

# *Your Guide to Body Sculpting*

*PREPARING FOR SURGERY*

*MEDICATIONS TO AVOID BEFORE AND AFTER SURGERY*

*GOING TO OUR OPERATING ROOM*

*RECOVERING FROM SURGERY*

*YOUR INFORMED DECISION*

## *PREPARING FOR SURGERY*

### **STARTING NOW:**

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **PRESCRIPTIONS YOU ARE CURRENTLY TAKING:** Be sure to tell Dr. Mills about any prescription medications that you are currently taking. He will tell you whether or not you should continue with those medications prior to your surgery. Ask whether or not you should take any of your medications on the morning of surgery.
- **DO NOT TAKE VITAMIN C:** Dr. Mills prefers his patients to discontinue the use of Vitamin C prior to and immediately after surgery, as Vitamin C may increase scarring. Discontinue two weeks prior to surgery and for two weeks after surgery.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. If necessary, use medications containing acetaminophen instead of aspirin or ibuprofen (such as Tylenol). Discontinue two weeks prior to surgery and for two weeks after surgery.
- **STOP TAKING VITAMIN E:** Dr. Mills recommends that you discontinue the use of Vitamin E supplements preoperatively and immediately postoperatively, as it may increase bleeding. Discontinue for two weeks prior and for two weeks after surgery.
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications. Please have them filled at least five days BEFORE your surgery date.

- **START FERROUS SEQUELS:** This is an over the counter medication that will help you to recover faster and prevent that light-headed, nauseous feeling.

## **THE DAY BEFORE SURGERY:**

- **CONFIRM ADMIT TIME:** Your admit time will be confirmed at your pre-operative appointment. If there is a need to change your admit time, we will notify you as soon as possible prior to your surgery.
- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given. Set the medications out where you will not forget to bring them with you on the morning of surgery.
- **CLEANSING:** The night before surgery, shower and wash your body with Hibiclens or pHisoHex soap. Avoid getting the soap in your eyes.
- **EATING AND DRINKING:** Do not eat or drink anything after 12:00 midnight. This includes drinking water, eating candy and chewing gum.

## **MORNING OF SURGERY:**

- **SPECIAL INFORMATION:** **Do not eat or drink anything including water unless instructed to do so by Dr. Mills or the Anesthetist! This includes water!** If you take a daily medication prescription or otherwise, please discuss this with Dr. Mills and the Anesthetist prior to your surgery. **Dr. Mills will cancel your surgery if you have had anything to eat or drink the morning of your procedure that was not approved by your Anesthetist.**
- **CONTACT LENSES:** Please remove contact lenses, or bring lens case and solution to remove before surgery. Also, please remember to bring eyeglasses.

- **ORAL HYGIENE:** You may brush your teeth but do not swallow any of the water.
- **CLEANSING:** Shower and wash your body again with the Hibiclens or pHisoHex soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, deodorant, make-up, or perfume.
- **JEWELRY:** Please do not wear or bring any jewelry. If you have jewelry you cannot remove, please let the nurse know. Ponytail holders are suggested for long hair, but please do not wear any metal or hard hair clips or pins.
- **BODY JEWELRY:** If you have any body jewelry (Belly ring or tongue ring), you must remove it prior to surgery.
- **CLOTHING:** When you leave the surgery center you will be sleepy and will want to crawl right into bed when you get home. Wear only comfortable, loose-fitting clothes with a front opening. Do not wear pullovers or turtlenecks, tight slacks or jeans, or high-heeled or high-top lace shoes. Slippers or slip-on shoes are preferred. You will want to bring a warm pair of socks, since the operating room is very cool. You may also want to bring sunglasses, a hat or a scarf to cover your bandages. Please remove all jewelry, and leave all jewelry and valuables at home.
- **AT HOME:** Prepare your bed and atmosphere at home before you leave for surgery. Have several comfortable outfits ready—pajamas, sweats, nightgowns, etc. Have extra pillows, blankets or quilts available where you will be most comfortable. Books on tape, videos, music and television can help to pass the time until you feel more able to be up and around. Have plenty of food and beverages available that are easy to prepare and serve. We suggest Coca-Cola, 7-Up (not diet) and water for hydration, and applesauce, oatmeal, Jell-O,

puddings, bananas, baked potatoes and pasta to eat before you take your medication.

- **CHECK IN/PREPARATION:** Report to Oceanview Ambulatory Surgery Center, Inc. on the day of your surgery with your prescribed medications. If your surgery time is at 8:00 a.m., you will need to ring the doorbell at Suite 403 and the operating room staff will let you in. If for any reason the automatic main doors to the building do not open at your arrival, there is a directory telephone by the entrance that will ring directly to the surgery center so that you can be buzzed through. If your surgery time is not at 8:00 a.m., your admit time is contingent on the completion of the surgery scheduled before you. We must have the number of where you will be the morning of surgery so that we can contact you. You will also need to call our office at (949) 499-9531 before you leave for the surgery center so that we can minimize your wait time.

## *MEDICATIONS TO AVOID BEFORE AND AFTER SURGERY*

If you are taking any medications on this list, they should be discontinued 10 days prior to surgery and only Tylenol should be taken for pain. It is absolutely necessary that all of your current medications be specifically cleared by Dr. Mills if they will be taken before or immediately after surgery.

### Medications That May Have Bleeding Properties

4-Way Cold Tabs	Anafranil	Backache Max Strength
4-Way w/Codeine	Anaprox Products	Bayer Products
5-Aminosalicylic Acid	Anexsia	BC Powder
A.C.A.	Anisindione	BC Tablets
A.S.A.	Ansaid	Bismatrol
A-A Compound	Argesic-SA	Buffered Aspirin
Accutrim	Arthra-G	Bufferin Products
Acetilsalicylic Acid	Arthretin Products	Buffetts II
Actifed	Arthritis Bufferin	Buffex
Actron	Arthritis Foundation Prod.	Butal/ASA/Caff
Acular (ophthalmic)	Arthritis Pain Formula	Butalbital Compound
Adapin	Arthritis Strength BC	Cama Arthritis Pain Rel.
Adprin-B Products	Arthropan	Carisoprodol Compound
Advil Products	Ascriptin Products	Cataflam
Aleve	Asendin	Cheracol
Alka-Seltzer Products	Aspergum	Children's Advil
Amigesic	Asprimox Products	Choline Salicylate
Amitriptyline	Aventyl	Clinoril
Amoxaprine	Axotal	Clinoril C
Amoxaprine	Azdone	Clomipramine
Anacin Products	B-A-C	Contac
Cope	Equagesic	Isollyl
Coricidin	Etodolac	Janimine

Cortisone Medications	Etrafon Products	Kaodene
Coumadin	Excedrin Products	Ketoprofin
Dalterparin injection	Fastin	Ketorolac
Damason-P	Feldene	Lanorinol
Darvon Compund-65	Fenoprofen	Limbitrol Products
Darvon/ASA	Fiorgen PF	Lodine
Daypro	Fiorinal Products	Lortab ASA
Desipramine	Flagyl	Lovenox injection
Diclofenac	Flurbiprofin	Ludiomil
Dicumerol	Fragmin injections	Macrochantin
Dimetapp Sinus	Furadantin	Magan
Dipentum	Garlic Supplements	Magnaprin Products
Dipyridamole	Gelpirin	Magnesium Salicylate
Disalcid	Genpril	Magsal
Doan's Products	Genprin	Maprotilene
Dolobid	Gensan	Marnal
Doxepin	Goody's Headache Pdr.	Marthritic
Doxycycline	Halfprin Products	Meclofenamate
Dristan	Haltran	Meclomen
Dristan Sinus	Heparin	Mefenamic Acid
Duragesic	Hydrocortisone	Mellaril
Easprin	IBU	Menadol
Ecotrin Products	Ibuprofin	Meprobamate
Elavil	Imipramine	Meprobamitic
Emagrin	Incocin products	Mesalamine
Empirin Products	Indochron E-R	Micrainin
Endep	Indomethacin Products	Midol
Enoxaparin injections	Ionamin	Miradon
Mobidin	Pentasa	Salsitab
Momentum	Pentoxifyulline	Scot-Tussin Original 5
Mono-Gesic	Pepto-Bismol	Sine-Aid products

Mobigesic	Perodan products	Sine-off
Motrin	Persantine	Sinequan
Nabumetone	Pertofrane	Sinex
Nalfon products	Phenaphen/Codeine #3	Sinutab
Naprelan	Phentermine	Sodium Salicylate
Naprosyn products	Phenyulpropanolamine	Sodol Compound
Naprox X	Pink Bismuth	Sofarin
Naproxen	Piroxicam	Soltice
Night Time Eff. Cold	Pondimin	Soma Compound
Norgesic products	Ponstel	Sparine
Norpramin	Prednisone	St. Joseph Aspirin
Nortriptyline	Profenal	Stelazine
Norwich products	Profenol	Sulfasalazine
Nuprin	Protamine	Sulindac
Ocufen (ophthalmic)	Protriptyline	Supac
Olsalazine	Pyroxate	Suprax
Opasal	Relafin	Suprofen
Orphengesic	Rhinocaps	Surmontil
Orudis products	Robaxisal	Synalgos-DC
Oruvail	Rowasa	Talwin
Oxaprozin	Roxeprin	Tenuate
Oxycodone	Ru-Tuss	Tenuate Dospan
Pabalate products	Salatin	Thoraxine
P-A-C	Saleto products	Ticlid
Pamelor	Salflex	Tofranil
Pan P-A-C	Salicylate products	Tolectin products
Panasal	Salsalate	Tolmetin
Toradol		
Trantal		
Triaminicin		
Triavil		

Tricosal
Trilisate
Trimipramine
Tussanil DH
Tussirex products
Ursinus
Ursinus-Inlay
Vanquish
Virbamycin
Vitamin C
Vitamin E
Vivactil
Voltaren
Warfarin
Wesprin
Willow Bark products
Zorprin

## *RECOVERING FROM SURGERY*

- **FAMILY & FRIENDS:** Support from family and friends is very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your results to be. Please trust our knowledge and experience when we discuss your progress with you.

Although plastic surgery has become quite popular, your friends may still be reluctant to bring up what they believe is a private matter. Patients occasionally feel upset that “no one noticed” or “said anything.” If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are doing, respond by saying, “I feel wonderful, I just had plastic surgery and I’m recovering nicely.” This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject.

- **DEPRESSION:** Quite frequently, patients experience a brief period of “let-down” or depression after aesthetic surgery. Some may have subconsciously expected to feel and look better “instantly,” although they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understand that this is a “natural” phase of the healing process. If necessary, please let us help you through this period.
- **SALT AND CAFFEINE:** It is best to avoid salt and caffeine for 2 weeks post operatively. Salt can cause excessive water retention and additional swelling and caffeine reduces circulation to the skin and

impedes healing. Many packaged food contain high levels of salt and should be avoided.

- **HEALING:** Everyone has the capacity to heal himself or herself to one degree or another. Clearly, this ability is variable and depends upon a number of factors such as your genetic background or your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.). Many people believe that the surgeon “heals” the patient. No one person can make another heal. Dr. Mills can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.
  
- **FOLLOWING INSTRUCTIONS:** Another major factor in the course of healing is following the instructions given by Dr. Mills verbally and in this booklet. Such guidelines are designed to promote the healing process and prevent anything from interfering with your recovery. It is imperative that you recognize that you are a partner in this process and have the responsibility of following instructions carefully. The instructions, based on broad experience, are designed to maximize your healing process.

## *RECOVERING FROM SURGERY*

### **BODY SCULPTURE (Liposuction)**

- **BRUISING AND SWELLING:** Bruising and swelling are normal in the suctioned areas and usually increase slightly after the removal of any tape or foam. The bruising will decrease over 3 – 4 weeks, but may last as long as 6 weeks. Elevation of the areas, including groin, may help to decrease the swelling. The swelling, takes as long as 6 – 9 months to disappear completely, although you should see vast improvement within 1 month. The compression garment helps reduce the swelling, and the longer it is worn, the more quickly the process will proceed.
- **NUMBNESS:** Scattered numbness in the suctioned areas occurs occasionally and will disappear within a few months.
- **LUMPINESS:** As you heal, the suctioned areas may feel “lumpy” and irregular. This, too, decreases with time, and massaging those areas will hasten their softening.
- **ACTIVITIES:** If your work keeps you sedentary, you may return whenever you feel up to it. If your work is strenuous, wait until your work activity does not cause pain. Wait at least 3 weeks to begin aerobic exercise. If you are on your feet constantly at work, you may want to wear the compression garment for longer than six weeks.
- **MUSCLE TONE:** The very best results after liposuction are obtained by complimenting the removal of the fat cells with increasing the metabolism and muscle tone. Motivation and hard work with the help of a personal trainer seems to work the best with this. Dr. Mills believes strongly in toning your body after liposuction to get the best results. Our patient coordinators have a list of personal trainers that work with Dr. Mills that they will be happy to provide.

- **WAXING:** You can wax up to two weeks before the surgery, and you will need to wait four weeks after the surgery.

Patient Copy

## *POST OPERATIVE INSTRUCTIONS*

- **ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 to 6 weeks. Dr. Mills will give you clearance to increase your activities according to the progress of your recovery.
- **DRIVING:** You may resume driving when you feel you are able, generally in 3-4 days. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, do not drive! Do not drive if you are taking pain medications.
- **SEXUAL ACTIVITY:** You may enjoy sexual activity as your body allows with the following restriction: please reread Activity/Sports above and apply the same concept to sex.
- **SUN EXPOSURE:** If fresh scars are exposed to sunlight, they will tend to become darker and take longer to fade or possibly even tattoo the skin leaving a permanent scar. Always use sunscreen. Take extra care and precautions if the area operated on is slightly numb—you might not “feel” sunburn developing! If you have any postoperative bruising then you must stay out of the sun until the bruising is completely gone, as the sun can hypo-pigment the area.
- **WORK:** Allow adequate time after surgery to rest, heal and recover from your procedure. Discuss your job duties with Dr. Mills to decide on an appropriate time before returning to work.

## *POST OPERATIVE INSTRUCTIONS*

### **BODY SCULPTURE (Liposuction)**

- **COMPRESSION GARMENT:** If you have had suction of your knees, thighs, hips, or abdomen, Dr. Mills will have put a compression garment on you at the end of surgery. The extra pressure this garment provides helps reduce swelling and discomfort. You should not remove this garment at all until Dr. Mills sees you. After that, feel free to remove the garment temporarily for laundering. We want you to have circumferential pressure for 4 – 6 weeks, but you may switch to an exercise garment (Lycra or Spandex) whenever it feels comfortable to slip it on or off, as you will have to do so in order to go to the bathroom. All the areas that had liposuction need to have compression, if you feel your garment is not on properly, please adjust it so that there are no folds or creases.
- **CHIN GARMENT:** If you are having liposculpture to your chin or jowles then you will wake up with a compression garment that will be supplied by the office. Where is as follows (unless otherwise directed by Dr. Mills):

**1<sup>st</sup> day-** 4 hours on 1 hour off (never at night while you are sleeping)

**2<sup>nd</sup> day-** 2 hours on 2 hours off

**3<sup>rd</sup> day-** 1 hour on 4 hours off (continue this for one week)

The chin garment is a function of pressure and time. The tighter one wears the garment the less time they will have to wear it. At your one week appointment your practitioner will let you know if you need to continue wearing it. Make sure there is no bunchiness.

- **ICE PACKS:** A significant amount of bruising accompanies liposculpture. Ice packs can be helpful with both swelling and

- discomfort. After liposculpture of the abdomen, it is not uncommon for the groin and genitalia to become markedly swollen and bruised. Do not be alarmed! The swelling and bruising will go away within several weeks. Ice packs will help the discomfort and swelling.
- **SHOWERING AND BATHING:** You may shower the day of your postoperative appointment, once Dr. Mills removes your garment. You should not bathe or be submerged in water for at least six weeks. Have someone in the bathroom with you or close by the first couple of time you shower. A good safety measure is to place a plastic chair in the shower with you so that you can sit if you get light headed. The combination of the heat from the shower and the removal of the garment can cause your body to vasodilate and lose your equilibrium. If this happens, sit down and the feeling will pass.
  - **TAPING:** Dr. Mills may decide to cover some or all of your suctioned areas with elastic tape or adhesive foam. This should be left on until Dr. Mills instructs you to remove it at your post-op visit.
  - **MASSAGE:** If you so desire, feel free to have a gentle massage during your postoperative course.
  - **ACTIVITY:** You may start walking immediately, but take it easy the first several days. For the first week, you should be laying flat or standing. Do not sit, as sitting can cause creases to form. You may do non-impact aerobics at two weeks, as long as your heart rate remains below 120. At three weeks you may increase your heart rate to 145. You may continue the activities of daily living, as you feel able. Do not return to strenuous activities or aerobic exercise for 4 weeks. At four weeks, you can start using weights.
  - **EXPOSURE TO SUNLIGHT:** Protect the bruised areas from the sun until the bruising fades completely. You should stay out of the sun completely for one month. Discoloration can occur by sun exposure within the first three months.

- **POSTOPERATIVE VISITS:** We will wish to examine you 5 to 7 days after surgery, once the tape or foam has been removed. We usually use sutures that are self-dissolving.

## *YOUR INFORMED DECISION*

### **ABOUT RISKS:**

- We want you to fully understand the risks involved with surgery so that you can make an informed decision. Although complications are infrequent, all surgeries have some degree of risk. Dr. Mills and his staff will apply their knowledge and experience to avoid complications in so far as we are able. If a complication does occur, we will use those same skills in an attempt to solve the problem quickly. The importance of having a highly qualified medical team and the use of a certified facility cannot be overestimated.
- In general, the least serious problems occur more often and the more serious problems rarely occur. If a complication does arise, you, Dr. Mills, and the surgical team will cooperate in resolving the problem. Most complications involve an extension of the recovery period rather than any permanent effect on your final result.

### **NORMAL SYMPTOMS:**

- **SWELLING AND BRUISING:** Moderate swelling and bruising is normal after any surgery. Severe swelling and bruising may indicate bleeding or possible infection. If you have severe swelling or bruising, please notify Dr. Mills immediately.
- **DISCOMFORT AND PAIN:** Mild to moderate discomfort or pain is normal after any surgery. If the pain becomes severe and is not relieved by pain medication, please call the office at (949) 499-2800.
- **CRUSTING ALONG THE INCISION LINES:** We usually treat this by cleansing with hydrogen peroxide on a clean cotton tipped swab and then the application of an antibiotic ointment.

- **NUMBNESS:** Small sensory nerves to the skin surface are occasionally disrupted when the incision is made or during the undermining of the skin during surgery. The sensation in those areas gradually returns—usually within two or three months, but it may take as long as a year or two, as the nerve endings heal spontaneously.
- **ITCHING:** Itching and occasional small shooting “electrical” sensations within the skin frequently occur as the nerve endings heal. Ice, skin moisturizers, and massages are frequently helpful. These symptoms are common during the recovery period.
- **REDNESS OF SCARS:** All new scars are red, dark pink, or purple. Scars on the face usually fade within 3 to 6 months. Scars on the breasts or body may take a year or longer to fade completely.

#### **COMMON RISKS:**

- **HEMATOMA:** Small collections of blood under the skin are usually absorbed spontaneously. Larger collections of fluid, call hematomas or seromas, may require aspiration, drainage, or even surgical removal to achieve the best result.
- **INFLAMMATION AND INFECTION:** A superficial infection may require antibiotic ointment. Deeper infections are treated with oral or intravenous antibiotics.
- **THICK, WIDE, OR DEPRESSED SCARS:** Abnormal scars may occur even though we have used the most modern plastic surgery techniques. Occasionally, treatment may be necessary, including steroid injection, placement of silicone sheeting, laser treatment or scar revision surgery. Some areas on the body scar more easily than others and some people have a greater tendency for scarring. Your own history of scarring should give you some indication of what you can expect.

## *YOUR INFORMED DECISION*

### **BODY SCULPTURE (Liposuction)**

- **WAVINESS, WRINKLING, OR DIMPLING OF THE SKIN:** As knowledge has increased and technology has improved, this potential problem has become much less common. The use of much smaller cannulas (tubes inserted to remove the fat cells) has helped tremendously. Tight and firm skin before surgery will probably remain so after healing. If your skin is loose, wrinkled, or dimpled before surgery, it may remain the same or be slightly worse after surgery.
- **ASYMMETRY:** It is not always possible to obtain total symmetry when bilateral procedures are performed. Very few people are totally symmetrical prior to liposculpture. If a significant difference is visible following healing, a secondary "touch up" procedure may be indicated to minimize such findings.
- **LOSS OF SENSATION:** Usually any numbness or loss of sensation is temporary and resolves within a few months.
- **INDENTATION OR EXCESS FAT REMOVAL:** Although this can occur in an attempt to remove as much fat as possible, careful discussion and preoperative understanding between you and Dr. Mills make this an unlikely possibility.
- **FLUID AND ELECTROLYTE PROBLEMS:** When we anticipate that large volumes of fat need removal (2000 cc or more), we will request that you donate a unit or two of your own blood during the preoperative period. This will help your body adjust to the loss of fluid and blood that occurs during surgery and to the postoperative shift of fluids to the areas under the skin that were suctioned. These changes, the operative fluid losses and the postoperative fluid shifts, help to explain why you may feel "washed out" for a few days after surgery.

Severe fluid and electrolyte problems usually associated with large volume liposculpture, can cause surgical shock, require hospitalization, and, in the most extreme case, cause death. This is extremely rare. Autotransfusion (above paragraph) certainly reduces such potential risks.

- **BLEEDING AND BRUISING:** Some bruising almost always surfaces for 2 – 3 weeks after liposculpture. Formation of hematomas (blood clots under the skin) is rare. Resolution occurs with time and massage. Extremely rare cases may require suction of the blood clots.
- **SKIN LOSS:** Skin loss is extremely rare following liposculpture and may require secondary reparative surgery.
- **LUMPS OR FIRMNESS UNDER THE SKIN:** During the healing phase (several weeks or longer) you may feel firmness or lumpiness under the treated areas.
- **SEROMA FORMATION:** Fluids can collect under the skin following liposuction (very uncommon). If this problem occurs, aspiration with a needle or even open drainage might be indicated.
- **PULMONARY EMBOLISM:** This is a very rare and potentially fatal complication of all large operations. Fat droplets in the blood stream are trapped in the lungs. Should this unlikely complication occur, hospitalization and other treatment might be necessary.
- **INFECTION:** This is a very unusual problem. If it occurs, Dr. Mills will prescribe antibiotics. If an area is getting more painful after the fourth or fifth day, or if there is increased redness to the surrounding area, call (949) 499-2800 immediately.
- **ALTERNATIVES:** Liposculpture is entirely elective. Alternatives include weight loss and exercise. Loose skin and fat can sometimes be

excised. Alternative surgical treatments have their own potential risks.

Patient Copy

## CONSENT FOR SURGERY

I, \_\_\_\_\_, desire Daniel C. Mills, M.D., F.A.C.S. and such assistants as may be assigned by him, to perform the elective procedure(s) of:

- **STANDARD LIPOSCULPTURE** (A surgery to improve the cosmetic appearance of my \_\_\_\_\_ by suctioning excess fat from under the surface of the skin.)

The nature and purpose of the operation(s), possible alternative methods of treatment, including no treatment/surgery, risks and possible complications have been fully explained to me by Daniel C. Mills, M.D., F.A.C.S. during my preoperative consultation. I understand that this operation is not an emergency nor is it medically necessary to improve or protect my physical health. I have been advised that all surgery involves general risks, including but not limited to bleeding, infection, nerve damage and rarely, cardiac arrest, death, or other serious bodily injury. I acknowledge that no guarantees or assurances have been made as to the results that may be obtained.

I understand that anesthesia will be given and that it, too, carries risks. I consent to the administration of anesthesia by either Daniel C. Mills, M.D., F.A.C.S., or a qualified Certified Nurse Anesthetist and to the use of such anesthetics, as he/she may deem advisable.

It has been explained to me that during the course of the operation unforeseen conditions may be revealed that necessitate an extension of the original procedure, and I hereby authorize my doctor and/or such assistants as may be selected by him to perform such procedures as are

Daniel C. Mills, M.D., F.A.C.S.  
(949) 499-2800

Initials: \_\_\_\_\_

necessary and desirable, including but not limited to the services of pathologists, radiologists, or a laboratory. The authority granted in this paragraph shall extend to remedying conditions that are not known to my doctor at the time the operation commences.

I understand that photography is important in planning and evaluating surgery, and I give permission for photographs to be taken before and after my surgery for the purposes of documentation only.

I agree to keep my doctor informed of any change in my permanent address so that he can inform me of any important new findings relating to my surgery. I further agree to cooperate with him in my aftercare until I am discharged from his care.

In signing this consent, I hereby certify that I understand the risks, benefits, and alternatives to my procedure(s) and that I have discussed them with Daniel C. Mills, M.D., F.A.C.S.

Please do not give your permission or sign this consent form if you have any questions regarding your procedure(s). Please advise a staff member of these questions or concerns so that arrangements can be made for Daniel C. Mills, M.D., F.A.C.S. to discuss them with you.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Preoperative Nurse

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_ Relationship: \_\_\_\_\_

# LIPOSUCTION

## PATIENT ADVISORY AND CONSENT

Liposuction is an elective procedure to improve body contour and appearance. It may help to resolve the problems of disproportionate or irregular localized accumulations of fat. Liposuction will have minimal to no effect on general obesity, excess or loose skin, or body contour irregularities if due to structures other than fat.

### **Surgical Technique/Anesthesia/Facility/Recovery:**

- Selection of anesthesia (local, local with IV sedation, epidural or general)
- Selection of facility (office O.R., outpatient surgical facility, hospital O.R.)
- Dressings and support garments, including instructions for use
- Possible need for post-op hospitalization
- Restrictions and return to normal activities

### **Possible Temporary Complications:**

- Discoloration/swelling
- Discomfort (pain and sensitivity)
- Numbness
- Lumps/irregularities
- Asymmetry
- Restricted activity

### **Possible Permanent Complications:**

- Scars (small)
- Waviness-surface irregularities (unpredictable)
- Pigmentation
- Asymmetry

Note: Fairly rapid resolution of most changes listed as temporary is expected, but final contouring may not be complete for six (6) months, occasionally longer.

Even though the risks and complications cited occur infrequently, these are the ones that are peculiar to the operation; other complications and risks can occur but are even more uncommon.

Patient DOES wish to have these described.

Patient DOES NOT wish to have these described

**Common Risks/Complications:**

**Uncommon Risks/  
Complications:**

\_\_\_ Contour irregularities/depressions

Shock requiring transfusion

\_\_\_ Persistent edema

Autologous blood  
transfusion  
requirements

\_\_\_ Altered areas of sensation that may  
remain permanently affected,  
including paresthesias or anesthetics

Fluid collections  
(seroma/hematoma)

Infection\Skin Loss

Remote possibility of fat clot in the lung (pulmonary fat embolism)

- **Note:** Must be off aspirin-containing products for two (2) weeks before surgery and for (2) weeks after surgery. Check all medications with physician.

**Any and all of the Risks and Complications Can Result in:**

\_\_\_ Hospitalization

\_\_\_ Time off work

\_\_\_ Expense to the patient

On occasion, surgical revisions (secondary, touch-up) may be indicated following the original surgery.

Pre- and Post-op photos will be taken of the treatment site for record purposes. I understand that these photos/videos will be the property of the attending physician. I DO\_\_\_\_, DO NOT\_\_\_\_ agree to allow these pictures to be used for publication or teaching purposes. If I agree, I understand that my name and identity will be kept confidential and protected.

Having discussed the reasonable expectations of liposuction with me and all my questions answered to my satisfaction, I authorize and direct Dr. Mills, and assistants of his/her choice, to perform this procedure and any other procedure(s) that in their judgement may be necessary or advisable should unforeseen circumstances arise during surgery. I understand that the practice of medicine is not an exact science and although good results are expected there can be no guarantee as to the results.

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

Date:\_\_\_\_\_

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

Date:\_\_\_\_\_

I certify that I have discussed all of the above with the patient and have answered all questions regarding the procedure. I believe that the patient fully understands what I have explained and answered.

Surgeon Signature\_\_\_\_\_

Date:\_\_\_\_\_

Initial when copy is given to patient\_\_\_\_\_

Initial when copy is placed in chart\_\_\_\_\_

*PREGNANCY (HCG) TEST CONSENT*

I understand that it is Dr. Mills' policy that all female surgical patients have a pregnancy test prior to surgery, I understand that it is imperative that I refrain from unprotected sex between the time of my pregnancy test until my date of surgery.

I understand that if I am pregnant at the time of surgery, the effects of anesthesia could be potentially harmful to the unborn fetus. My signature below releases Dr. Mills and Professional Anesthesia Services from any liabilities regarding the above stated as they have taken prudent steps in order to ensure my best health.

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

\_\_\_\_\_  
Date

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

Patient Copy



**LORTAB 7.5MG #30 1-2 PO every 4-6 HRS. PRN SEVERE PAIN**

In order to insure that you have a comfortable recovery period, I have prescribed a pain reliever. As with the antibiotic, always remember to take your pain pill with food. As long as you are in discomfort, you should be taking your pain pills. Take just one pill at first. If in 20-30 minutes you are still in pain, take a second pill. If you need a refill, please do not hesitate to call the office. These are for major pain. You may have some nausea if you take more pain pills than needed. Only take your pain pills as needed for pain, not by the clock (not every four hours unless you are actually in pain).

**FERROUS SEQUELS OTC**

This is an iron supplement. This will help you keep your hemoglobin count within normal limits. Take each pill with a full glass of water once a day. It may make your stools black or dark. You may start taking this immediately.

**SONATA 10MG #6 1 @ BEDTIME**

Sonata is a sleeping pill. It will help you fall asleep, but is not so strong that you have a hard time waking up in the morning. Do not take this during the day as it will interfere with your normal sleep habits.

**HIBICLENS OVER THE COUNTER**

This is an antibacterial soap that you will need to shampoo and shower with the night before surgery and the morning of surgery. This soap will not lather and may make your skin quite dry. You may use it after surgery to cut down on bacteria as well. Try to avoid getting Hibiclens in your eyes as it may be very irritating.

**ZOFRAN****8MG #2**

The nurses will instruct you when to take 2 tablets before your surgery. This medication is used to prevent nausea. Please bring these tablets to the surgery center with you, as you will take them while you are admitting rather than at home.

**PERI-COLACE****OTC**

Peri-colace is a stool softener. This will keep you from getting constipated. Take this once a day at bedtime. If you do not have to strain it will be much more comfortable for you.

**BROMELAIN AND ARNICA MONTANA****OTC**

Bromelain inhibits prostaglandins that cause inflammation and Arnica Montana reduces the discomfort, bruising and swelling associated with soft tissue injury that often accompanies a surgical procedure.

Start taking Bromelain 3 days prior to your surgery 2 tablets 3 times a day in between meals.

Start taking Arnica Montana after your surgery 3 tablets 3 times a day. These pills go under your tongue and dissolve.

*PREGNANCY (HCG) TEST CONSENT*

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

\_\_\_\_\_  
Date

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

*PATIENT PHOTOGRAPHIC AND MODEL AUTHORIZATION  
AND RELEASE FORM*

I consent to the taking of photographs or videotapes of me or parts of my body, by Dr. Mills or his designee, in connection with the following plastic surgery procedure: liposculpture to be performed by Dr. Mills. I further consent to the release by Dr. Mills to the American Society for Plastic Surgery, Inc. ("ASAPS") of such photographs, videotapes or case histories.

I understand that such photographs, videotapes or case histories may be published by Dr. Mills and/or ASAPS any party acting under their license and authority in any print, visual or electronic media including, but not limited to, medical journals and textbooks, scientific presentations and teaching courses, and internet web sites, for the purpose of informing the medical profession or the general public about plastic surgery methods.

Neither I, nor any member of my family, will be identified by name in any publication. I understand that in some circumstances the photographs may portray features that shall make my identity recognizable.

**I understand that I have the right to revoke this authorization in writing at any time, but if I do so it will have no effect on any actions taken prior to my revocation. If I do not revoke this authorization, it will expire twenty (20) years from the date written below.**

**I understand that I may refuse to sign this authorization and such refusal will have no effect on the medical treatment I receive from Dr. Mills.**

**I understand that the information disclosed, or some portion thereof, may be protected by law and/or the Federal Health Insurance Portability and Accountability Act of 1996 ("HIPAA"). I further understand that, because ASAPS is not receiving the information in the capacity of a health care provider or health plan covered by HIPAA, the information described above may no longer be protected by HIPAA and may be redisclosed by ASAPS.**

I release and discharge Dr. Mills, ASAPS, and all parties acting under their license and authority from all rights that I may have in the photographs, videotapes or case histories and from any claim that I may have relating to such use in publication, including any claim for payment in connection with distribution or publication of these materials in any medium.

I grant this consent as a voluntary contribution in the interest of public education and certify that I have read the above Authorization and Release and fully understand its terms.

Patient \_\_\_\_\_ Date \_\_\_\_\_

Witness/Physician: \_\_\_\_\_

I have read the above Authorization and Release. I am the parent, guardian or conservator of \_\_\_\_\_, a minor. I am authorized to sign this consent on his/her behalf and I grant this consent as a voluntary contribution in the interest of public education.

Patient/Guardian \_\_\_\_\_ Date \_\_\_\_\_



# *LIPOSUCTION*

## PATIENT ADVISORY AND CONSENT

Liposuction is an elective procedure to improve body contour and appearance. It may help to resolve the problems of disproportionate or irregular localized accumulations of fat. Liposuction will have minimal to no effect on general obesity, excess or loose skin, or body contour irregularities if due to structures other than fat.

### **Surgical Technique/Anesthesia/Facility/Recovery:**

\_\_\_\_\_ Selection of anesthesia (local, local with IV sedation, epidural or general)

\_\_\_\_\_ Selection of facility (office O.R., outpatient surgical facility, hospital O.R.)

\_\_\_\_\_ Dressings and support garments, including instructions for use

\_\_\_\_\_ Possible need for post-op hospitalization

\_\_\_\_\_ Restrictions and return to normal activities

### **Possible Temporary Complications:**

\_\_\_\_\_ Discoloration/swelling

\_\_\_\_\_ Discomfort (pain and sensitivity)

\_\_\_\_\_ Numbness

\_\_\_\_\_ Lumps/irregularities

\_\_\_\_\_ Asymmetry

\_\_\_\_\_ Restricted activity

### **Possible Permanent Complications:**

Scars (small)

Waviness-surface irregularities (unpredictable)

Pigmentation

Asymmetry

Note: Fairly rapid resolution of most changes listed as temporary is expected, but final contouring may not be complete for six (6) months, occasionally longer.

Even though the risks and complications cited occur infrequently, these are the ones that are peculiar to the operation; other complications and risks can occur but are even more uncommon.

Patient DOES wish to have these described.

Patient DOES NOT wish to have these described

**Common Risks/Complications:**

**Uncommon Risks/  
Complications:**

\_\_\_\_\_ Contour irregularities/depressions

Shock requiring transfusion

\_\_\_\_\_ Persistent edema

Autologous blood  
transfusion  
requirements

\_\_\_\_\_ Altered areas of sensation that may  
remain permanently affected,  
including paresthesias or anesthetics

Fluid collections  
(seroma/hematoma)

Infection\Skin Loss

Remote possibility of fat clot in the lung (pulmonary fat embolism)

➤ **Note:** Must be off aspirin-containing products for two (2) weeks before surgery and for (2) weeks after surgery. Check all medications with physician.

**Any and all of the Risks and Complications Can Result in:**

\_\_\_\_\_ Hospitalization

\_\_\_\_\_ Time off work

\_\_\_\_\_ Expense to the patient

On occasion, surgical revisions (secondary, touch-up) may be indicated following the original surgery.

Pre- and Post-op photos will be taken of the treatment site for record purposes. I understand that these photos/videos will be the property of the attending physician. I DO\_\_\_\_, DO NOT\_\_\_\_ agree to allow these pictures to be used for publication or teaching purposes. If I agree, I understand that my name and identity will be kept confidential and protected.

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

Date:\_\_\_\_\_

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

Date:\_\_\_\_\_

I certify that I have discussed all of the above with the patient and have answered all questions regarding the procedure. I believe that the patient fully understands what I have explained and answered.

Surgeon Signature\_\_\_\_\_

Date:\_\_\_\_\_

Initial when copy is given to patient\_\_\_\_\_

Initial when copy is placed in chart\_\_\_\_\_

## *RECOVERING FROM SURGERY*

- **FAMILY & FRIENDS:** Support from family and friends is very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your results to be. Please trust our knowledge and experience when we discuss your progress with you.
- Although plastic surgery has become quite popular, your friends may still be reluctant to bring up what they believe is a private matter. Patients occasionally feel upset that “no one noticed” or “said anything.” If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are doing, respond by saying, “I feel wonderful, I just had plastic surgery and I’m recovering nicely.” This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject.
- **DEPRESSION:** Quite frequently, patients experience a brief period of “let-down” or depression after aesthetic surgery. Some may have subconsciously expected to feel and look better “instantly”, although they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understand that this is a “natural” phase of the healing process. If necessary, please let us help you through this period.
- **HEALING:** Everyone has the capacity to heal themselves to one degree or another. Clearly, this ability is variable and depends upon a

number of factors such as your genetic background or your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.). Many people believe that the surgeon “heals” the patient. No one person can make another heal. Dr. Mills can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.

- **FOLLOWING INSTRUCTIONS:** Another major factor in the course of healing is following the instructions given by Dr. Mills verbally and in this booklet. Such guidelines are designed to promote the healing process and prevent anything from interfering with your recovery. It is imperative that you recognize that you are a partner in this process and have the responsibility of following instructions carefully. The instructions, based on broad experience, are designed to maximize your healing process.

## *RECOVERING FROM SURGERY*

### **BODY SCULPTURE** (Liposuction)

- **BRUISING AND SWELLING:** Bruising and swelling are normal in the suctioned areas and usually increase slightly after the removal of any tape or foam. The bruising will decrease over 3 – 4 weeks, but may last as long as 6 weeks. Elevation of the areas, including groin, may help to decrease the swelling. The swelling, takes as long as 6 – 9 months to disappear completely, although you should see vast improvement within 1 month. The compression garment helps reduce the swelling, and the longer it is worn, the more quickly the process will proceed.
- **NUMBNESS:** Scattered numbness in the suctioned areas occurs occasionally and will disappear within a few months.
- **LUMPINESS:** As you heal, the suctioned areas may feel “lumpy” and irregular. This, too, decreases with time, and massaging those areas will hasten their softening.
- **ACTIVITIES:** If your work keeps you sedentary, you may return whenever you feel up to it. If your work is strenuous, wait until your work activity does not cause pain. Wait at least 3 weeks to begin aerobic exercise. If you are on your feet constantly at work, you may want to wear the compression garment for longer than six weeks.
- **MUSCLE TONE:** The very best results after liposuction are obtained by complimenting the removal of the fat cells with increasing the metabolism and muscle tone. Motivation and hard work with the help of a personal trainer seems to work the best with this. Dr. Mills believes strongly in toning your body after liposuction to get the best

results. Our patient coordinators have a list of personal trainers that work with Dr. Mills that they will be happy to provide.

- **WAXING:** You can wax up two weeks before the surgery, and you will need to wait four weeks after the surgery.

## *POST OPERATIVE INSTRUCTIONS*

- **ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 to 6 weeks. Dr. Mills will give you clearance to increase your activities according to the progress of your recovery.
- **DRIVING:** You may resume driving when you feel you are able, generally in 3-4 days. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, do not drive! Do not drive if you are taking pain medications.
- **SEXUAL ACTIVITY:** You may enjoy sexual activity as your body allows with the following restriction: please reread Activity/Sports above and apply the same concept to sex.
- **SUN EXPOSURE:** If fresh scars are exposed to sunlight, they will tend to become darker and take longer to fade or possibly even tattoo the skin leaving a permanent scar. Always use sunscreen. Take extra care and precautions if the area operated on is slightly numb—you might not “feel” sunburn developing! If you have any postoperative bruising then you must stay out of the sun until the bruising is completely gone, as the sun can hypo-pigment the area.
- **WORK:** Allow adequate time after surgery to rest, heal and recover from your procedure. Discuss your job duties with Dr. Mills to decide on an appropriate time before returning to work.

## *POST OPERATIVE INSTRUCTIONS*

### **BODY SCULPTURE (Liposuction)**

- **COMPRESSION GARMENT:** If you have had suction of your knees, thighs, hips, or abdomen, Dr. Mills will have put a compression garment on you at the end of surgery. The extra pressure this garment provides helps reduce swelling and discomfort. You should not remove this garment at all until Dr. Mills sees you. After that, feel free to remove the garment temporarily for laundering. We want you to have circumferential pressure for 4 – 6 weeks, but you may switch to an exercise garment (Lycra or Spandex) whenever it feels comfortable to slip it on or off, as you will have to do so in order to go to the bathroom. All the areas that had liposuction need to have compression, if you feel your garment is not on properly, please adjust it.
  
- **ICE PACKS:** A significant amount of bruising accompanies liposculpture. Ice packs can be helpful with both swelling and discomfort. After liposculpture of the abdomen, it is not uncommon for the groin and genitalia to become markedly swollen and bruised. Do not be alarmed! The swelling and bruising will go away within several weeks. Ice packs will help the discomfort and swelling.
  
- **SHOWERING AND BATHING:** You may shower the day of your postoperative appointment once Dr. Mills removes your garment. You should not bathe or be submerged in water for at least six weeks. Have someone in the bathroom with you or close by the first couple of time you shower. A good safety measure is to place a plastic chair in the shower with you so that you can sit if you get light headed. The combination of the heat from the shower and the removal of the garment can cause your body to vasodilate and lose your equilibrium. If this happens, sit down and the feeling will pass.

- **TAPING:** Dr. Mills may decide to cover some or all of your suctioned areas with elastic tape or adhesive foam. This should be left on until Dr. Mills instructs you to remove it at your post-op visit.
- **MASSAGE:** If you so desire, feel free to have a gentle massage during your postoperative course.
- **ACTIVITY:** You may start walking immediately, but take it easy the first several days. For the first week, you should be laying flat or standing. Do not sit, as sitting can cause creases to form. You may do non-impact aerobics at two weeks, as long as your heart rate remains below 120. At three weeks you may increase your heart rate to 145. You may continue the activities of daily living, as you feel able. Do not return to strenuous activities or aerobic exercise for 4 weeks. At four weeks, you can start using weights.
- **EXPOSURE TO SUNLIGHT:** Protect the bruised areas from the sun until the bruising fades completely. You should stay out of the sun completely for one month. Discoloration can occur by sun exposure within the first three months.
- **POSTOPERATIVE VISITS:** We will wish to examine you 5 to 7 days after surgery, once the tape or foam has been removed. We usually use sutures that are self-dissolving.

## *YOUR INFORMED DECISION*

### **ABOUT RISKS:**

- We want you to fully understand the risks involved with surgery so that you can make an informed decision. Although complications are infrequent, all surgeries have some degree of risk. Dr. Mills and his staff will apply their knowledge and experience to avoid complications in so far as we are able. If a complication does occur, we will use those same skills in an attempt to solve the problem quickly. The importance of having a highly qualified medical team and the use of a certified facility cannot be overestimated.
- In general, the least serious problems occur more often and the more serious problems rarely occur. If a complication does arise, you, Dr. Mills, and the surgical team will cooperate in resolving the problem. Most complications involve an extension of the recovery period rather than any permanent effect on your final result.

### **NORMAL SYMPTOMS:**

- **SWELLING AND BRUISING:** Moderate swelling and bruising is normal after any surgery. Severe swelling and bruising may indicate bleeding or possible infection. If you have severe swelling or bruising, please notify Dr. Mills immediately.
- **DISCOMFORT AND PAIN:** Mild to moderate discomfort or pain is normal after any surgery. If the pain becomes severe and is not relieved by pain medication, please call the office at (949) 499-2800.
- **CRUSTING ALONG THE INCISION LINES:** We usually treat this by cleansing with hydrogen peroxide on a clean cotton tipped swab and then the application of an antibiotic ointment.

- **NUMBNESS:** Small sensory nerves to the skin surface are occasionally disrupted when the incision is made or during the undermining of the skin during surgery. The sensation in those areas gradually returns—usually within two or three months, but it may take as long as a year or two, as the nerve endings heal spontaneously.
- **ITCHING:** Itching and occasional small shooting “electrical” sensations within the skin frequently occur as the nerve endings heal. Ice, skin moisturizers, and massages are frequently helpful. These symptoms are common during the recovery period.
- **REDNESS OF SCARS:** All new scars are red, dark pink, or purple. Scars on the face usually fade within 3 to 6 months. Scars on the breasts or body may take a year or longer to fade completely.

#### **COMMON RISKS:**

- **HEMATOMA:** Small collections of blood under the skin are usually absorbed spontaneously. Larger collections of fluid, call hematomas or seromas, may require aspiration, drainage, or even surgical removal to achieve the best result.
- **INFLAMMATION AND INFECTION:** A superficial infection may require antibiotic ointment. Deeper infections are treated with oral or intravenous antibiotics.
- **THICK, WIDE, OR DEPRESSED SCARS:** Abnormal scars may occur even though we have used the most modern plastic surgery techniques. Occasionally, treatment may be necessary, including steroid injection, placement of silicone sheeting, laser treatment or scar revision surgery. Some areas on the body scar more easily than others and some people have a greater tendency for scarring. Your own history of scarring should give you some indication of what you can expect.

- **WOUND SEPARATION OR DELAYED HEALING:** During the healing phase, any incision may separate or heal unusually slow for a number of reasons. These reasons include inflammation, infection, wound tension, decreased circulation, smoking or excess external pressure. If delayed healing occurs, the final outcome is usually not significantly affected, but secondary scar revision may be indicated.
- **SENSITIVITY OR ALLERGY TO DRESSINGS OR TAPE:** Occasionally, allergic or sensitivity reactions may occur from soaps, ointments, tape or sutures used during or after surgery. Such reactions are generally mild and easily treated. In extremely rare circumstances, allergic reactions can be severe and require aggressive treatment or even hospitalization. Please let us know if you have ever experienced an allergic reaction to any previous treatments.
- **INCREASED RISKS FOR SMOKERS:** Smokers have a greater chance of skin loss and poor healing because of decreased skin circulation. (See Preparing for Surgery.)
- **POSSIBLE COMPLICATIONS:** Asymmetry, unhappiness with the result, poor healing, et cetera may occur. Minimal differences are usually acceptable. Larger differences frequently require revisional surgery.

#### **MEDICAL COMPLICATIONS:**

- **RARE COMPLICATIONS:** Any problem mentioned under Common Risks, if severe, may significantly delay healing or necessitate further surgical procedures. Medical complications such as pulmonary embolism, severe allergic reactions to medications, cardiac arrhythmia's, heart attack, and hyperthermia are rare but serious and life-threatening problems. A C.R.N.A. will be present, reducing these risks. (Please disclose all pertinent medical data before surgery in

order to reduce serious problems for you and for the medical team during surgery.)

- **INJURY TO DEEPER STRUCTURES:** Blood vessels, nerves and muscles may be injured during surgery. The incidence of such injuries is rare.
  
- **UNSATISFACTORY RESULT & NEED FOR REVISIONAL SURGERY:** Plastic surgery is performed to improve, enhance, or rejuvenate. While the procedures are performed with a very high probability of success, disappointments occur and results are not always acceptable to patients or the surgeon. Secondary procedures or treatments may be indicated. Rarely, problems may occur that are permanent.

## *YOUR INFORMED DECISION*

### **BODY SCULPTURE (Liposuction)**

- **WAVINESS, WRINKLING, OR DIMPLING OF THE SKIN:** As knowledge has increased and technology has improved, this potential problem has become much less common. The use of much smaller cannulas (tubes inserted to remove the fat cells) has helped tremendously. Tight and firm skin before surgery will probably remain so after healing. If your skin is loose, wrinkled, or dimpled before surgery, it may remain the same or be slightly worse after surgery.
- **ASYMMETRY:** It is not always possible to obtain total symmetry when bilateral procedures are performed. Very few people are totally symmetrical prior to liposculpture. If a significant difference is visible following healing, a secondary “tough up” procedure may be indicated to minimize such findings.
- **LOSS OF SENSATION:** Usually any numbness or loss of sensation is temporary and resolves within a few months.
- **INDENTATION OR EXCESS FAT REMOVAL:** Although this can occur in an attempt to remove as much fat as possible, careful discussion and preoperative understanding between you and Dr. Mills make this an unlikely possibility.
- **FLUID AND ELECTROLYTE PROBLEMS:** When we anticipate that large volumes of fat need removal (2000 cc or more), we will request that you donate a unit or two of your own blood during the preoperative period. This will help your body adjust to the loss of fluid and blood that occurs during surgery and to the postoperative shift of fluids to the areas under the skin that were suctioned. These changes,

the operative fluid losses and the postoperative fluid shifts, help to explain why you may feel “washed out” for a few days after surgery.

Severe fluid and electrolyte problems usually associated with large volume liposculpture, can cause surgical shock, require hospitalization, and, in the most extreme case, cause death. This is extremely rare. Autotransfusion (above paragraph) certainly reduces such potential risks.

- **BLEEDING AND BRUISING:** Some bruising almost always surfaces for 2 – 3 weeks after liposculpture. Formation of hematomas (blood clots under the skin) is rare. Resolution occurs with time and massage. Extremely rare cases may require suction of the blood clots.
- **SKIN LOSS:** Skin loss is extremely rare following liposculpture and may require secondary reparative surgery.
- **LUMPS OR FIRMNESS UNDER THE SKIN:** During the healing phase (several weeks or longer) you may feel firmness or lumpiness under the treated areas.
- **SEROMA FORMATION:** Fluids can collect under the skin following liposuction (very uncommon). If this problem occurs, aspiration with a needle or even open drainage might be indicated.
- **PULMONARY EMBOLISM:** This is a very rare and potentially fatal complication of all large operations. Fat droplets in the blood stream are trapped in the lungs. Should this unlikely complication occur, hospitalization and other treatment might be necessary.
- **INFECTION:** This is a very unusual problem. If it occurs, Dr. Mills will prescribe antibiotics. If an area is getting more painful after the fourth or fifth day, or if there is increased redness to the surrounding area, call (949) 499-2800 immediately.

- **ALTERNATIVES:** Liposculpture is entirely elective. Alternatives include weight loss and exercise. Loose skin and fat can sometimes be excised. Alternative surgical treatments have their own potential risks.

## CONSENT FOR SURGERY

I, \_\_\_\_\_, desire Daniel C. Mills, M.D., F.A.C.S. and such assistants as may be assigned by him, to perform the elective procedure(s) of:

- **STANDARD LIPOSCULPTURE** (A surgery to improve the cosmetic appearance of my \_\_\_\_\_ by suctioning excess fat from under the surface of the skin.)

The nature and purpose of the operation(s), possible alternative methods of treatment, including no treatment/surgery, risks and possible complications have been fully explained to me by Daniel C. Mills, M.D., F.A.C.S. during my preoperative consultation. I understand that this operation is not an emergency nor is it medically necessary to improve or protect my physical health. I have been advised that all surgery involves general risks, including but not limited to bleeding, infection, nerve damage and rarely, cardiac arrest, death, or other serious bodily injury. I acknowledge that no guarantees or assurances have been made as to the results that may be obtained.

I understand that anesthesia will be given and that it, too, carries risks. I consent to the administration of anesthesia by either Daniel C. Mills, M.D., F.A.C.S., or a qualified Certified Nurse Anesthetist and to the use of such anesthetics, as he/she may deem advisable.

It has been explained to me that during the course of the operation unforeseen conditions may be revealed that necessitate an extension of the original procedure, and I hereby authorize my doctor and/or such assistants as may be selected by him to perform such procedures as are

Daniel C. Mills, M.D., F.A.C.S.  
(949) 499-2800

Initials: \_\_\_\_\_

necessary and desirable, including but not limited to the services of pathologists, radiologists, or a laboratory. The authority granted in this paragraph shall extend to remedying conditions that are not known to my doctor at the time the operation commences.

I understand that photography is important in planning and evaluating surgery, and I give permission for photographs to be taken before and after my surgery for the purposes of documentation only.

I agree to keep my doctor informed of any change in my permanent address so that he can inform me of any important new findings relating to my surgery. I further agree to cooperate with him in my aftercare until I am discharged from his care.

In signing this consent, I hereby certify that I understand the risks, benefits, and alternatives to my procedure(s) and that I have discussed them with Daniel C. Mills, M.D., F.A.C.S.

Please do not give your permission or sign this consent form if you have any questions regarding your procedure(s). Please advise a staff member of these questions or concerns so that arrangements can be made for Daniel C. Mills, M.D., F.A.C.S. to discuss them with you.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Preoperative Nurse

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_ Relationship: \_\_\_\_\_