

# MEDILASER

COSMETIC SURGERY AND VEIN CENTER  
3110 W. Main Street, Suite 150, Frisco, Texas 75033  
Ph: 469-362-8665 Fax: 469-362-8085

## INFORMED CONSENT FOR LIPOLYSIS WITH BODY-JET® LIPO/VIBROLIPOSUCTION AND FAT TRANSFER

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### INSTRUCTIONS

This is an informed consent document that has been prepared to help inform you concerning Body-Jet® Lipo/Vibroliposuction with fat transfer, their risks and alternative treatments. Please initial each page, indicating that you have read and understand the page. Then sign the Consent for Surgery as proposed by Dr. Giraldo. If you have any questions, mark them to discuss with Dr. Giraldo.

### INTRODUCTION

Body-Jet® Lipo/Vibroliposuction are surgical techniques to remove unwanted deposits of fat from specific areas of the body and may be performed as a primary procedure for body contouring or may be combined with other surgical techniques. This is not a substitute for weight reduction. With fat transfer, the fat is injected back into the muscle layers through a very small incision to areas where the fat is wanted.

The best candidates for Body-Jet® Lipo/Vibroliposuction are individuals of relatively normal weight who have excess fat in particular body areas. Having firm, elastic skin will result in a better final contour after lipoplasty. Skin that has diminished tone due to sun damage, stretch marks, smoking, weight loss, or natural aging will not reshape itself to the new contours and may require additional surgical techniques such as tummy tuck to remove extra skin. Body-contour irregularities due to structures other than fat cannot be improved by this technique. Contraindications for those patients who may be having fat transfer to the breast are pregnancy or breast feeding or has lactated within the past 6 months, severe fibrocystic disease of the breast or cyclic breast pain, chronic skin disease of the breast or surrounding areas, allergic to silicone, or/and prone to hyperpigmentation or keloid formation.

A surgical instrument known as a cannula is inserted into the area of fat removal. The cannula is attached to a vacuum source which provides gentle suction to remove the emulsified or melted fat. This procedure targets fat cells leaving the collagen matrix intact. Surgical trauma, complications, the potential for post-operative pain and bruising are minimized.

Body-Jet® Lipo/Vibroliposuction with fat transfer may be performed under local or general anesthesia and requires the infiltration of fluid containing dilute local anesthetic and epinephrine into areas of fatty deposits. This technique can reduce discomfort at the time of surgery as well as reduce post-operative bruising.

A compression garment will be worn to control potential swelling and promote healing, provide comfort and support, and help skin better fit new body contours.

For fat transfer to the breast, you should obtain a baseline preoperative mammogram at least 30 days prior to your surgery.

### ALTERNATIVE TREATMENT

Alternative forms of management consist of not treating the areas of fatty deposits. Diet and exercise regimens may be of benefit in the overall reduction of excess body fat.

Direct removal of excess skin and fatty tissue may be necessary in addition to lipoplasty in some patients. Risks and potential complications are associated with alternative forms of treatment that involve surgery.

### RISKS AND SIDE EFFECTS OF BODY-JET® LIPO/VIBROLIPOSUCTION WITH FAT TRANSFER

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved with Body-Jet® Lipo/Vibroliposuction with fat transfer. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with your surgeon to make sure you understand the risks, potential complications, and consequences of Body Jet Lipo®/Vibroliposuction with fat transfer.

- **Bleeding** While unusual, it is possible to have a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or require a blood transfusion. Aspirin, blood thinners, anti-inflammatory medications, non-prescription herbs, green tea and dietary supplements can increase the risk of surgical bleeding. Do not take any of these for 2 weeks before surgery.

(continued)

I have read and understand the above information: Initials\_\_\_\_\_

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## **(RISKS AND SIDE EFFECTS OF BODY-JET® LIPO/VIBROLIPOSUCTION WITH FAT TRANSFER, *continued*)**

• **Change in skin and skin sensation** A temporary decrease in skin sensation may occur following liposuction. This usually resolves over a period of time. Diminished or complete loss of skin sensation that does not totally resolve could potentially occur, as it infrequently has with various lipoplasty procedures. Although Body-Jet® Lipo/Vibroliposuction typically reduces or eliminates the skin discoloration and swelling normally resulting from lipoplasty procedures, such could occur and, in rare situations, persist for extended periods of time. The incidence of permanent skin discoloration is rare. As Body-Jet® Lipo/Vibroliposuction selectively targets fat cells, leaving other essential tissues intact, skin contour irregularities and depressions in the skin are unlikely but possible. Visible and palpable wrinkling of skin can occur, particularly when large quantities of fat cells are removed and/or the skin is lacking good elasticity. Post-operative skin contour irregularities could necessitate additional treatments including surgery.

• **Asymmetry** Due to factors such as skin tone, bony prominence, and muscle tone, which can contribute to normal asymmetry in body features, it may not be possible to achieve symmetrical body appearance through lipoplasty procedures.

• **Chronic pain** Chronic pain and discomfort following Body-Jet® Lipo/Vibroliposuction with fat transfer is unusual.

• **Infection** Infection is unusual following this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary. Although extremely rare, life-threatening infections such as toxic shock syndrome could occur after lipoplasty surgery, regardless of the technology utilized.

• **Allergic reactions** Rarely, local allergies to tape, suture material, or topical preparations utilized in lipoplasty procedures have been reported. More serious systemic reactions due to drugs administered during surgery and prescription medicines may require additional treatment.

• **Pulmonary embolism** In extremely rare cases, fat droplets could become trapped in the lungs to create a possibly fatal complication called fat embolism syndrome. Pulmonary complications may occur secondarily to blood clots (pulmonary emboli) or partial collapse of the lungs after general anesthesia. Should either of these complications occur, you may require hospitalization and additional treatment. In some circumstances, pulmonary emboli can be life-threatening or fatal.

• **Scarring** Although the incisions created for Body-Jet® Lipo/Vibroliposuction with fat transfer are minimal and good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues in rare cases. Such scars may be unattractive and of a different color than surrounding skin. Additional treatments, including surgery, may be necessary to treat abnormal scarring.

• **Seroma** While Body-Jet® Lipo/Vibroliposuction with fat transfer have reduced the incidence and severity of seromas associated with lipoplasty procedures, such fluid accumulation is possible and could require additional treatments or surgery to promote drainage.

• **Skin loss** Additional treatments including surgery could be necessary in the unlikely event that skin loss occurs following your Body-Jet® Lipo/Vibroliposuction with fat transfer treatment.

• **Surgical anesthesia** All forms of surgical anesthesia or sedation, whether administered locally or generally, carry risks including the possibility of complication, injury, and even death.

• **Surgical shock** Body-Jet® Lipo/Vibroliposuction with fat transfer could conceivably cause severe trauma, particularly when multiple or extensive areas are treated in a single session. Although serious complications are a rarity, infections or excessive fluid loss could lead to severe illness and even death. Should surgical shock occur following your Body-Jet® Lipo/Vibroliposuction with fat transfer treatment, hospitalization and additional treatment would be necessary. Individuals undergoing lipolysis procedures to remove large volumes of fat are at greater risk of complications. Patients contemplating large-volume lipoplasty – that is, greater than 5000 cc, will be advised to undergo post-operative monitoring and aftercare that involves overnight hospitalization.

• **Lidocaine toxicity** There is the possibility that large volumes of fluid containing dilute local anesthetic drugs and epinephrine that is injected into fatty deposits during surgery may contribute to fluid overload or systemic reaction to these medications. Additional treatment including hospitalization rarely may be necessary.

• **Weight gain** Weight gain will noticeably alter the quality of the results.

While we have attempted to assist you in building realistic expectations for your Body-Jet® Lipo/Vibroliposuction with fat transfer treatment, you may be disappointed with your surgical results. However infrequent, it may be necessary in your case to perform additional surgery to improve results.

*I have read and understand the above information: Initials\_\_\_\_\_*

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**CONSENT FOR BODY-JET® LIPO/VIBROLIPOSUCTION WITH FAT TRANSFER**

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I, \_\_\_\_\_ hereby request that Dr. Giraldo perform a surgical procedure known as suction lipolysis and injection of autologous fat into my \_\_\_\_\_ for the purpose of cosmetic augmentation.

I understand that every surgical procedure involves certain risks and possibilities of complications such as bleeding, infection, poor healing, etc. and that these and other complications may follow even when the surgeon uses the utmost care, judgment and skill. There can be necrosis with tissue loss or scarring tissues. These risks have been explained to me and I accept them.

I realize after fat injection that the product may not last a long time and could dissolve leaving the original defect. I also realize the potential risk for abscess formation and/or cysts that may require drainage and possibly repeat surgery. I have been informed that part of product may dissolve and a repeat injection may be necessary and that the fat could appear calcified in later X-ray of the area of fat injection.

I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involve risk and the possibility of complications, injury, and sometimes death.

I understand that in order to achieve the best cosmetic result that I will need to wear a compression garment on the areas in which liposuction was performed for one month if necessary.

I consent to the disposal of any tissue, medical devices or body parts which may be removed.

I am aware that after Lipolysis there will be swelling which may take weeks or months to resolve. Occasionally, the skin becomes wrinkled or pitted and cellulite may look worse. The skin could have a corrugated look. The healing of any wound is with scar tissue, and I understand that scars require a year's time to look their best but, in fact, are permanent.

I have an understanding of the operation which includes but is not limited to the above items. I understand that secondary revisions or subsequent treatments may be required in some cases. I also understand that charges will be made for the use of the operation room, whether in the office or in the hospital, and for any materials required. I understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment. I further agree in the event of non-payment, to bear the cost of collection, and/or court cost and reasonable legal fees, should this be required.

I consent to be photographed before, during and after surgery; that these photographs shall be the property of the above doctors and may be used as they deem proper for scientific and educational purposes.

For purposes of advancing medical education, I consent to the admittance of observers to the operating room.

I am aware that the practice of medicine and surgery is not an exact science, and I acknowledge that no guarantees have been made to me as to the results of the operation or procedure; nor are there any guarantees against unfavorable results.

*Rewrite the following:* "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."

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"I will not drive while on narcotic pain medications or sedative drugs prescribed by my cosmetic surgeon."

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Having discussed the reasonable expectations of Body-Jet® Lipo/Vibroliposuction with fat transfer with me and answered all of my questions to my satisfaction, I hereby authorize Dr. Giraldo and such assistants as may be selected to perform Body-Jet® Lipo/Vibroliposuction with fat transfer and other procedure(s) that in their judgment may be necessary or advisable should unforeseen circumstances arise during surgery. I have read a copy of the foregoing consent for the operation, understand it, accept these facts, and hereby authorize the above doctor to perform this surgical procedure on me.

With my signature below I hereby consent to having Body-Jet® Lipo/Vibroliposuction with fat transfer and to the above.

Patient Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I, Dr. Mauricio Giraldo, certify that I have answered all the patient's questions regarding the above mentioned procedure. I believe the patient fully understands what I have explained and answered.

Surgeon Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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*You are expected to read these before your surgery.*

## PRE-OPERATIVE INSTRUCTIONS: BODY JET LIPO®/VIBROLIPOSUCTION WITH FAT TRANSFER

- 1) **BRING YOUR MEDICATIONS TO SURGERY!** Take your **antibiotic** medication the evening before surgery. Take your **anti-nausea** medication right **before leaving** for surgery.
  - ANTIBIOTIC: **Cipro** or **Amoxicillin**
  - ANTI-NAUSEA: **Phenergan/Promethazine** [Take 30 minutes prior to Hydrocodone]
  - PAIN: **Hydrocodone-Acetaminophen 10/325**
  - ANTI-ANXIETY: **Ativan/Lorazepam**
- 2) **DO NOT SMOKE** for two weeks prior to and two weeks after surgery. Smoking decreases your circulation and slows down healing time.
- 3) **DO NOT TAKE ASPIRIN, PLAVIX, IBUPROFEN, MOTRIN, ALLEVE, ADVIL, BUFFERIN, ANACIN, ANACIN-FREE, EXCEDRIN** or products containing aspirin, other NSAIDS (non-steroidal anti-inflammatory medications), Vitamin E, diet pills, fish oil, herbal medication, herbal or green tea, ginkgo, ginseng or garlic pills, for two weeks prior to surgery. Aspirin and some NSAIDS can thin your blood, so you do not clot and could increase your tendency to bleed at the time of surgery and during the post-operative period. It is very important not to stop drugs that interfere with platelets, such as Plavix, which is used after a stent. It is important if you have had a stent and are taking Plavix that you inform the surgeon. Stopping Plavix may result in a heart attack, stroke and even death. Be sure to check with your physician about any drug interactions that may exist with medications which you are already taking. If you have an adverse reaction, stop the drugs immediately and call your surgeon for further instructions. You may take Tylenol (acetaminophen) for pain.
- 4) **DO NOT DRINK ALCOHOLIC BEVERAGES** 2 days prior to surgery. Alcohol may create complications and increase bruising.
- 5) **IF YOU DEVELOP A COLD, FACIAL SORE, FEVER, OR ANY OTHER ILLNESS PRIOR TO SURGERY**, notify us as soon as possible.
- 6) **SHAVE PUBIC OR ABDOMINAL HAIR TWO DAYS PRIOR TO SURGERY.**
- 7) **EVENING PRIOR TO AND ON SURGERY MORNING**, shower using antibacterial soap or **Hibiclense®**.
- 8) **WEAR COMFORTABLE, DARK, LOOSE-FITTING CLOTHING.** Safeguard your car seat for the ride home and bedding for post surgery with a protective cover.
- 9) **LEAVE JEWELRY AND VALUABLES AT HOME.** Do not wear hair clips or hairpieces, jewelry or piercings.
- 10) **REMOVE NAIL POLISH FROM FINGERS AND TOES.**
- 11) **DO NOT WEAR MAKEUP, FACIAL OR BODY MOISTURIZERS.**
- 12) **SURGERY TIMES ARE ESTIMATES ONLY** - you could be at the facility longer than indicated.
- 13) **ARRANGE FOR A DRIVER TO AND FROM SURGERY.** We cannot discharge you to a taxi. Put a pillow and blanket in the car for the trip home.
- 14) **ONLY CLEAR LIQUIDS** by mouth after midnight prior to surgery.

**I HAVE READ AND FULLY UNDERSTAND THE ABOVE ITEMS. I understand that if I have taken any of the medications listed under #3, the surgery might be cancelled, and I may lose one half (1/2) of the surgical fee.**

*I have read and understand the above information: Initials\_\_\_\_\_*

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**Read these BEFORE the surgery before you are medicated. Get your responsible caretaker to read them. They will be doing the care.**

## **POST-OPERATIVE INSTRUCTIONS: BODY JET LIPO®/VIBROLIPOSUCTION WITH FAT TRANSFER**

IF YOU EXPERIENCE EXCESSIVE PAIN OR BLEEDING, FULLNESS OR REDNESS IN TREATMENT AREAS, OR FEVER, CALL OUR OFFICE IMMEDIATELY: (469) 362-8665

- 1) **DRIVING** A family member or friend 18 years or older must drive you home from your surgery (it is best to have them stay and assist you the first 24-48 hours). Do not drive for 1 week after surgery or while taking prescription pain medication that may affect you or make you drowsy.
- 2) **COMPRESSION GARMENTS** A special elastic-type garment was put on at the end of your surgery to provide comfort and support while helping your skin conform to your new body contour. Wear the garment for 2 days without removing. Day 3 after surgery, the garment can be removed to wash and put back on. Week 1, wear your garment day and night. Week 2 and 3 after surgery, wear the garment during the day. Neck patients must wear chin garments for 3-4 full days with no removal, followed by 4-7 days as often as possible.
  - 1) **BATHING or SHOWERING** You may take a shower after 48 hours and after dizziness has subsided completely. Baths should be avoided for 1 month.
  - 2) **TREATMENT SITES** Keep your dressings as clean and dry as possible, changing daily to help prevent infection. You should expect some drainage (oozing) of blood-tinged anesthetic solution at the incision site(s) due to fluids injected during your procedure. Although the fluid may appear red, it is mostly anesthetic solution and saline and only 1% blood. In general, the more drainage there is, the less bruising and swelling there will be. Maxi-pads can be used to soak the drainage. Many patients have found it helpful to use a shower curtain or other protective covering on their mattress for the first few days after their procedure. As your incisions stop draining, please clean with tap water and apply Neosporin and butterfly bandages to help minimize scarring. Applying a scar cream after the wounds have closed may also minimize scarring. Cover it only if your garments are rubbing on the incisions. Itching, pulling, pinching, hardness, tightness and/or numbness sensations are also normal. All should subside within 24 hours to 1 week, but sometimes can last for months following surgery. This is a part of the healing process.
  - 3) **ACTIVITY** Rest for the first 12 hours. It is normal to experience lightheadedness when rising or removing/changing your compression garments. Please have someone help you with this for the first few days after surgery. Start walking as soon as possible, as this helps lower the chance of blood clots. Experiencing more than mild swelling or discomfort may indicate that you are over-doing it. Avoid strenuous activities, lifting over 20 lbs., or aerobic exercise for 2 – 3 weeks. Protect incisions / any bruised areas from the sun until completely healed; use SPF 30 or greater for 6 months. Avoid tanning until bruising has faded, which normally takes 10-14 days. Therapeutic massage is very helpful to speed the healing process and may be done beginning 2 weeks after surgery, as often as every other day and as hard as you can tolerate. The chin is the only area you **should not** massage. **Because direct pressure will destroy the transferred fat, the patient is asked to keep pressure off of the fat transfer site for at least 6 weeks.** For fat transfer to the buttocks, absolutely no sitting is permitted for 10 days (except for toileting). Then patients can sit with modifications. A pillow is placed in the posterior hamstrings, not touching but elevating the buttocks, effectively avoiding pressure.
  - 4) **DIET** If you experience any post-operative nausea, try carbonated sodas and dry crackers to help settle your stomach. Nausea may likely be caused by your post-operative medications, and we advise that you take them with food whenever possible. If your stomach feels normal, start slowly with liquids and bland foods, resuming a regular diet. Please drink plenty of clear fluids.
  - 5) **ALCOHOL** Alcohol dilates your blood vessels, which could increase post-operative bleeding. As alcohol combined with medication can be dangerous, it is especially important that you do not consume alcohol as long as you are taking over-the-counter or prescription pain medication following your surgery.
  - 6) **SMOKING** We continue to stress the importance of not smoking. Smoking reduces capillary flow in your skin and can slow down healing time. **Do not smoke at all** during the first 14 days after surgery.
  - 7) **EXPECTATIONS** Remember, the goal of fat removal is not weight loss, but improved contour. In fact, since the body retains fluids in response to surgery, you may notice a temporary weight gain (resolving over the first week). You may experience significant swelling in the pubic area. Men are advised to bring an athletic supporter to the office the day of surgery. Bruising is minimal with Body-Jet® Lipo/Vibroliposuction. Nevertheless, the more extensive the surgery, the more bruising one can expect. Post-operative discomfort usually takes the form of deep muscle soreness and normally improves over the following 2-7 days. Slight temperature elevation (100°F) and flushing of the face, neck and upper chest could last 48 hours. You may initially experience a mild depression that should begin subsiding after the first week, once you see the bruising and swelling fade. Menstrual irregularities (premature or delayed monthly onset) are a common side effect to surgery. If areas on the thighs were treated, you may have swelling in your calves and ankles for up to 3 weeks. You will need to have a mammogram 6 months after a breast fat transfer.
  - 8) **POST-OPERATIVE MEDICATION** Take your medications as directed. If you are unable to take the medications for any reason, please contact our office at (469) 362-8665, so we can arrange for other medications.
  - 9) **POST-OPERATIVE APPOINTMENTS** For your maximum healing and optimal long-term results, it is very important that you follow the schedule of appointments we establish after surgery. **Your first post-op appointment is:**

Day \_\_\_\_\_

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

Time \_\_\_\_\_

I have read and understand the above information: Initials \_\_\_\_\_