

PATIENT NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ CHART NO: \_\_\_\_\_

It is my goal to provide you with some information about your desired procedure prior to our consultation. Please take the time to read this information and feel free to ask any questions during your face to face consultation. Additional information is available in the office and on our websites.

www.ocplasticsurgeons.com  
www.doctordaneshmand.com  
www.bakersfieldplasticsurgery.com

*Dr. Daneshmand*

## Abdominoplasty / Tummy-Tuck Consultation

### GENERAL

- ▼ Surgery you do not need
- ▼ Purely elective surgery
- ▼ Realistic expectations
- ▼ Key to success
- ▼ Appearance in mirror, photographs, clothing

### PROBLEMS

- ▼ Skin excess - stretch marks, excessive weight loss, loss of elasticity
- ▼ Fat excess
- ▼ Muscle laxity - weakness, separation, abdominal hernia

### ALTERNATIVES

- ▼ No treatment (any adverse effects?)
- ▼ Diet - may reduce fat, but skin and muscle still a problem
- ▼ Exercise - muscles may improve, but skin and fat still a problem
- ▼ Liposuction - fat may improve, but skin and muscle still a problem

### WHAT IS USUALLY HELPED BY ABDOMINOPLASTY

- ▼ Excess skin removal
- ▼ Excess fat removal
- ▼ Muscle tightened and separation repaired
- ▼ Ventral hernia may be repaired
- ▼ Sometimes recommended to have liposuction after surgery to remove dogears and fat deposits in waist, thighs and flanks

### WHAT WILL NOT BE HELPED

- ▼ ALL "stretch marks"
- ▼ Fat along flanks
- ▼ Muscle will not be strengthened
- ▼ Fat in the central upper abdomen which needs to be liposuctioned at a later time

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

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## GOALS

- ▼ Improve body contour
- ▼ Reduce abdominal bulge
- ▼ Improve appearance both in and out of clothing

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## LIMITATIONS

- ▼ Cannot eliminate "stretch marks"
- ▼ Generalized obesity cannot be corrected
- ▼ Muscle strength will not be improved, but the resting tone of the abdominal wall can be improved

### GOALS MAY ONLY BE PARTIALLY MET

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## HOW LONG WILL IT LAST?

Subsequent alterations in body contour may occur as a result of aging, weight gain or loss and pregnancy.

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## SURGICAL TECHNIQUES, ANESTHESIA, FACILITY & RECOVERY

- ▼ General anesthesia
- ▼ Outpatient surgery center vs. hospital operating room
- ▼ Incisions, undermining, muscle repair
- ▼ Dressings, support garment and drains
- ▼ Post-Op aftercare facility vs. home
- ▼ Restrictions and return to normal activity usually in 4-6 weeks

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## TRADE OFFS

### USUALLY TEMPORARY

- ▼ Discoloration / swelling
- ▼ Discomfort (pain / sensitivity)
- ▼ Numbness
- ▼ Lumps / irregularities
- ▼ Restricted activity.

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### PERMANENT

- ▼ Scars and / or keloids
- ▼ Asymmetry
- ▼ Displacement of new belly button
- ▼ Fairly rapid resolution of most changes listed as usually temporary is expected but final contouring may not be complete for a minimum of six (6) months

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## RISK / COMPLICATIONS

- ▼ Bleeding / blood loss, transfusion\*\*
- ▼ Infection
- ▼ Fluid collections
- ▼ Poor umbilical contour or loss
- ▼ Skin loss, wound breakdown (smokers!)
- ▼ Contour irregularities / depressions
- ▼ Injury to bowel and bladder
- ▼ Pulmonary embolism and deep venous thrombosis
- ▼ Fat embolus
- ▼ Sensory loss
- ▼ Ileus (bowels slow to work)

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

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## **EVEN THOUGH ...**

Even though the risks and complications cited above occur infrequently, they are the ones that are peculiar to this operation or of greatest concern. Other complications and risks can occur but are even more uncommon. The risks of surgery are comparable to the risks you take everyday when driving or riding in an automobile.

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## **ANY AND ALL OF THE RISKS AND COMPLICATIONS CAN RESULT IN**

- ▼ Additional surgery
- ▼ Hospitalization
- ▼ Time off work
- ▼ Expense to you

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## **INSURANCE**

**Insurance usually does not cover this procedure. Treatment of complications may or may not be covered by insurance. On occasion, surgical revision may be indicated following the original surgery.**

If planned or performed within one (1) year after the original surgery, and if insurance does not cover these revisions, there will be a small charge by the surgeon, anesthesia department and OR facility.

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## **NO GUARANTEE**

The practice of medicine and surgery is not an exact science. Although good results are expected, there cannot be any guarantee or warranty, expressed or implied, by anyone as to the results that may be obtained.

**\*\* If a smoker** – Must be off cigarettes for **SIX (6)** weeks before surgery and remain off cigarettes for **SIX (6)** weeks after surgery. Much greater risk for scarring, poor healing, hair loss and skin loss in smokers.

**\*\* Must be off all aspirin containing products** for two (2) weeks before surgery and for two (2) weeks after surgery. (Check all medications with us. Some medications such as Motrin and Advil may also affect clotting.)

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## **QUESTIONS**

**If there is any item or items on this consultation sheet that you do not understand, mark it and call the office. An explanation or additional information will be provided. Share the information we provide to you with interested family members or friends. I will be happy to meet with them if you wish. All questions and uncertainties should be answered and clarified prior to your surgery. A WELL INFORMED PATIENT IS A HAPPY PATIENT!**

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DATE: \_\_\_\_\_ Copied and provided to patient by: \_\_\_\_\_

A copy of this consultation was provided to me: \_\_\_\_\_

*(Patient's signature)*

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