

## Consent & Request for Surgical Services

Patient's Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

I authorize Ronald J. Kolegraff, MD at re\*be in Okoboji Iowa to perform Tumescant Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation on my body treatment areas checked below for the purpose of fat removal and/or fat contouring and/or skin tightening and/or destruction of sweat glands within the fat space:

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> Cheeks & Jowls | <input type="checkbox"/> Dorsal Rolls    | <input type="checkbox"/> Outer Thighs    | <input type="checkbox"/> Inferolateral Buttocks (ILB)     |
| <input type="checkbox"/> Underchin/Neck | <input type="checkbox"/> Flanks          | <input type="checkbox"/> Inner Thighs    | <input type="checkbox"/> Banana Folds (Infragluteal Area) |
| <input type="checkbox"/> Upper Arms     | <input type="checkbox"/> Sacral Area     | <input type="checkbox"/> Anterior Thighs | <input type="checkbox"/> Anterior Shoulder Area           |
| <input type="checkbox"/> Upper Abdomen  | <input type="checkbox"/> Suprapubic Area | <input type="checkbox"/> Knees           | <input type="checkbox"/> Posterior Shoulder Area          |
| <input type="checkbox"/> Lower Abdomen  | <input type="checkbox"/> Hips            | <input type="checkbox"/> Buttocks        | <input type="checkbox"/> Axillary Area (Armpits)          |

Tumescant Liposuction, Laser Lipolysis, and Subdermal Laser Ablation are cosmetic surgery procedures performed by Dr. Ronald J. Kolegraff M.D. at the re\*be Clinic. The safest anesthetic technique currently available for performing these procedures is the Tumescant Technique which is associated with similar and certain expected temporary side-effects including soreness, inflammation, bruising, swelling, numbness, itching, and minor irregularity of the skin. Some of these effects can take several months to resolve. Scars, changes in skin pigmentation, or an irregularity that persists for more than six months may or may not be correctable by a secondary procedure. Any surgery may involve risks of serious problems and unexpected complications. Although rare, examples of such complications associated with Tumescant Liposuction, Laser Lipolysis, or Subdermal Laser Ablation include blood clots, excessive bleeding, scarring, infection, seroma formation (temporary accumulation of fluid within the tissues), hematoma (accumulation of blood within the tissues), injury to nerves or other tissues, and allergic or toxic reactions to medications. In the unlikely event that hospitalization is advised or medically-indicated or necessary after Tumescant Liposuction, Laser Lipolysis, or Subdermal Laser Ablation, then I consent to transfer to a hospital and to the release of medical records to and from all staff involved in my surgical care at re\*be. To date, there has not been a published report of a fatality associated with surgery in the United States using the tumescant local anesthesia technique for either Tumescant Liposuction or Laser Lipolysis or Subdermal Laser Ablation where no general anesthesia or intravenous medications were used.

In the unlikely event of complications following surgery at re\*be, the patient is responsible for fees charged by other physicians or hospitals. In the event a secondary procedure is needed for fine tuning of results or for correction of unsatisfactory results, there will be a surgical fee which will not exceed 50% of the initial surgical fee charged for the body treatment areas in question. No guarantee of any kind will be provided by re\*be as to the post-surgical results or final cosmetic outcome as these procedures are as much Art as they are Science. It is next to impossible for Dr. Kolegraff to reproduce the natural body contours and symmetries found in Nature, despite his best efforts. Dr. Kolegraff strives for perfection, but understands that a realistic surgical outcome is somewhere close to a 50% improvement.

I agree to allow the surgeon and staff to photograph and/or videotape me before, during, and after the cosmetic surgery procedure. The photographs, videotapes, and digital images shall be the property of re\*be, and may be used for teaching, publication, or scientific research purposes. The patient's identity will not be revealed. I agree to routine preoperative laboratory blood tests and urine pregnancy tests when deemed appropriate by the surgeon. I request tumescant local anesthesia and other medications deemed necessary by the surgeon. I authorize the disposal of my removed fat and fluids at re\*be per the medical waste protocol of their clinic.

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The surgeon and staff at re\*be have explained the nature, purpose, possible alternative methods of treatment, and the risks involved with undergoing Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation. I acknowledge that Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation is performed strictly for cosmetic purposes, is not medically indicated, and is not a covered benefit of my health insurance plan. I know that Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation should not be done if a patient is pregnant, and I have no reason to suspect that I might be pregnant. I have carefully read all of the pages contained within this document entitled, 'Consent & Request for Surgical Services' including a copy of the postoperative care instructions. I acknowledge that all of my questions have been answered to my satisfaction. I hereby request and give my informed consent and personal authorization to the above body treatment areas for the following procedures: Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation.

Pt's Signature @ Pre-Op Exam	PreOp Date & Time Signed	Plausible risks have been discussed, all of the pages of this document reviewed and all of the patient's questions answered	Surgeon's Signature & Date Signed
Patient Signature @ 1 <sup>st</sup> Surgery	1 <sup>st</sup> Surgery Date & Time Signed	Patient's Telephone # Tonight	Witness's Signature
Patient Signature @ 2 <sup>nd</sup> Surgery	2 <sup>nd</sup> Surgery Date & Time Signed	Patient's Telephone # Tonight	Witness's Signature
Patient Signature @ 3 <sup>rd</sup> Surgery	3 <sup>rd</sup> Surgery Date & Time Signed	Patient's Telephone # Tonight	Witness's Signature

**Risks of Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation Surgery:** Any surgery involves the risk of infection, bleeding, scarring or serious injury, however Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation have an amazingly good safety record. One of the reasons that Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation are so safe is that neither general anesthesia nor IV sedation/analgesia is required to perform these cosmetic surgery procedures. A recent literature review involving over 390,000 liposuction patients who underwent Tumescent Liposuction (without general anesthesia or intravenous medications) revealed no serious complications, no serious infection, no hospitalizations, no blood transfusions, and no fatalities. Conversely, the risk of death associated with patients undergoing liposuction under general anesthesia or when intravenous medications were given was nearly 1 in 5,000. 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 either regularly, or occasionally, including herbal remedies and dietary supplements.

**Risk of Irregularities of the Skin:** Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation using small laser fibers and microcannulas are the least likely to cause any significant or noticeable post surgical irregularities of the skin. By magnifying the fatty compartment, the tumescent anesthesiologic technique permits more accurate removal of fat, with greater assurance that the laser/lipo cannula will not inadvertently get too close to the undersurface of the skin and thereby cause irregularities, unless carefully and specifically targeted for the purpose of achieving dermal collagen contraction. Thus, the tumescent anesthesia technique helps to minimize the risk of post-surgical irregularities or rippling of the skin. Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation might improve pre-existing irregularities of the skin such as dimpling or cellulite, but prospective patients should not assume that there will be significant or complete improvement, including skin tightening. It is unrealistic to expect perfectly smooth skin. Patients should expect that their skin will have minor improvement of dimpling and skin irregularities as existed before treatment. After Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation, 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. If an irregularity occurs, it may require a corrective procedure for which there will be a fee to cover the operating room and nursing staff expenses. Because skin tends to lose some of its elasticity with increasing age and with cumulative sun exposure, older patients might notice some subtle increase in fine wrinkles in areas after Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation.

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**Risk of Scarring of the Skin:** Incisions for Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation may result in scarring. Tiny microincisional slits or 1.5mm to 2mm hole punches in the skin are used for inserting the laser fiber and/or cannulas through the skin and into the fat space. Typically, when these microincisional slits or hole punches heal they become virtually invisible. Although you may be able to find them upon close inspection, most other people will not be able to see them once adequately healed. Some patients may experience temporary hyperpigmentation (darkening) that usually fades after several months. Some patients may have a genetic predisposition for persistent discoloration at incision sites. Any one who has previously experienced hyperpigmentation or hypopigmentation (pale or light colored scars) of the skin in the past might also expect to experience this with the microincisional slits placed during Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation. Certain areas of the body such as the back or upper flanks may be more likely to experience pigmentation changes.

**Cellulite:** Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation of treated areas, while improving the silhouette does not necessarily eliminate “cellulite”. Cellulite results from the pull of fibrous tissue that connects skin to underlying muscle. While Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation may reduce the degree of cellulite, it is unlikely to eliminate cellulite. Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation should not worsen cellulite.

**Smoothness of Results:** Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation may produce some irregularities of the skin which can be visible in certain conditions of lighting. In general, the smoothness of the skin is much improved after treatment. These changes are usually subtle and imperceptible to the casual observer. It is reasonable to expect some improvement in skin smoothness, but the results are rarely perfect.

**Obesity & Laser Lipolysis and Tumescent Liposuction:** Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation are not an appropriate treatment for obesity, nor are these procedures a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidates for Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation if their goal is simply debulking of the fat space of certain areas or to improve the shape and contour of certain limited areas of the body such as the jowls, cheeks, underchin and neck. Obesity is associated with an increased risk of surgical complications.

**Postoperative Healing:** Normal healing after Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation involves a limited but definite degree of soreness, swelling, bruising, itching and lumpy firmness. A temporary mild numbness, itching or burning of the skin may persist for several months. Most patients can actually see an improvement in their silhouette within one week after surgery, if not immediately. However, because of the slow resolution of post-surgical swelling, the ultimate results following Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation usually takes six months or more.

**Realistic Expectations:** Although the results of Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation 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 these procedures. Patients should have realistic expectations regarding the ultimate surgical outcome. Patients that achieve the best surgical outcomes are those that continue to focus on a healthy diet with good nutrition, continued weight loss measures and fitness training. Although patients can usually expect to achieve at least a 50% improvement following these procedures, it is unreasonable to expect a 95% improvement or a near perfect outcome. For the perfectionist, or for patients having Tumescent Liposuction and/or Laser Lipolysis, and/or Subdermal Laser Ablation done on a very large area, achieving maximum improvement may require a second or staged procedure for which there would be an another surgical fee. A patient who would be satisfied with a 50% improvement would be a reasonably good candidate for Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation. The “50% improvement” is intentionally a vague measure. It indicates a definite perceptible improvement, but something short of perfection.

**Longevity of Results:** Fat cells treated by Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation do not grow back. If a patient later gains or loses weight, the changes tend to be distributed proportionately over the body. Sweat glands treated by subdermal laser ablation may be temporarily damaged for weeks or months, or perhaps even longer (permanently). In the case of skin tightening achieved by collagen remodeling treatments, the perceived benefits may be shorter lived since continued aging, solar damage, and gravity pose as forces of Nature that resist our cosmetic surgical efforts.

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### **What to expect on the day of your surgery:**

**Arrival:** When you arrive at the re\*be clinic you are asked to check in at the Reception desk. After you have signed your surgical consent forms, you will change into a surgical gown, and be escorted to the Photo Room. Your weight will be recorded, a urine pregnancy test will be done if indicated, and the admission interview/questionnaire will be completed by the nurse.

**Pre-Op Preparations:** In the Photo Room there will be preoperative photographs taken of your surgical areas. The body treatment areas will be marked with a felt-tip marker then photodocumentation of the markings will be done, and you will be asked for your approval of the markings to confirm your agreement with the areas to be treated by Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation. To ensure your safety, we routinely monitor your vital signs during your surgical procedure. A blood pressure cuff is placed on your arm, and a pulse oximetry probe is placed on your fingertip. Cardiac monitor leads with sticky pads are placed on your torso area skin to monitor your heart rate and rhythm.

**Local Anesthesia:** Using the smallest needles available, the cosmetic surgeon will anesthetize the skin at sites through which infiltration cannulas will be inserted. A large volume of dilute tumescent local anesthetic solution is carefully and gently injected into the targeted fat space. Once an area has been well infiltrated with the anesthetic solution, the fat space becomes numb to pain and temperature. After the infiltration of the anesthetic is complete, but before surgery begins, you will be escorted to the bathroom to use the restroom.

**Sedatives:** Experience has shown that an awake, responsive patient allows better local anesthesia to be given than when intravenous sedatives are used. This is because an alert patient is more capable of detecting subtle areas of incomplete anesthesia. A patient who is too sedated might easily ignore an incompletely anesthetized area, and then feel more discomfort later during the surgical procedure. Often times, repositioning and posturing is needed during the surgical procedure to ensure the most optimal results. In general, none of our patients require intravenous (IV) sedation or analgesia. Preoperatively, an anti-anxiety medication such as Ativan or Lorazepam may be prescribed which is taken orally by mouth to make your surgical experience more comfortable and to provide relaxation.

**Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation** is accomplished through skin hole punches or microincisional slits which are so small they do not require closure with sutures unless deemed necessary by your surgeon. After surgery, these skin openings facilitate drainage of the surgical area for a couple of days.

**After Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation:** In the immediate post-operative period absorbent pads are topically placed across your body to cover your surgical drainage sites. After your compression garments are pulled on and fitted into position and you are ambulatory with stable vital signs, then you can be discharged to home under the care of a responsible adult who is known by you. Since residual tumescent local anesthesia persists in the surgical areas for many hours, it may be hours before soreness begins. The tumescent anesthesiologic technique minimizes post-operative discomfort. Immediate post-operative nausea is unusual with these procedures. When nausea or vomiting does occur, it typically happens 6 to 12 hours after surgery and usually lasts for only the first postoperative day. Narcotic analgesics such as Lorcet or Vicodin may also induce nausea and vomiting side effects in opiate-sensitive individuals. This type of nausea and vomiting usually lasts for only the first day.

**Transportation Home after Liposuction:** Usually, patients are not permitted to drive themselves home after Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation. Some exceptions do exist, such as when treatment includes the chin, cheeks, jowls, neck, and face, and when no oral sedatives have been taken. Although most patients feel well enough to drive a car immediately after surgery, they must not do so because large amounts of local anesthesia used during the surgery may cause drowsiness. The person who will be driving you home should have a flexible schedule since the surgical completion time and eventual discharge time cannot be accurately or consistently predicted.

## Consent & Request for Surgical Services

### BEFORE INSTRUCTIONS: (TUMESCENT LIPOSUCTION, LASER LIPOLYSIS, SUBDERMAL LASER ABLATION)

Our cosmetic surgeons and nurses want to provide you with the very best in surgical care. You can help to minimize the risk of complications by carefully reading and adhering to the following pre-operative and post-operative instructions. Please ask us to clarify any item about which you have specific questions or concerns.

#### These are your PreOperative Instructions:

1. **For seven (7) days before surgery DO NOT take ASPIRIN** (Anacin, or Bufferin, or Baby Aspirin) **or IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve) or any other Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) that impair platelet function in the normal blood-clotting process. It is permissible to take acetaminophen (Tylenol). Please see the attached page showing a list of common drugs that contain aspirin.
2. **DO NOT take decongestants such as Sudafed™ or Actifed™ for 5 days before surgery. DO NOT take appetite suppressants such as phentermine (Fastin) for at least 2 weeks before surgery. DO NOT take Zolofl or other antidepressants or any herbal remedies**, unless specifically approved by your surgeon, for two (2) weeks before surgery. Please see the attached page for a list of drugs that might have adverse drug interactions with the local anesthetic – lidocaine.
3. **Avoiding Alcohol:** We suggest no alcohol during the two days before and two days after surgery (alcohol decreases resistance to infection and may temporarily impair the Vitamin-K dependent clotting factors made by the liver). Otherwise drinking a small amount of alcohol (for example no more than a glass of wine or beer per day) is permissible during the other days of the week before and after surgery. Avoid red wine for four days before surgery to minimize bruising.
4. **DO NOT Drive Home:** Arrange to have someone drive you home after the surgery. It is the patient's responsibility to make prior arrangements to have a responsible adult meet and accompany the patient after surgery.
5. **DO NOT wear unnecessary jewelry, no perfume (deodorant is OK), and minimize use of cosmetics (survival rations only).**
6. **Diet before surgery:** You should eat a **light, low fat** meal, such as toast and juice, fruit, dry cereal and/or non-fat milk. We encourage you to eat before coming in for surgery, you can also have water.. Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Please minimize caffeine the day of surgery. You may be given a snack as soon as surgery is completed.
7. **Change your dressing** the night of surgery prior to bedtime. The dressing change may be easier if you have someone help you. You may need to purchase some dressings or additional compression garments as the initial compression garment will be provided for you and your wounds will be dressed when you leave the clinic. Our nursing staff will assist you with instructions for what you may need after the Laser Lipolysis and/or Tumescent Liposuction surgery. You will need to shower every morning and night for the first 2 days in order to keep the wounds clean. Dressing changes will be at those times, changing your pad twice daily.
8. **Loose Clothing on the day of surgery:** There is usually quite a lot of drainage of slightly blood-tinged anesthetic solution that occurs after surgery. Since this drainage might stain your clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding, your clothing should be **very loose** and comfortable. Bring an extra pair of underwear to wear after surgery since undergarments usually get wet during the surgery.
9. **DO NOT use moisturizers** or soap that contains moisturizers for at least a week prior to surgery. Tape and EKG electrodes will not adhere to or stick well to moisturized skin. The ink markers used to outline the areas on your body to be treated will also rub-off or smear if you have recently used a skin moisturizer.
10. **Towels & Plastic Sheets:** Plan ahead to avoid staining the seats in your vehicle from leakage of blood-tinged anesthetic solution. Bring a towel, and a plastic sheet (such as a trash can liner) to cover the seat in your vehicle during your ride home. **Prior to surgery**, pad your bed at home and your living room chair with towels and plastic. Some patients have found it comfortable and convenient to place a felt-backed vinyl tablecloth on the bed, with the felt-side up. Be cognizant of the potential for tumescent anesthesia fluid to seep from the surgical drainage areas and beyond the confines of the worn absorptive pads to avoid staining the rugs or carpets in your home.
11. **DO NOT fast or undergo dramatic weight loss** just prior to surgery. All patients should be on a stable, healthy, well balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, poor wound healing.

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### AFTER INSTRUCTIONS: (TUMESCENT LIPOSUCTION, LASER LIPOLYSIS, SUBDERMAL LASER ABLATION)

#### These are your Post-Operative Instructions:

- 1. Going Home:** You should not drive yourself home. It is recommended that a responsible adult be with you on the day of surgery to drive you home after your discharge from re\*be.  
**Diet:** Resume your usual diet immediately. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration.  
**DO NOT drink alcohol** 48 hours before or after surgery.
- 2. Activities:** Quiet rest is recommended immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. After surgery, you are welcome to take a short walk if desired. The day after Laser Lipolysis and Tumescent 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 within two weeks after surgery, depending on your recovery speed and pain tolerance. Most people can return to a desk job within 1-2 days after surgery, although one must expect to be sore and easily fatigued for several days. Strict adherence to restrictions and limitations imposed on driving, operating machinery, and engaging in risk adverse activities while taking certain prescription medications such as narcotic analgesics must be done in accordance with pharmacy labels on medication usage.
- 3. Absorbent Pads** are placed over the treated areas to absorb the large volume of drainage of blood-tinged anesthetic solution during the first 24 to 48 hours after surgery. The pads are held in place by elastic garments. Beginning on the morning after surgery, change the pads twice daily. During the first few hours after surgery, if you discover some drainage leaking around the larger pads, simply apply a small absorbent pad over the area by sliding it under the garment.
- 4. Post-Op Elastic Compression Garments:** After Laser Lipolysis and Tumescent Liposuction, postoperative garments are worn in order to hold the absorbent pads in place, and to provide compression to minimize bruising, and to maximize drainage of the blood-tinged anesthetic solution. On the morning after surgery when the garments are first removed in order to take a shower, the patient may experience brief dizziness and lightheadedness similar to what one experiences when standing-up too quickly. These symptoms are usually the result of rapid decompression of the legs after the elastic garments are removed. If dizziness occurs, sit or lie down until these symptoms resolve. Dizziness is reduced by first removing the outer garment (outer layer) and waiting 5 to 10 minutes before removing the second (inner layer) garment. Beginning the day after surgery, you must remove the post-op garments twice daily to take a shower. You may wash the garments during these times. Some body areas require two garments, whereas other areas require only one garment plus elastic binders (belts). **These garments should be worn day and night until all drainage has completely stopped, plus an additional 24 hours.** Do not be concerned if you continue to experience drainage for several days. Notify us if the drainage persists for more than 8 days. Discontinuing the use of the garments and binders too soon may result in prolonged drainage. Typically, patients will need to wear the garment for a minimum of 3 to 6 days, although many choose to wear the garments longer because of the added comfort they provide. Wearing the post-op garment for more than the minimal number of days is of no significant advantage in terms of the ultimate cosmetic results. For Total Tumescent Liposuction of the **Chin, Cheek & Jowls**, first a beige colored spandex head-garment is placed to provide mild compression and to hold the absorptive pads in place; next a 2 inch-wide black elastic band is placed under the chin and over the top of the head and worn for one hour giving extra compression to minimize bruising. Drainage lasts 1 to 2 days. For Laser Lipolysis of the **Neck, Chin & Jaw Line**, garment compression is optional and may not be required.
- 5. Managing Post-Op Drainage:** One should expect a large volume of blood-tinged anesthetic solution to drain from the microincisional slits during the first 24 to 48 hours after Laser Lipolysis and Tumescent Liposuction. In general, the more drainage there is, the less bruising and swelling there will be. During the first 48 hours, you should sit or lie on towels. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel. Super-absorbent dressings are worn under the compression garments for at least the first 48 hours. When drainage has nearly stopped, patients need only place thin absorbent gauze dressings or small pads on microincisional slits that continue to drain.

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### AFTER INSTRUCTIONS: (TUMESCENT LIPOSUCTION, LASER LIPOLYSIS, SUBDERMAL LASER ABLATION)

6. **Wound Care & Bathing:** Keep the microincisional skin slits clean. Shower once or twice daily. First wash your hands then wash the skin slits gently with soap and water. Afterwards, gently pat the area dry with a **clean dry towel**. Apply new absorbent pads. Skin slits that have stopped draining no longer need absorbent pads. **Take the full course of prescribed prophylactic antibiotics as directed until the prescription is finished.** Take antibiotics with food to minimize GI upset. Call our office if you notice signs of infection such as fever, foul smelling drainage, focal redness, swelling, or increasing pain in one of the treatment areas.
- **DO NOT apply an ice-pack or a heating pad** to the skin treatment area of Laser Lipolysis and Tumescent Liposuction for at least 4 weeks following the procedure.
  - **DO NOT apply hydrogen peroxide or plastic Band-Aids** to any of the drainage slits or holes (incision sites).
  - **DO NOT soak in a bath, Jacuzzi, swimming pool, or body of water** for 14 days following surgery.
7. **Common Side-Effects** of Laser Lipolysis and Tumescent Liposuction: **Menstrual irregularities** with premature or delayed onset of monthly menstruation are a common side effect of any significant surgery. **Flushing** of the face, neck and upper chest may occur after Laser Lipolysis and Tumescent Liposuction surgery and usually lasts for a day or two. **Slight temperature elevation** during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. **Discomfort and soreness** is worse the second day after surgery, but then improves daily. Most patients undergoing Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation describe the postoperative discomfort as resembling the muscle soreness one feels after a very strenuous workout. One extra-strength Tylenol may be taken orally every 4 hours while awake for the first 48 hours following surgery to reduce the postoperative inflammation, swelling, and soreness. The daily dose of Tylenol (acetaminophen) should not exceed 4,000 mg (4,000 mg = 4 grams = 8 x 500 mg extra-strength Tylenol). Do not take aspirin or ibuprofen (NSAIDS) or medications that contain these drugs for 3 days following surgery since these medications can promote bleeding. Narcotic analgesics may also be prescribed for moderate to severe pain relief. Be aware that most of the narcotic pain medications also contain sufficient amounts of acetaminophen (Tylenol) in each pill. **Bruising** is minimal with Tumescent Liposuction, Laser Lipolysis, and Subdermal Laser Ablation. Nevertheless, the more extensive the procedure, the more bruising one can expect. **Pain and swelling** due to an inflammatory reaction to surgical trauma may occur and increase in symptom severity for 5 to 10 days after surgery. This condition needs to be evaluated by the surgeon and may be treated using anti-inflammatory medications and/or antibiotics. **Itching** of the treated areas several days after surgery may occur as part of the normal healing response. To help relieve the itching, you may try taking an oral antihistamine such as Benadryl, as directed on the packaging label. Be aware that Benadryl causes drowsiness. Over-the-counter non-sedating antihistamines such as Claritin (loratadine), 10mg orally taken once daily may be taken instead of Benadryl to avoid the unwanted side-effects of drowsiness.
8. **Schedule Follow-Up Appointments** at our re\*be office at intervals specified by your cosmetic surgeon following your Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation procedure. You are welcome to return to our office for follow-up visits at no charge to you. Please contact us by telephone if you have any urgent questions or concerns.

RE\*BE  
(IA) (712) 332-6001

RONALD J. KOLEGRAFF, MD  
CELL PH: (319) 331-8733

\_\_\_\_\_  
PATIENT'S SIGNATURE

\_\_\_\_\_  
DATE SIGNED

\_\_\_\_\_  
WITNESS'S SIGNATURE

\_\_\_\_\_  
DATE SIGNED

\_\_\_\_\_  
COSMETIC SURGEON'S SIGNATURE

\_\_\_\_\_  
DATE SIGNED

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### MEDICATIONS AND FOODS THAT POTENTIALLY INTERACT WITH TUMESCENT ANESTHETIC SOLUTION (Consult your Cosmetic Surgeon if you are taking any of the following)

#### Anti-Arrhythmics

mexiletine (Mexitol)  
propafenone (Rythmol)  
quinidine (Quinaglute, Quinidex)

#### Anti-Asthmatics

zafirlukast (Accolate)  
zileuton (Zyflo)

#### Antibiotics/Anti-Microbials/Anti-Infectives

ciprofloxacin (Cipro)  
clarithromycin (Biaxin)  
chloramphenicol (Chloromycetin)  
enoxacin (Penetrex)  
erythromycin  
isoniazid  
norloxacin (Noroxin)  
troleandomycin (Tao)  
tetracycline

#### Anti-Convulsants

acetazolamide (Daimox) (also a diuretic)  
carbamazepine (Tegretol)  
divalproex (Depakote)  
valproic acid (Depakene)

#### Anti-Depressants

amitriptyline (Elavil)  
clomipramine (Anafranil)  
flouxetine (Prozac)  
fluvoxamine (Luvox)  
nefazodone (Serzone)  
paroxetine (Paxil)  
sertraline (Zoloft)

#### Anti-Diabetics

troglitazone (Rezulin)

#### Anti-Fungal Medications

fluconazole (Diflucan)  
itraconazole (Sporanox)  
ketoconazole (Nizoral)  
metronidazole (Flagyl)  
miconazole (Monistat)

#### Anti-Histamines

astemizole (Hismanol)

#### Anti-Neoplastics

tamoxifen (Nolvadex)  
letrozole (Femara)

#### Anti-Psychotics

clozapine (Clozaril)

#### Anti-Secretory

omeprazole (Prilosec)

#### Benzodiazepines

alprazolam (Xanax)  
flurazepam (Dalmane)  
midazolam (Versed)  
triazolam (Halcion)

#### Beta Blockers

propranolol (Inderol)

#### Calcium Channel Blockers

amiodarone (Cordarone)  
diltiazam (Cardiazam)  
felodipine (Plendil)  
nicardipine (Cardene)  
nifedipine (Procardia)  
verapamil (Calan)

#### Corticosteroids

dexamethazone (Decadron)  
methylprednisolone

#### Hormones

ethinylestradiol (Estinyl Feminone)  
danazol (Danocrine)  
thyroxine

#### H2 Blockers

cimetidine (Tagamet)

#### Immunosuppressants

cyclosporine (Neoral, Sandimmune)

#### Miscellaneous

anastrozole (Arimidex)  
caffeine  
cannabinoids  
cortisporin (Cortisol)  
methadone (narcotic)  
mibefradil dihydrochloride (Posicor)  
pentoxifylline (Trental)  
tacrine (Cognex) (reversible cholinesterase)

#### Protease inhibitors/Antivirals

diethylthiocarbamate (Imuthiol)  
indinavir (Crixivan)  
nevirapine (Viramune)  
nelfinavir (Viracept)  
ritonavir (Norvir)  
saquinavir (Invirase)

## Consent & Request for Surgical Services

### INFORMATION ABOUT PRESCRIPTIONS & MEDICATIONS

1. **Antibiotics**, such as cephalexin (Keflex)—a relative of penicillin, or doxycycline—a relative of tetracycline, or zithromax—a relative of erythromycin are to be taken as prescribed in order to minimize the risk of a surgical infection. Antibiotics should be taken with food to reduce the risk of gastric upset. Please start taking your antibiotic the evening before surgery, and continue taking the entire prescription as prescribed until the medication is completely gone.
2. **Vitamin K** (Mephyton) is a vitamin given as a 5mg daily dose taken orally to help the liver make vitamin K-dependent clotting factors that your body needs to minimize bleeding and bruising. Start this medication the evening before your scheduled surgery and take 5mg orally daily for a total of 7 consecutive days.
3. **Acetaminophen** (Tylenol) may be purchased without a prescription and taken as directed on package label. Taking 1 extra-strength tablet (500 mg tablet) every 4-6 hours, beginning after surgery, should help minimize postoperative discomfort. **To treat any minor pain before surgery**, you may also take acetaminophen as needed. If acetaminophen is not acceptable, you may notify us so that we can arrange a suitable medication substitute.
4. **Narcotic pain pills** may be prescribed for your postoperative comfort when acetaminophen (Tylenol) is insufficient for pain control. Also, medication to treat postoperative Nausea & Vomiting may be prescribed for you, along with medication to treat a vaginal yeast infection that may result from taking prophylactic antibiotics.

### MEDICATION PRECAUTIONS FOR SURGERY PATIENTS

1. **DO NOT take ASPIRIN** (Anacin or Bufferin) or **IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve), or any medications that contain these drugs or any similar anti-inflammatory medications, for **seven (7) days before and 3 days after surgery**. Consult your physician before you stop taking any prescribed medications. Please inform us if you are taking any medications to treat arthritis, or any blood-thinners or anticoagulant medications. Below is a list of medications that must be stopped at least seven (7) days before your liposculpting surgery.

Advil	Cephalgesic	Empirin	indomethacin	Oruvail	Sine Aid
Aleve	Cheracol Caps	Emprazil	ketoprofen	oxyphenbutazon	thiosalicylate
Alcohol	Children's Aspirin	Endodan	ketorolac	Oxybutazone	Soma-Compound
Alka Seltzer	cholin salicylate	Excedrin	Lortab ASA	oxaprozin	sulindac
Amigesic	Clinoril	Feldene	Magan	Pamprin	Synalgos DC
Anacin	Congesprin	fenoprofen	Mg salicylate	Pepto-bismal	Tanacetum
Anaprox	Cope	feverfew	meclofenamate	Percodan	Parthenium( feverfew)
Anaproxin	Coricidin	Fiorinal	Meclofen	Persantine	Tolectin
Ansaid	corticosteroid	flurbiprofen	Medipren	Phenaphen	tolmetin
APC	Coumadin	Froben	mefenamic	Phenylbutazone	Toradol
Argesic	Darvon ASA	4-Way-Cold Tabs	Menadob	piroxicam	Trandate
Arthra G	Darvon Compound	Garlic Capsules	Midol	Ponstel	Trendan
Arthropan	Daypro	Gelpirin	Mobidin	Prednisone	Trental
A.S.A.	Depakote	Genpril	Monogesic	Quagesic	Trigesic
Ascocdeen	dexamethasone	Genprin	Motrin	Relafen	Trilisate
Ascriptin	Diclofenac	Ginko Biloba	nabumetone	Rexolate	Tusal
Aspergum	Dipyridamole	Goody's Body Pain	Nalfon	Robasissal	Vanquish
Aspirin	Disalcid	Haltran	Naprosyn	Roxiprin	Vitamin E
BC Powder	divalproex	Halfprin	naproxen	Rufin	Voltaren
Baby Aspirin	Doan's Pills	Ibuprin	Norgesic	Aleto	Warfarin
Bayer	Dolobid	ibuprofen	Norwich Ex. Str.	Salflex	Willow Bark
Brufen	Dristan	Ibuprohm	Nuprin	salsalate	Zactrin
Bufferin	Easprin	Indameth	Ocufen	Salsitab	Zorprin
Butazolidin	Ecotrin	Indocin	Orudis	Sine Off	

2. **DO NOT take decongestant medication containing pseudoephedrine** (Sudafed™, Actifed™) for **5 days** prior to surgery.
3. **Appetite suppressant drugs phentermine (Fastin)** should not be taken for at least 14 days before surgery. Do not stop appetite suppressants abruptly as you may have side effects. To avoid side effects such as depression, it is better to begin decreasing the dose gradually two weeks before surgery. Maintain a healthy diet, and stop aggressive weight loss diets for a safe surgery with good postoperative healing.
4. **DO NOT take antidepressants, such as Zoloft or Tricyclic Antidepressants** for 14 days before surgery. Please consult your prescribing physician before discontinuing any of your prescribed medications.

## Consent & Request for Surgical Services

# Tumescent Liposuction, Laser Lipolysis & Subdermal Laser Ablation

### PREOPERATIVE CHECK-LIST

Circle the following locations where we can telephone you and/or leave you a message (Cross-Out if NO):    Home    Work    Cell

Please provide the telephone number (s) where we can call you:

\_\_\_\_\_

Home	Work	Cell
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Please provide your Email where we can contact you: \_\_\_\_\_@\_\_\_\_\_

**(Patient is instructed to sign their initials in the 'blank' areas below to signify their agreement)**

\_\_\_\_\_ I permit visiting surgeons to observe my cosmetic surgery procedure at re\*be.

\_\_\_\_\_ I agree to avoid **aspirin and ibuprofen-like medications (NSAIDS)** for at least 7 days prior to my scheduled surgery, and to avoid **decongestants** for 5 days prior to surgery, and to not take **Fastin (phentermine), Zoloft** and all **herbal remedies** (unless specifically approved by my cosmetic surgeon) at least two (2) weeks before surgery.

\_\_\_\_\_ If, before surgery, another physician prescribes a new med for me, then I will notify the nursing staff as soon as possible.

\_\_\_\_\_ I agree to leave valuables at home or in the care of a responsible "family member". re\*be is not responsible for any lost valuables.

\_\_\_\_\_ I agree that it is my responsibility to have a responsible adult to accompany me home after the surgery, and that I not drive myself home after surgery, and that I not drive an automobile until the day following surgery.

\_\_\_\_\_ If I develop a rash, skin infection, open wound, or illness anytime prior to surgery, then I will notify my cosmetic surgeon re\*be.

\_\_\_\_\_ If my cosmetic surgeon requires a Medical Clearance Letter from my primary care physician or a Physician Specialist to verify that Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation will be a safe procedure for me, I understand this letter must arrive at least 1 week before surgery. My surgery date cannot be finalized until this Medical Clearance letter is received. If this letter is not received at least 2 weeks before surgery, then my Tumescent Liposuction and/or Laser Lipolysis and/or Subdermal Laser Ablation surgery may have to be rescheduled to a later date. I authorize the disclosure/exchange of protected health information for the purpose of treatment and for obtaining Medical Clearance.

## Consent & Request for Surgical Services

### RE\*BE – COSMETIC SURGERY POLICIES

#### \_\_\_ Payment Schedule:

It is our office policy to ask patients to pay half of the total surgery fee as a down payment at the time when surgery is scheduled. The balance of the fee is to be paid within 7 days of the surgery date. Final payment may be made by Cash, Visa, MasterCard, Discover, Cashier's Check, Personal Check. **If final payment is not received at least 7 days before the surgery date, then your surgery date may be cancelled and your deposit, minus \$750 for expenses, returned to you.**

#### \_\_\_ Rescheduling Charges:

If it is necessary for you to change or cancel the date of your scheduled surgical procedure, then at least 7 days notice is required to implement this change. A **\$400 rescheduling fee** will be charged for any schedule change requested by the patient with less than 7 days notice. A **\$300 additional rescheduling fee** will be charged if your surgery date is rescheduled more than a total of two times for your convenience or by us because you have not completed the preoperative laboratory test or have not obtained a required letter of Medical Clearance in a timely manner. If all preoperative laboratory results and any necessary Medical Clearance letters are **not received by 7 days prior to surgery**, your date will be forfeited and rescheduled. Last minute cancellations due to illness must be well documented in writing by a physician, including a copy of the physician's physical examination and diagnosis. It is the patient's responsibility to document the **date and time**, as well as the **name** of our office staff member who received the notice of cancellation or change in scheduled surgery date. If you would like to revise the plan of body areas designated for liposuction, you should notify us at least 7 days before surgery.

#### \_\_\_ Cancellation Charges:

**With less than 7 days notice**, if you cancel for any reason, or if the surgeon must cancel the surgery because you have not complied with explicit instructions, then up to half of the total surgical fee may be forfeited. If, with less than 7 days notice, you first reschedule the surgery and later cancel the surgery altogether, then half of the total surgical fee will be forfeited. If a surgery is cancelled with less than 7 days notice, it is usually impossible to arrange for another patient to fill that surgical time-slot. Thank you for your understanding in this matter.

**Cancellation within less than 48 hours of your scheduled time of surgery** for any reason may result in forfeiture of the entire surgical fee, and is up to the discretion of the Owners at re\*be.

\_\_\_ **Pre-Op Telephone calls:** Our staff routinely telephones patients for confirmation two to four days before surgery. If we are unable to reach you, please telephone us 48 hours before the surgery to confirm your understanding of the exact date and time of your scheduled arrival on your day of surgery.

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**Patient's Signature**

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**Date Signed**