will help flush out the fluids that didn't drain in the first 24-48 hours. Within 2-6 weeks, you may also notice a mild lumpiness. This is not uneven fat deposits, but rather collagen formation under the skin. The collagen helps you achieve the shape you are hoping for. It will smooth out in 4-12 months. You can help facilitate this by applying heat and gently massaging the area. These are positive signs that your body is responding as it should, and you should welcome these subtle, but significant signs of healing.

Question: When can I expect my final result?

Answer: Generally, you can expect to fully appreciate your new shape at 6 months. However, healing and continued improvements can occur for up to a YEAR.

Question: When do I schedule my follow-up visits?

Answer: You will return to the office the next business day for your first recheck. You'll return again at 3 weeks after, and a 15 week final review is optional for pictures. Anytime you have a concern we want to see you in the office. We can be reached 24/7 by phone 503-697-9777 with any concerns that you might have.

Question: How much fat will be removed?

Answer: While it may seem that more is better, the amount removed with liposuction must be restricted. There is a limit of how much fat can be removed safely at one time. Cosmetically there should still be a thin layer of fat that remains underneath the skin; otherwise a “hollow dimpling” appearance will result from being over suctioned. Laser Lipolysis will address the subcutaneous layer of fat that lies between the skin and muscle (what you can pinch). It will not remove the fat underneath the muscle.

Question: How many areas can I do at once?

Answer: Calculations are done by the doctor to determine how much numbing solution (tumescent lidocaine solution) can be used at one time. There is also a maximum amount of fat & fluid, (4 liters) that can be taken out at one time.

Question: Do you take payments?

Answer: No, but we do take Care Credit. They offer an option for 0% interest, no penalties for early payoffs, on approved credit.

Question: Is the procedure messy?

Answer: Yes, the first 24-48 hours there will be significant drainage. Check your pads as soon as you get home and every few hours after. Change them frequently.

Question: What are the contraindications for the procedure?

Answer: Pacemaker, Blood Thinners (Warfarin and Coumadin), DVT (Deep vein thrombosis).

RISKS OF LIPOSUCTION SURGERY

Every surgical procedure involves a certain amount of risk and it is important that you understand these risks and the possible complications associated with them. In addition, every procedure has limitations. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with Aesthetic Medicine to make sure you completely understand all possible consequences of liposuction.

PATIENT SELECTION:

Patients with localized adipose (fat) tissue irregularities or "problem areas" are optimal candidates. The best candidates for liposuction are individuals of relatively normal weight who have excess fat in particular body areas. Individuals with poor skin tone, medical problems, severe obesity, or unrealistic expectations may not be candidates for liposuction.

NORMAL SYMPTOMS:

There are 3 phases to the healing process: The first few weeks you will experience some swelling and bruising. 2 to 3 weeks post op is what we call the, "induration period". Induration is a stage in the process of healing which causes an uneven lumpiness. This is normal and can last up to 4-12 months. The lumpiness will resolve on its own, but gently massaging in a circular motion will help speed up the process. During the whole healing process your body and cells are getting back to normal. Following our guidelines is highly recommended to achieve the best results.

RISKS INCLUDE:

Bleeding: It is possible, though unusual, to experience a minor bleeding during or after surgery. A hematoma can occur at any time following injury and may contribute to infection or other problems. Do not take any aspirin or anti-inflammatory medications for 1 week before or after surgery, as this may increase the risk of bleeding. Non-prescription "herbs" and dietary supplements can increase the risk of surgical bleeding. Heparin medications that are used to prevent blood clots in veins can produce bleeding and decreased blood platelets.

Infection: Infection is unusual after surgery. Should an infection occur, additional treatment including antibiotics, hospitalization, or additional surgery may be necessary. In extremely rare instances, life-threatening infections, including toxic shock syndrome have been noted after liposuction surgery.

Scarring: All surgeries leaves scars, some more visible than others. Although good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. For patients of color, hyperpigmented scars (dark to black scars) can occur at the incision sites and be permanent. The incision sites used for this procedure are very small and usually result in minimal scarring.

Change in Skin Sensation: It is common to experience diminished (or loss) of skin sensation in areas that have had surgery. This usually resolves over a period of time. Diminished (or complete loss of skin sensation) infrequently occurs and may not totally resolve.

Skin Discoloration/Swelling: Bruising and swelling normally occurs following liposuction. The skin in or near the surgical site can appear either lighter or darker than surrounding skin. Although uncommon, swelling and skin discoloration may persist for long periods of time and, in rare situations, may be permanent.

Skin Contour Irregularities: Contour and shape irregularities and depressions may occur after liposuction. After the procedure, contour irregularities like skin dimpling, lumpiness, unevenness, or hardness may develop. Over time such problems should disappear but there is a chance it could be permanent. Additional procedures or medical care may be needed.

Asymmetry: Symmetrical body appearance may not result from liposuction surgery. Factors such as skin tone, fatty deposits, skeletal prominence, and muscle tone may contribute to normal asymmetry in body features. Additional surgery may be necessary to attempt to improve asymmetry. Do know that most people are heavier on the side they sleep on.

Seroma: Fluid accumulations infrequently occur in areas where liposuction has been performed. Additional treatments or surgery to drain accumulations of fluid may be necessary.

Surgical Anesthesia: Local and general anesthesia involve risk. Aesthetic Medicine does not perform general anesthesia for our lipolysis procedures. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation. This risk is reduced by our use of local (numbing to the area we are treating) Lidocaine and Epinephrine in a solution called Tumescent. Tumescent technique has virtually eliminated the need for blood transfusions and has increased the speed of recovery. In addition, your discomfort and anxiety will be managed with a medication that reduces your anxiety, but allows you to stay awake, respond to staff and move around. Being awake and not undergoing general anesthesia additionally reduces your risks of surgical complications.



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drDarm.com

Phone: 503.697.9777
Fax: 503.597.3708

Pain: You may experience some discomfort after your surgery. Aesthetic Medicine may prescribe a pain medication to relieve any pain post operatively. The local numbing agent Lidocaine that is infused prior to the procedure will reduce or prevent pain during liposuction and remains active after the procedure as well. During the initial infusion of Lidocaine/ Tumescent you will feel a burning sensation as the Lidocaine takes effect. This sensation is similar to the numbing you may have received at the dentist; however, this is applied to the area you are treating with liposuction. It is common to feel pressure during the liposuction portion of your procedure. Pain of varying intensity and duration may occur and persist after liposuction surgery. Although very infrequent, chronic pain may occur very infrequently from nerves becoming trapped in scar tissue.

Skin Sensitivity: Itching, tenderness, or exaggerated responses to hot or cold temperatures may occur after surgery. Usually this resolves during healing, but in rare situations it may be chronic. This sensation is known as paresthesia which may last for weeks to months and in rare cases become permanent.

Damage to Deeper Structures: There is the potential for injury to deeper structures including nerves, blood vessels, muscles, and lungs (pneumothorax) during any surgical procedure. The potential for this to occur varies according to the type of procedure being performed. Injury to deeper structures may be temporary or permanent.

Delayed Healing: Serious but rare complications can occur with wound disruption or delayed wound healing. Some areas may not heal normally or may take longer to heal and could result in tissue death. **Smokers and Diabetic patients have a greater risk of skin loss and wound healing complications.**

Allergic Reactions: In rare cases, local allergies to tape, suture material and glues, blood products, topical preparations or injected agents have been reported. Serious systemic reactions including shock (anaphylaxis) may occur to drugs used during surgery and prescription medications. Allergic reactions may require additional treatment.

Fat Necrosis: Serious but rarely occurs. Fatty tissue found deep in the skin might die as a result of wound healing complications. This may produce areas of firmness within the skin not associated with regular healing post op. Additional surgery or treatment may be necessary. There is the possibility of contour irregularities in the skin that may result.

Persistent Swelling (Lymphedema): Rarely but serious persistent swelling in the legs can occur following liposuction.



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drddarm.com

Phone: 503.697.9777
Fax: 503.597.3708

Surgical Shock: In rare circumstances, liposuction can cause severe trauma, particularly when multiple or extensive areas are suctioned at one time. Although serious complications are infrequent, infections or excessive fluid/blood loss can lead to severe illness and even death. Individuals undergoing liposuction procedures where a large volume of fat is removed are at greater risk of complications. Patients contemplating large volume liposuction, greater than 4500 cc's, may be advised to be treated in more than one day to prevent risk for surgical shock.

Aesthetic Medicine limits the amount of fluid administered and limits the amount of fluids/fat removed in one session to reduce risk of surgical shock.

Deep Venous Thrombosis. Cardiac and Pulmonary Complications: Surgery, especially longer procedures, may be associated with the formation of, or increase in, blood clots in the blood vessels, cardiac and pulmonary complications and even loss of function or life. It is important for you to discuss with your physician any past history of blood clots or swollen legs that may contribute to these conditions. Aesthetic Medicine will screen you for your risk for DVT and may require compression socks be worn or decline treatment if determined you are high risk.

Tumescent Liposuction: There is the rare possibility that large volumes of fluid containing diluted local anesthetic drugs and epinephrine that is injected into fatty deposits during surgery may contribute to fluid overload or systemic reaction to these medications. Additional treatment including hospitalization may be necessary. The tumescent technique has been in use since 1987 and has increased the safety and recovery times for patients in comparison to older liposuction techniques.

ADDITIONAL ADVISORIES:

Metabolic Status of Significant Weight Loss Patients: Your personal metabolic status of blood chemistry and protein levels may be abnormal following significant weight loss and surgical procedures to make a patient lose weight. Individuals with abnormalities may be at risk for serious medical and surgical complications, including delayed wound healing, infection or even in rare cases, death.

Long-Term Results: Subsequent alterations in the appearance of your body may occur as the result of aging, sun exposure, weight loss, weight gain, pregnancy, menopause or other circumstances not related to your surgery.

Female Patient Information: It is important to inform Aesthetic Medicine if you use birth control pills, estrogen replacement, or if you believe you may be pregnant. Many medications including antibiotics may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy. Pregnancy is contraindicated with liposuction.

Body-Piercing Procedures: Individuals who currently wear body-piercing jewelry or are seeking to undergo body-piercing procedures must consider the possibility that an infection could develop anytime following this procedure. Treatment including antibiotics, hospitalization or additional surgery may be necessary.



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drdarm.com

Phone: 503.697.9777
Fax: 503.597.3708

Mental Health Disorders and Elective Surgery: It is important that all patients seeking to undergo elective surgery have realistic expectations that focus on improvement rather than perfection. Complications or less than satisfactory results are sometimes unavoidable, may require additional surgery and often are stressful. Please openly discuss with Aesthetic Medicine's Physicians, prior to surgery, any history that you may have of significant emotional depression or mental health disorders. Although many individuals may benefit psychologically from the results of elective surgery, effects on mental health cannot be accurately predicted.

Medications: There are many adverse reactions that occur as the result of taking over-the-counter, herbal, and/or prescription medications. Be sure to check with your physician about any drug interactions that may exist with medications you are already taking. If you have an adverse reaction, stop the drugs immediately and call Aesthetic Medicine's Physician for further instructions. If the reaction is severe, go immediately to the nearest emergency room. When taking the prescribed pain medications after surgery, realize that they can affect your thought process and coordination. Do not drive, do not operate complex equipment, do not make any important decisions and do not drink any alcohol while taking these medications. Be sure to take your prescribed medication only as directed.

SMOKING, SECOND-HAND SMOKE EXPOSURE, NICOTINE PRODUCTS (PATCH, GUM, NASAL SPRAY OR VAPE):

Patients who are currently smoking, use tobacco products, or nicotine products (patch, gum, nasal spray, or vape) are at a greater risk for significant surgical complications. Individuals exposed to second-hand smoke are also at potential risk for similar complications attributable to nicotine exposure. Individuals who are not exposed to tobacco smoke or nicotine-containing products have a significantly lower risk of this type of complication.

It is important to refrain from smoking at least 6 weeks before surgery and until your physician states it is safe to return, if desired.

ADDITIONAL SURGERY NECESSARY:

There are many variable conditions in addition to risk and potential surgical complications that may influence the long-term result from liposuction. Secondary surgery may be necessary to obtain optimal results. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained.

PATIENT COMPLIANCE:

Follow all physician instructions carefully; this is essential for the success of your outcome. It is important that the surgical incisions are not subjected to excessive activity such as extreme work outs. Personal and vocational activity needs to be restricted for first 24-48 hours. Walking and leg pumps are encouraged after the procedure. Successful post-operative function depends on both surgery and



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drdarm.com

Phone: 503.697.9777
Fax: 503.597.3708

subsequent care including compliance with wearing the compression garment. It is important that you participate in follow-up care, return for aftercare, and promote your recovery after surgery.

HEALTH INSURANCE:

Most health insurance companies exclude coverage for cosmetic surgical operations such as liposuction surgery. Please carefully review your health insurance subscriber-information pamphlet or contact your insurance company for a detailed explanation of their policies. Most insurance plans exclude coverage for secondary or revisionary surgery.

FINANCIAL RESPONSIBILITIES:

The cost of surgery involves several charges for the services provided. The total includes fees charged by Aesthetic Medicine, the cost of surgical supplies, anesthesia, laboratory tests, and possible outpatient hospital charges, depending on where the surgery is performed. The fees charged for this procedure do not include any potential future costs for additional procedures. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day-surgery charges involved with revision surgery will also be your responsibility.

In signing the consent for this surgery/procedure, you acknowledge that you have been informed about its risk and consequences and accept responsibility for the clinical decisions that were made along with the financial costs of all future treatments.

DISCLAIMER:

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s), including no surgery. The informed-consent process attempts to define of risk disclosure that should generally meet the needs of most patients in most circumstances. However, informed-consent documents should not be considered all-inclusive in defining other methods of care and risks encountered. Aesthetic Medicine's Physician(s) may provide you with additional or different information which is based on all the facts in your case and the current state of medical knowledge. Informed-consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined based on all the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

PRE-SURGICAL HIBICLENS BODY CLEANSING INSTRUCTIONS

You play an important role in your own health. Before your surgical procedure you must shower or bathe at home to clean your skin and reduce your chance of infection after your procedure.

Why is cleaning my skin before my surgical procedure important?

Your skin is not sterile so you will need to clean your skin before your surgical procedure. Your surgical team will make sure that your procedure area is done under sterile (germ-free) conditions. The antiseptic used to prepare your skin for the procedure will work better if your skin is clean.

Hibiclens is a skin cleanser and antiseptic. Hibiclens kills germs on contact and can continue to work up to 24 hours. It is gentle enough for even the most sensitive skin.

Steps for showering or bathing with Hibiclens: (If allergic reactions occur, stop using)

1. Shower/Bathe morning of your procedure.
2. Prep your shower/bath with clean washcloth, towel, and clothing.
3. Wash and rinse your hair, face, and body using your normal shampoo and soap.
4. Make sure you completely rinse off in a very thorough manner.
5. Turn off the shower or step out of the bathwater.
6. Pour a quarter size amount of liquid Hibiclens soap onto a wet, clean washcloth, and apply to your entire body **FROM THE NECK DOWN**. Do NOT use on your face, hair, or genital areas.
7. Rub the soap filled washcloth over your entire body for 3 minutes; apply more soap as needed. Avoid scrubbing your skin too hard.
8. Turn on the shower /return to the bath, & rinse the soap off your body completely with warm water.
9. Do NOT use regular soap after washing with the Hibiclens.
10. Pat your skin dry with a freshly-laundered, clean towel after shower/bath cleansing.
11. Dress with freshly laundered clothes after shower/bath.
12. Do NOT apply any lotions, deodorants, powders, or perfumes to your body.
13. Wear clean and comfortable clothing upon arriving to your procedure.
14. No shaving 72 hours before or after your procedure.



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drDarm.com

Phone: 503.697.9777
Fax: 503.597.3708

PRO-NOX ANALGESIA CONSENT FORM FOR SELF-ADMINISTRATION OF NITROUS OXIDE FOR PAIN & ANXIETY

The PRO-NOX™ Nitrous Oxide Delivery System delivers a blended mixture of 50% oxygen and 50% nitrous oxide. Under the discretion of the clinician a 50% Nitrous 50% Oxygen ProNox may be self-administered by the patient during lipolysis procedure for analgesia or anxiety. The effects from Breathing this mixture are analgesia (decreasing the sensation of pain), anxiolysis (decreased sense of anxiety) and dissociation (where the patient recognizes the presence of pain, but feels detached from the pain and is not bothered by it.) This inhaled analgesic has a long history of use, both within the hospital, and in alternative care settings (for home births, on-scene use by EMS, dentist offices). These uses outside of the hospital are all under the care of non- MD healthcare providers, including nurse midwives, paramedics, and dentists.

I understand from Aesthetic Medicine and staff that there are several contraindications for use of Nitrous Oxide through the PRO-NOX system. They are listed below.

SPO 2 Must be 95% on room air or higher to use PRO-NOX

CONTRAINDICATIONS:

- Hypersensitivity to nitrous oxide mixtures
- Head injuries with impaired consciousness
- Maxillofacial injuries
- Artificial, traumatic or spontaneous pneumothorax or pulmonary hypertension
- Air embolism
- Middle ear occlusion, ear infection
- Eye Surgery with intra-ocular gas injection within the last 6 weeks
- Decompression sickness
- Severe abdominal distension secondary to intra-abdominal air/intestinal obstruction
- Inability of patient to follow directions / Inability of patient to hold own delivery device (mouthpiece or mask)
- Patients with systolic blood pressure consistently less than 85.
- Vitamin B12 deficiency
- History of substance abuse / History of mental health conditions
- Pregnancy

MEDICATIONS CONDRAINDICATED:

- Isocarboxazid
- Methotrexate
- Phenezine
- Selegiline
- Tranlycypromine



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.dr darm.com

Phone: 503.697.9777
Fax: 503.597.3708

ABOUT OUR LIPO SURGICAL TEAM

Dr. Zawacki, A family practice board certified physician, has performed over 20,000 procedures/treatment areas at Aesthetic Medicine. She graduated from Western State University of Colorado, with a Bachelor of Arts in Biology and received her M.D. from the Saba University School of Medicine. She completed her residency in Family Medicine at Southwest Washington State Hospital. She previously worked in the Aesthetic Industry for three years in Washington and Oregon performing cosmetic procedures like Botox, Fillers, Sclerotherapy, VNUS closure procedures, and Laser Liposuction with the SmartLipo device before joining Aesthetic Medicine in 2009. She has continued her training both with the manufacturer of the Slim Lipo device and two very prominent physicians in the field of Laser Liposuction. Dr. Zawacki is licensed in Oregon. She is Board Certified by the American Board of Family Physicians and is certified in Advanced Cardiac Life Support. Dr. Zawacki is a member of the American Academy of Family Physicians and American Medical Association. She is an avid skier, world traveler, hiker, and enjoys photography when she is not practicing medicine.

Dr. Zawacki has a great team consisting of a Board-Certified Physician Assistant, Registered Nurses, and Medical Assistants. If you should have any questions or concerns her entire team is educated and willing to assist in your patient care.



4800 Meadows Road Suite #100
Lake Oswego, OR 97035
www.drdarm.com

Phone: 503.697.9777
Fax: 503.597.3708

SHOPPING LIST:

1. Fill all your prescriptions to include:

- Antibiotics: Please take as prescribed by doctor.
- Xanax: Bring the morning of the procedure. Do not take until directed by staff
- Zofran: Bring the morning of the procedure. Do not take until directed by staff, can be taken after procedure for nausea.
- Pain Medication: Prescription will only be given after the procedure. Please anticipate having someone take this prescription to the pharmacy and fill it for you, as you will not be able to drive. You may not need this medication; most people are able to relieve pain with Tylenol.

****Remember do not take Aspirin or NSAIDs like Advil for at least 1 week prior to your procedure****

2. Extra strength Tylenol can be taken for discomfort after the procedure.

3. Sanitary napkins (Maxi pads) package of 24 pads and if desired, Depends (adult diapers) and puppy pads (Chux). This is for absorbing drainage from incisions.

4. If you prefer not to purchase puppy pads (Chux) you may purchase plastic bags/shower curtain (Dollar store has shower curtains for \$1) and towels for lining bed, chair, car seat etc. This is to prevent stains from incision drainage.

5. If you bruise easily you may want to purchase Arnica tablets and/or cream to use prior to the procedure. This can be purchased over the counter at Walgreens or Fred Meyers or through Amazon.



4800 Meadows Road Suite #100
 Lake Oswego, OR 97035
www.drdrarm.com

Phone: 503.697.9777
 Fax: 503.597.3708

Medications that must be stopped one week prior and after the procedure

Advil	Children's	Excederin	Mg Salicylate	Phenylbutazone	Toradol
Aleve	Choline Salicylate	Feldene	Meclofenamate	Piroxicam	Trandate
Alcohol	Clinoril	Fenoprofen	Meclofen	Ponstel	Trendan
Anacin	Congesprin	Feverfew	Medipren	Prednisone	Trental
Anaprox	Cope	Florinal	Mefenamtc Acid	Quagesic	Trigesic
Anaproxin	Coricidin	Flubiprofen	Menodob	ReJafen	Trilsate
Ansaid	Corticosteroids	Froben	Midol	Rexolate	Tusal
APC	Couadin	4-Way Cold tabs	Mobidin	Robasissal	Vanquish
Argesic	Davon AGA	Garlic Capsules	Monogesic	Roxiprin	Vitamin E
Arthra G	Davon Compound	Gelpirin	Motrin	Rufin	Voltaren
Athropan	Daypro	Genprill	Nabumetone	Saletto	Warfarin
A.S.A	Depakote	Genprin	NaJfon	Salflex	Willow Bark
Ascodeen	Dexamethasone	Ginko Boloba	Naprosyn	Salsalate	Zactrim
Ascriptin	Disofenac Dipyridamole	Body Pain Haltran	Naproxen	Saisitab	Zorphin
Aspergum	Disalcid	Halfprin	Norgesic	Sine Off	
Aspirin	Divalproex	Ibuprin	Norwich Ex. Str. Nuprin	Sine Acid	
BC Powder	Doan's Pills	ibuprofen	Ocufen	Na Thiosalicylate Soma	
Baby Aspirin	Doloobid	Lbuprohm	Orudis	Compound sulindac	
Bayer	Dristan	Indamethacin	Oruvall	Synalgos DC	
Brufen	Easprin	Indocin Indomethacin	Oxphenbutazone	Tanace Turn	
Bufferin	Ecotrin	Ketonprofen	Oxybutazone oxaprozin	Parthenium	
Butazolidin	Empirin	Ketorolac	Pamprin	Feverfew	
Caps	Emprazil	Lortab ASA	Pepto-Bismal Percodan	Tolectin	
Cephalgesic	Endodan	Magan	Persantine phenaphen	Tolmetin	