

# **BLUE RIDGE LIPOSUCTION**

## **LIPOSUCTION**

### **Informed Surgical Consent Booklet**

#### **INSTRUCTIONS**

The Informed Surgical Consent Booklet has been developed by Drs. Gary and Stacy Lahti to inform you about the potential benefits, risks, and alternatives to BODY*tite*/FACE*tite* liposuction. We will provide you with answers to any and all questions you may have had about the procedure.

It is important that you read this booklet carefully and completely prior to consent and undergoing the procedure. If you have any questions or concerns, please ask prior to giving consent or undergoing the procedure.

#### **INTRODUCTION**

Liposuction is a surgical technique used to remove unwanted deposits of fat located in specific areas of the body including the neck/chin, upper arms, back, chest wall, abdomen, flanks, hips, and thighs. This is not a substitute for weight loss. It is designed to remove stubborn deposits of fat that have failed to respond to other means such as diet and exercise or as a revision to a prior procedure.

The best candidates are individuals with a relatively normal body weight (less than 20% overweight) that has been stable for at least 6 months. Having firm, elastic skin prior to time of the procedure will enhance the skin tightening results of the procedure. Body contour irregularities due to structures other than fat will not improve with liposuction. Liposuction will have minimal impact on cellulite.

BODY*tite*/FACE*tite* liposuction surgery is performed in an office setting under local anesthesia (nitrous oxide gas will be offered as well). The patient usually takes oral pain medication prior to the start of surgery. The area to be treated is photographed and then marked. The skin is anesthetized at each incision site and very small incisions are made in the treatment area. A small hollow tube called a cannula is inserted and an anesthetic solution containing lidocaine and epinephrine is infused into the treatment area (tumescent solution). The cannula is then removed and the BODY*tite*/FACE*tite* radiofrequency device is inserted into the incision. The device heats the fat cells causing them to break and liquefy and at the same time, it is heating the skin from the inside as well as the outside thereby stimulating collagen for skin tightening. The device is removed and another cannula is inserted. The liquefied fat and tumescent are suctioned out of the treated area. The device may be re-inserted at this time and the underlying skin heated to produce optimal collagen stimulation resulting in skin tightening. At this time, the procedure has been completed. The incisions will be covered and a compression garment/dressing applied.

#### **POTENTIAL BENEFITS OF BODY*tite*/FACE*tite* LIPOSUCTION SURGERY**

There is a shorter recovery time with RFAL (radiofrequency assisted liposuction) over traditional liposuction. Typically, normal activity can be resumed within a few days however strenuous exercise should be avoided for a minimum of two weeks. There tends to be less bruising as well and there are none of the typical risks associated with a general anesthesia. Some immediate improvement will be noted in the body contour with optimal results up to 6 months due to collagen growth resulting in skin tightening.

## **RISKS ASSOCIATED WITH LIPOSUCTION SURGERY**

Every cosmetic procedure incurs a small degree of risk. It is uncommon to have a serious complication but it is important that you understand and accept these risks.

**Patient Selection:** individuals with poor skin tone, certain medical conditions, obesity, or whom have unrealistic expectations may not be suitable candidates for liposuction

**Bleeding:** it is possible to experience significant bleeding from the procedure. A small amount of bleeding during or shortly after the procedure is common. If there is a large amount of bleeding, you may require a blood transfusion or removal of the collection of blood (hematoma). Do not take blood thinners or aspirin for 7 days prior to procedure and for 7 days after the procedure. Certain herbal or homeopathic preparations can also increase bleeding so please list them as part of your medications.

**Infection:** an infection is very unusual after this type of surgery. If an infection occurs, it may require use of antibiotics (not included in procedure fee) or additional surgery. Smokers and Diabetics have a greater risk of poor wound healing and skin loss.

**Skin Scarring:** tiny scars will be present at the incision sites. Rarely, the tissue does not heal properly and a larger or deep scar forms causing changes in appearance of the skin and underlying tissue. Further surgery or adjuvant treatments may be required.

**Change in Skin Sensation:** a temporary decrease in sensation is common after liposuction in the treated area. Rarely, burning, tingling, or numbness may be permanent.

**Skin Discoloration/Swelling:** skin discoloration (bruising) and swelling will occur immediately after the procedure and may last from 8-21 days. Rarely these symptoms will persist for several weeks. Permanent skin discoloration may occur but is rare.

**Skin Contour Irregularities:** contour irregularities and depressions in the skin may occur after liposuction. Visible wrinkling of the skin can also occur. Additional treatments, including surgery, may be necessary to correct this problem.

**Asymmetries:** it will not be possible to achieve a completely symmetrical body appearance after liposuction. Factors such as skin tone, bony prominences, residual fat, and muscle tone all play a role in body features and may not be altered.

**Seroma:** fluid from the procedure may get trapped in the areas where liposuction was performed. Additional treatment, possibly including surgical drainage, may be necessary. Use of compression garments the first few weeks along with massage of the treated area starting 1 week after the procedure will help reduce this risk.

**Long-Term Effects:** your body contour may change due to aging, weight changes, pregnancy, or other circumstances. These are unrelated to liposuction treatment.

**Tumescent Liposculpture:** there is the possibility that the large volumes of fluid infused during your procedure may get trapped in fatty deposits and contribute to fluid overload or may cause an allergic reaction. This may result in hospitalization.

**Dissatisfaction with Your Results:** you may be disappointed with your liposuction results and require additional treatment for optimal outcomes.

**Surgical Anesthesia:** there is a risk of an allergic reaction or a cardiovascular event due to anesthesia. Your anesthesia is calculated on your body weight and there is a safe zone to avoid these risks but rarely someone will experience an adverse event to anesthesia.

**Allergic Reaction:** rarely, a local reaction will occur due to topical medications, bandages, tape, or sutures (stitches). Usually this is short-lived and self-limiting.

**Surgical Shock:** rarely, liposuction has been reported to cause severe trauma when large, extensive areas are treated. Infections, bleeding, or excessive fluid loss can lead to serious illness and death. Should shock occur, hospitalization would be required

**Skin Loss:** skin loss is unusual after liposuction. Treatment may require skin grafts and prolonged healing time.

**Chronic Pain:** chronic pain is rare after liposuction. If this does occur, other therapies may be required for pain control.

**Burns:** Laser liposuction devices have been reported rarely to cause burns. If a burn does occur, it is generally treated with burn cream but occasionally, surgical intervention may be required.

**Heart, Lung, and Medical Complications:** any surgical procedure may result in injury to your heart, lungs, or other organ systems which can prove to be fatal. Some examples would be: heart attack, angina, and stroke due to stressors; fat embolization may occur when detached fat droplets flow into the lung and block the blood supply (rare but serious and can result in death); blood clots (DVTs) can form in your legs and travel to the lungs causing a person to have trouble breathing and even result in death. If you have a serious medical condition, preoperative clearance from your primary care doctor may be required and would be an additional expense.

**Perforation of the Abdominal or Chest Wall:** this is extremely rare but can be life-threatening if there is trauma to the underlying organs. Hospitalization and surgery may be necessary.

## **ALTERNATIVES TO LIPOSUCTION SURGERY**

Other alternatives to surgery would include not treating the fatty deposits or avoiding tightly fitted clothing. Weight loss may be recommended in lieu of surgery or preoperatively to enhance your surgical outcome.

## **ACTIVITY LIMITATIONS AFTER LIPOSUCTION SURGERY**

**Driving:** is not recommended for 24 hours after the procedure. You should refrain from driving while using narcotics for post-op pain control. You should be able to sit comfortably in the driver's seat without pain or a pulling sensation before you begin driving yourself.

**Exercise:** strenuous exercise is not recommended for at least 2 weeks after your procedure. This would also include a physically demanding job. We do encourage frequent movement to help maintain muscle tone and to reduce the risk of blood clots.

**Compression Garment:** it is imperative that you wear your compression garment continuously for at least the first 1-2 weeks. It not only provides support and comfort to the treated area but also reduces the risks of fluid collection.

Massage: massage of the treated area is recommended after 2 weeks to help mobilize the fluid and residual disrupted fatty tissue. This will result in a smoother appearance to the skin and reduce uneven scarring as well as treat fluid collections.

Do not use heat or ice to the treated areas as this will decrease the benefit of the treatment.

Do not take non-steroidal medication for at least 1 week after surgery. You may use Tylenol or narcotics prescribed for pain.

## **FINANCIAL RESPONSIBILITIES**

You are responsible for the cost of the procedure as well as compression garments, medications, and blood work. If hospitalization or further surgery is required, you will be responsible for these charges as well.

## **DISCLAIMER**

This Informed Surgical Consent Booklet is being used to communicate information about your proposed treatment as well as alternative treatments. The risks outlined in the booklet are considered to be those that a reasonable person would want to know, understand, and consider before proceeding with treatment.

This Informed Surgical Consent Booklet should not be considered all-inclusive in defining other methods of care and risks encountered. This booklet is not intended to define or serve as the standard in medical care. Standard of Care is determined based on the facts of an individual care and are subject to change as scientific knowledge and technology evolve.

It is important that you carefully read and understand the information in this booklet and have all of your questions answered by your physician prior to signing your surgical consent form