

PREPARING FOR SURGERY

STARTING NOW

- **STOP SMOKING:** You must completely stop smoking for a minimum of 6 weeks prior to surgery or Dr. Shah will not perform surgery. Smoking **WILL CAUSE** post operative complications, including, but not limited to, **BAD SCARS**.
- **TAKE MULTIVITAMINS:** Start taking multivitamins twice daily to improve your general health once you have scheduled your surgery. Drinking pineapple juice, two to three 8-ounce glasses a day, will cut down on bruising. You can also purchase Bromelain Tablets from health food stores such as GNC, if you do like or tolerate pineapple juice. Taking Arnica will also help cut down on bruising. A package of Arnica Montana will be in the kit of prescriptions that you purchased from the pharmacy.
- **TAKE VITAMIN C:** Start taking 500 mg of Vitamin C twice daily to promote healing.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen at least two weeks before surgery, as well as for two weeks after surgery. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol). You may begin taking aspirin and ibuprofen again 2 weeks after surgery, or as prescribed by your doctor.
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to less than 400 mg per day.
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications. Please have them filled **BEFORE** the day of surgery.

THE DAY BEFORE SURGERY

- **SURGERY TIME:** You will be contacted by our Surgery Center with the time to report for surgery. If you have not been contacted by the end of the day before your surgery, you can call 661-324-6720. If your Surgery is taking place at Mercy Southwest Hospital, you will need to call 661-663-6223 for the report time.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with Dial antibacterial soap.
- **EATING AND DRINKING:** Do not eat or drink anything after 12:00 midnight. This includes water.

THE MORNING OF SURGERY

- **SPECIAL INFORMATION:** Do not eat or drink anything! If you take a daily medication, you may take it with a sip of water in the early morning.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **CLEANSING:** Shower and wash the surgical areas again with Dial antibacterial soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, jewelry, or makeup.

- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, acrylic fingernails and jewelry. Please do not bring valuables with you.
- **CHECK IN/PREPARATION: Surgery Time:** Please call Beautologie Surgery Center at (661) 324-6720 after 4 pm the day before surgery if you have not already been contacted by a nurse with your surgical time.

Report to Beautologie Surgery Center on . You should plan to arrive at the time designated. Patients less than 18 years old must be accompanied by a parent or legal guardian.

MEDICATIONS

GENERAL INFORMATION

- The doctor and the nursing staff have given you prescriptions for your comfort and care. It is important that you use the medications as directed unless you experience abnormal symptoms that might be related to medication usage.

Symptoms such as itching, development of a rash, wheezing, and tightness in the throat would probably be due to an allergy. Should these occur, discontinue all medications and call the office for instructions.

INSTRUCTIONS

- **ANTIBIOTICS:** cephalexin (Kelfex). Take two tablets twice daily for 10 days. Antibiotics help reduce the chance of post-operative infection. If drain tube is in place, antibiotics must be taken until it is removed.
- **ANTI SWELLING:** Arnica Montana (Sinnech). Take as directed.
- **ANTI-ANXIETY:** Diazepam (Valium). Take one tablet the night before surgery for anxiety.
- **MUSCLE RELAXER:** Cyclobenzepine (Flexeril). Take one tablet by mouth every eight hours as needed for muscle spasms.
- **NAUSEA:** Prochlorperazine (Compazine). Take one tablet every six hours for nausea.
- **NAUSEA:** Ondansetron HCl (Zofran ODT). Place one tablet under the tongue while in per-operative holding area to prevent nausea.
- **OVER-THE-COUNTER:** Colace (Colace). Take one tablet two times a day to avoid constipation. Start this when you get home from surgery.
- **OVER-THE-COUNTER:** Ducolax (Ducolax). Place one suppository rectally every six hours as needed for constipation. If you have not had a bowel movement by the third day take this medication.
- **PAIN:** Acetaminophen 500 mg/Hydrocodone Bitartrate 5 mg (Vicodin). Take one to two tablets every four to six hours as needed for pain.

GOING TO THE OPERATING ROOM

THE OPERATING SUITE

- Going to the operating room is not a normal experience for most of us. Dr. Shah and staff recognize the natural anxiety with which most patients approach this step in the process of achieving their goals. We believe a description of the surgery experience will help to prepare you for it.
- Your surgery will be performed at Beautologie Surgery Center in the operating suite. Specialists using modern equipment and techniques will attend to you. The team includes a board certified anesthesiologist, a trained surgical assistant and nurses who will assist Dr. Shah. A registered nurse is in charge of the operating room.
- Once you enter the operating room, the staff will do everything they can to make you feel secure. You will feel comfortable on the operating table, and the anesthesiologist will start an intravenous drip in your arm. Medicines that will make you drowsy will flow through the tubing into a vein in your arm. At the same time, to ensure your safety, the anesthesiologist will connect you to monitoring devices.

THE RECOVERY ROOM

- When your surgery has been completed and your dressings are in place, you will be moved to the recovery room. You will constantly be connected to monitoring equipment, and during this period, fully trained recovery room nurses will remain with you at all times. These nurses are certified for advanced cardiac life support. You can be confident that you will be well cared for in the recovery room.
- When your initial recovery is completed and all of your vital signs are stable, you will be sent home to continue recovering comfortably.
- Most patients have very little memory about their stay in the recovery room.

GENERAL SURGICAL RISKS

ABOUT RISKS

- We want you to understand fully the risks involved in surgery so that you can make an informed decision. Although complications are infrequent, all surgeries have some degree of risk. All of us at Beautologie Cosmetic Surgery and Laser Center will use our expertise and knowledge 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 occur rarely. If a complication does arise, you, Dr. Shah, and the nursing staff will need to cooperate in order to resolve 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 are normal after any surgery. Your swelling may increase as your activity increases, this is normal. Severe swelling and bruising may indicate bleeding or possible infection.
- **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 us at (661) 327-3800.
- **CRUSTING ALONG THE INCISION LINES:** We usually treat this with antibiotic ointment.
- **NUMBNESS:** Small sensory nerves to the skin surface are occasionally cut when the incision is made or interrupted by undermining of the skin during surgery. The sensation in those areas gradually returns--usually within 2 or 3 months as the nerve endings heal spontaneously.
- **ITCHING:** Itching and occasional small shooting electrical sensations within the skin frequently occur as the nerve endings heal. 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 allowed to absorb spontaneously. Larger hematomas 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 antibiotics. Development of an abscess usually requires drainage.

- **THICK, WIDE, OR DEPRESSED SCARS:** Abnormal scars may occur even though we have used the most modern plastic surgery techniques. Injection of steroids into the scars, placement of silicone sheeting onto the scars, or further surgery to correct the scars is occasionally necessary. Some areas on the body scar more than others, and some people scar more than others do. Your own history of scarring should give you some indication of what you can expect. There are many treatments for scars. The best treatment is to take care of the scar aggressively from the first day after surgery, give it time (up to two years) and keep all your follow up visits with your doctor. Sometimes silicone gel sheeting, vitamin E, kenalog injections and laser can be tried. Scar creams and scar gels are also available. All of these items and procedures are not included in the cost of the surgery. If after one year you feel there is still an unsatisfactory scar, and your surgeon agrees that a scar revision may help, the cost of this procedure will be \$1000 surgeons fee, \$800 operating room cost, and \$250 anesthesia fee (for larger scars such as a breast lift scar or tummy tuck scar) OR \$500 surgeons fee, \$500 operating room cost, and \$250 anesthesia fee for smaller scars (breast augmentation scars).
- **WOUND SEPARATION OR DELAYED HEALING:** Any incision, during the healing phase, may separate or heal unusually slow for a number of reasons. These 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 revision of the scar 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 problems are unusual and are usually mild and easily treated. In extremely rare circumstances, allergic reactions can be severe and require aggressive treatment or even hospitalization. The tape may sometime cause blisters underneath the skin. If this happens, go ahead and remove the tape and place neospoin on the blisters. DO NOT use the tape any more.
- **INCREASED RISKS FOR SMOKERS:** Smokers have a greater chance of skin loss and poor healing because of decreased skin circulation. (See Preparing for Surgery)
- **INJURY TO DEEPER STRUCTURES:** Blood vessels, nerves and muscles may be injured during surgery. The incidence of such injuries is rare.
- If they are severe, any of the problems mentioned under Common Risks may significantly delay healing or necessitate further surgical procedures.
- Medical complications such as pulmonary embolism, severe allergic reactions to medications, cardiac arrhythmias, heart attack, and hyperthermia are rare but serious and life-threatening problems. Having a board-certified anesthesiologist present at your surgery reduces these risks as much as possible. (Failure to disclose all pertinent medical data before surgery may cause serious problems for you and for the medical team during surgery.)

RARER
COMPLICATIONS

**UNSATISFACTORY
RESULT & NEED FOR
REVISIONAL
SURGERY**

- All Plastic Surgery treatments and operations are performed to improve a condition, a problem or appearance. 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.
- **POOR RESULTS:** Asymmetry, unhappiness with the result, poor healing, etc. may occur. Minimal differences are usually acceptable. Larger differences frequently require revisional surgery. You will be financially responsible for any revisional surgery you may need.

Signature: _____

**POLICIES OF
SURGERY**

- **REVISION POLICY** Revision Policy Rarely, one year after your cosmetic surgery you may experience an adverse event and need or desire a slight "touch up" procedure to be done. This may be additional skin removal, a small amount of liposuction, or scar revision. You will be responsible for the Anesthesia and Operating room and physicians fees for the touch up procedure. This is not negotiable.

Signature: _____

- **OVERAGE FEES** Overage Fees Occasionally, your surgery may take longer than the estimated time on your price quote sheet. The estimated time is calculated based on our experience with hundreds of previous surgeries. For some people however, there may be additional surgical complexity, additional time for anesthesia or additional time required for nursing duties. The patient is responsible for these overage charges. You will usually receive a bill in the mail for these additional charges directly from the Anesthesiologist and/or the Hospital. Please contact these sources with your questions.

Signature: _____

- **HOSPITAL STAY** If you would like, or if your physician requires, you may spend the night in the hospital. This is an additional \$1500 fee that you will have to pay directly to the hospital admitting department. Occasionally, unforeseen events may require you to stay in the hospital after surgery. This may be covered by your insurance, however you will be financially responsible for these charges if your insurance will not cover the expense.

Signature: _____

Signature: _____ Date: _____

Witness / Nurse Signature: _____

SPECIFIC SURGICAL RISKS

SUCTION ASSISTED LIPECTOMY (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. Ultrasonic Liposuction also helps reduce the risk of these problems. 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.

After liposuction of any area of your body, we cannot guarantee the amount of skin tightening you will have. This depends on many factors: your genetics, your skin condition and how much you exercise after surgery. You might require removal of excess skin (i.e. a tummy tuck or other procedure) which you will be financially responsible for.

■ **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. If any touch up procedure is required, you must wait at least one year, demonstrate weight loss from your pre procedure weight, and have kept all follow up visits. You should wait at least 6 months to one year for everything to full settle after surgery before making any final judgments about the symmetry. Most of our patients are very happy after their first surgery.

■ **LOSS OF SENSATION:** Usually, any numbness or loss of sensation is temporary and resolves within a few months. It may take up to a year or longer to get full recovery of your nerve sensation. During the recovery process you may notice over-sensitivity, burning or electrical-shock sensations. These are all normal symptoms and will resolve over time.

■ **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. Shah 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. Autotransfusion (above paragraph) certainly reduces such potential risks.

■ **INFECTION:** This is a very unusual problem. If it occurs, Dr. Shah will prescribe antibiotics.

- **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 which you will be financially responsible for. Smoking, diabetes, obesity or other health issues can increase the chance of healing problems, including skin, fat and tissue loss to occur. Please be sure to have all medical problems optimized and stop smoking before and after the 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. This is normal and can often be resolved with time and massage.
- **SEROMA FORMATION:** Fluids can collect under the skin following liposculpture (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 may be necessary, which you will be financially responsible for.

ALTERNATIVES

- Liposculpture is entirely elective. Alternatives include weight loss and exercise. Loose skin and fat can sometimes be surgically excised. Alternative surgical treatments have their own potential risks.
- **SECONDARY SURGERY:** If any secondary surgery is necessary, the patient is financially responsible for this surgery.

APPLICABLE HEALTH FACTORS

CONSENT FOR
SPECIAL MEDICAL
CONDITIONS NOT
APPLICABLE

- Instructions for special medical conditions are not necessary.

OTHER RISKS

- We have outlined the common and not-so-common risks of surgery in general. The specific risks and complications of each surgical procedure have been explained elsewhere in this preoperative packet. We have not discussed every possible problem that may occur, and you cannot assume that a problem will not occur simply because it is not discussed here.
- I acknowledge that the risks and complications of the surgery I am to undergo have been explained and discussed with me in detail by Dr. Shah and by the nursing staff. I have been given the opportunity to ask questions and any concerns I had about my surgery have been explained to me. My signature here attests to my understanding and satisfaction with the answers I have been given.

Signature: _____ Date: _____

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Witness / Nurse Signature: _____

CONSENT FOR SURGERY

I, Roxanne Test, desire Darshan Shah, M.D., F.A.C.S. and such assistants as may be assigned by him, to perform the elective procedure(s) of:

- FIRST AREA SUCTION ASSISTED LIPECTOMY / 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 Darshan Shah, M.D., F.A.C.S. during my preoperative consultation. I have been advised that all surgery involves general risks, including but not limited to bleeding, infection, nerve or tissue 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, and that any future surgery needed for any complication or dissatisfaction is fully my financial responsibility.

I understand that anesthesia will be given and that it, too, carries risks. I consent to the administration of anesthesia by either Darshan Shah, M.D., F.A.C.S. or a qualified anesthesiologist and to the use of such anesthetics as he 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 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 if computer generated documents were used in my planning that it was used merely for the purpose of illustration and discussion. I certify my understanding that there is not a warranty, expressed or implied as to my final appearance by the use of such electronically altered images.

I understand that photography is important in planning and evaluating surgery, and I give permission for photographs to be taken before, during and after my surgery. I understand these photographs are used for documentation purposes, and may be selectively used without reference to my identity for educational or illustrative purposes. I also hereby grant permission for the use of any of my medical records including illustrations, photographs or other imaging records created in my case, for use in examination, testing, credentialing and/or certifying purposes by The American Board of Plastic Surgery, Inc. I understand that any identifiable characteristic maybe blanked our of my photos to protect patient privacy.

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 Darshan Shah, M.D., F.A.C.S..

Darshan R. Shah, M.D., F.A.C.S.

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(661) 327-3800

Initials:

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 Darshan Shah, M.D., F.A.C.S. to discuss them with you.

Signature: _____ Date: _____

Witness Signature: _____ Date: _____

POSTOPERATIVE CARE - OUTPATIENT SURGERY

YOUR FIRST 48 HOURS

- **VERY IMPORTANT:** If you have excessive bleeding or pain, call the office at (661) 327-3800, day or night. If it is after hours you can reach us through the answering service at (661) 328-2195.
- **YOUR FIRST 24 HOURS:** If you are going home, a family member or friend who is at least 18 years of age must drive you because you have been sedated, and should stay overnight with you. If you choose to go to a postoperative center, they will provide transportation. If you have any questions about these matters, please ask one of our nursing staff.
- **DRESSINGS:** Keep your dressings as clean and dry as possible for the first 36 hours. After this time you may remove all the dressings (gauze and tape) and any garments you are wearing. Keep the steri strips (clear white tape) or the skin glue on the incisions undisturbed. You may shower 36 hours after surgery. It is ok to get the incisions wet after 36 hours.
- **ACTIVITY:** Take it easy and pamper yourself for at least two weeks after surgery. Try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., but **NO MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE HOUSE, REARRANGE THE ATTIC, ETC.!** We do not want you to bleed and cause any more swelling and bruising than is avoidable.
- **ICE PACKS:** Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often.
- **DIET:** If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, use the Compazine that is in your medication kit, as directed on the bottle. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.
- **CONSTIPATION** If you are experiencing severe constipation, with no relief from the oral stool softeners, you may use an over-the-counter suppository as directed. If symptoms persist, drink milk of magnesia or magnesium citrate as directed on the bottle. These medications are available over the counter at all local stores.
- **SMOKING:** Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 6 weeks after surgery. **SMOKING WILL CAUSE HEALING PROBLEMS AND NECROSIS OF YOUR SKIN.**
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink any alcohol (beer, wine, etc.) until you have stopped taking the prescription pain medication, as the combination of pain medication and alcohol can be dangerous.

- **DRIVING:** Please don't drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain medication.
- **POST OPERATIVE APPOINTMENTS:** It is very important that you follow up at the office as directed after the surgery. Please call the office if you do not know your next appointment.

SPECIFIC POST OPERATIVE INSTRUCTIONS

SUCTION ASSISTED LIPECTOMY (LIPOSUCTION)

- **COMPRESSION GARMENT:** If you have had suction of your knees, thighs, hips, or abdomen, Dr. Shah 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 at least 36 hours after surgery. After 36 hours have passed, you may take your first shower, then pat dry. Do not take tub baths or get into a Jacuzzi or pool. To take your first shower, remove your girdle and all the gauze (these are the white squares that are being held on by tape). Under the gauze you will see stitches, this is completely normal. Take a shower (no baths) with soap and water. It is okay to get the incisions wet and soap on them. It helps to have a plastic chair or stool to sit on in the shower. Also it is advisable to have someone else there with you to help you take your shower. When you are done with the shower, gently pat yourself dry in all areas. Put the girdle back on. After your first shower, 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 a more comfortable compression garment (such as one made of Lycra or Spandex) whenever it feels comfortable to slip the garment on or off, as you will have to do so in order to go to the bathroom.
- **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 bruises will go away within several weeks after surgery. Ice packs will help the discomfort and swelling.
- **SHOWERING AND BATHING:** You may shower or bathe 36 hours after surgery. After your shower, dry off with a clean, dry towel and replace your compression garment. Please do not take tub baths or get into a pool, beach, lake or Jacuzzi for 6 weeks after surgery.
- **TAPING:** Dr. Shah may decide to cover some or all of your suctioned areas with gauze and tape, and possibly steri-strips. After 36 hours after surgery, you may peel off the gauze and tape prior to taking a shower, or in the shower while your body is wet. This is easier than taking them off "dry." If you have steri-strips (which you may or may not), do not peel these off. They will be allowed to fall off on their own or the doctor may remove them at your post-operative office visit. It is safe to get the steri-strips or stitches wet with soap and water. You will not need to replace any gauze or tape after your shower.
- **MASSAGE:** If you so desire, feel free to have a gentle massage during your post-operative course. Your doctor and nurse will speak with you at your post-operative visits about massaging the surgical areas to prevent lumpiness as you heal.

- **POST-OPERATIVE VISITS:** We will wish to examine you 1 week after surgery, once the gauze and tape have been removed. Your stitches will dissolve or fall out on their own in approximately 7-10 days after surgery on average. We will wish to examine you again 1 month after surgery. It is very important to keep these appointments.
- **EXPOSURE TO SUNLIGHT:** Protect the bruised areas from the sun until the bruising fades completely and until the incisions are well-healed. It is very important to understand that if fresh scars are exposed to sunlight, they will tend to become darker and take longer to fade. Additionally, the surgical area is slightly numb in the weeks after surgery, so you may not feel a sunburn developing. If you choose to sunbathe, make sure to do so only after your incisions are completely healed, and cover your scars completely with sunscreen and black electrical tape. In general, it is good to avoid tanning or sun exposure for at least 2-3 months after your surgery, and on your scar for one year after surgery.
- **ACTIVITY:** You must start walking immediately. This is important for your circulation. Avoid lifting anything heavier than 10 pounds for the first week. Do not cook, clean, vacuum, do laundry, or anything else that causes pain for two weeks after surgery. If something hurts, do not do it, and rest when you are tired. You may continue the activities of daily living as you feel able. Most people can return to a desk job within a few days to a week after liposuction surgery. Do not return to strenuous activities or aerobic exercise for 4-6 weeks, or until your doctor clears you to do so. The same waiting time applies to sexual activity.

LONGER TERM POSTOPERATIVE INSTRUCTIONS

- **ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 4 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 6 weeks. Dr. Shah 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, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!
- **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 the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb -- you might not "feel" a sunburn developing!
- **WORK:** Follow whatever plan you and Dr. Shah have agreed upon.

SPECIFIC AS YOU HEAL INFORMATION

Darshan R. Shah, M.D., F.A.C.S.

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(661) 327-3800

SUCTION ASSISTED
LIPECTOMY
(LIPOSUCTION)

- **BRUISING AND SWELLING:** Bruising and swelling are normal in the suctioned areas and usually increase slightly after the removal of your compression garment. The bruising will decrease over 3-4 weeks, but may last as long as 6 weeks. The swelling, on the other hand, takes as long as 6 months to one year 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 weeks.
- **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 4-6 weeks to begin aerobic exercise.

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 result to be. Please trust in our knowledge and experience when we discuss your progress with you.

Although plastic surgery has certainly "come out of the closet" in the past decade, your friends may still be reluctant to bring up and discuss 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, respond by saying, "I feel wonderful. I just had cosmetic surgery and I'm recovering." 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

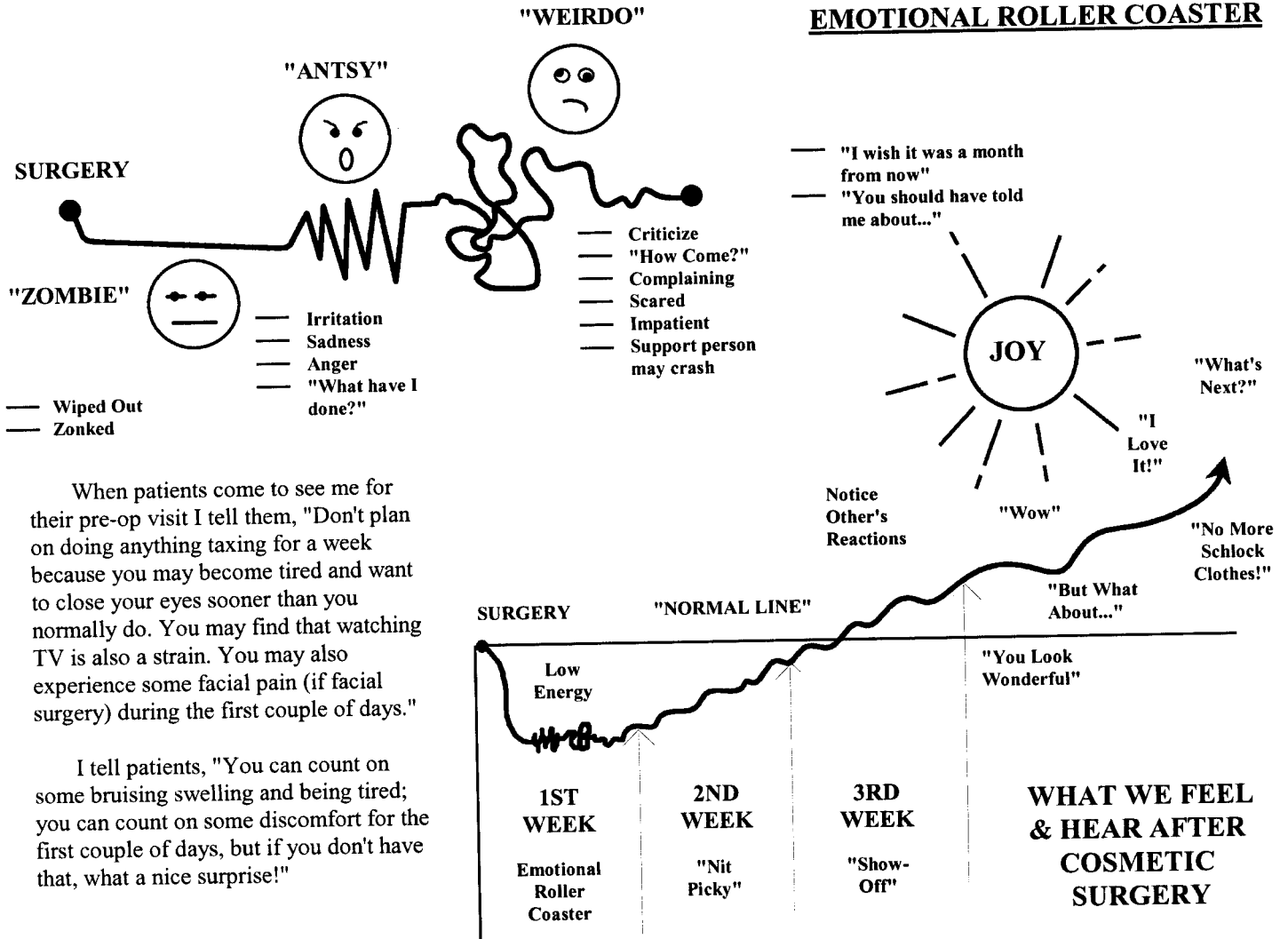
- Quite frequently patients experience a brief period of "let-down" or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better "instantly," even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a "natural" phase of the healing process may help you to cope with this emotional state.

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, your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.). Many people believe the surgeon "heals" the patient. No one person can make another heal. Dr. Shah 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 whether you follow the instructions given by Dr. Shah verbally and in this booklet. Such guidelines are designed to promote the healing process and to prevent the occurrence of anything which may interfere with recovery. It is imperative that you recognize that you are a partner in this process and have a responsibility to follow instructions carefully. The instructions, based on broad experience, are designed to give you the best opportunity for healing without delay or surprise.
- **COMPLICATIONS:** Unexpected occurrences are very infrequent. When they occur, it is seldom a consequence of malpractice. It is far more likely to be a result of the variable healing capacity or the patient's failure to follow instructions. Rest assured, we will assist you in any way possible with regard to such events. Should the unexpected occur, it is in your best interest to ally yourself with Dr. Shah and the staff. We will support you through any difficulties and assist you in reaching your goal.

EMOTIONAL & PHYSICAL REACTIONS

EMOTIONAL ROLLER COASTER



When patients come to see me for their pre-op visit I tell them, "Don't plan on doing anything taxing for a week because you may become tired and want to close your eyes sooner than you normally do. You may find that watching TV is also a strain. You may also experience some facial pain (if facial surgery) during the first couple of days."

I tell patients, "You can count on some bruising swelling and being tired; you can count on some discomfort for the first couple of days, but if you don't have that, what a nice surprise!"

One of the things I ask people in a pre-op visit is "Who will take care of you?" Then I say, "You want to have somebody who's really going to take care of you, who won't say to you when you first get home: "What the heck did you do that for?" Get somebody who's going to be really supportive and caring and who will be warm, because you're really going to need that."

The emotional stages the patient is going through affects the caretaker too. At the end of the first week the support person may be tired and need to go back to work.

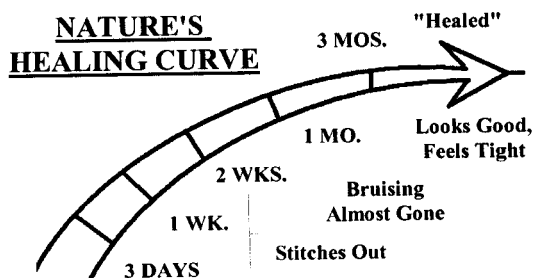
Surgery affects each person differently. These curves are just a basic outline. The most common reaction is to be depressed on the third or fourth day. However, some patients say, "Well, not me. I didn't feel depressed." But three weeks later, they may have a crying jag while driving to work."

"Sometime near the end of the second week they've begun to feel good. And there's a day in there when they realize that they look magnificent."

"Patients experience feedback, both positive and negative. Some people tell

me that they're a bit irritated because people are now paying them more attention than they did before." And I say to them, "Isn't that why you had the surgery? Because you wanted to be more attractive?" And they reply, "Yes, but why didn't they like me the way I was?" But eventually people start to really enjoy the extra attention.

Anyone who has cosmetic surgery has shown they are a person of courage and they may now demand great deeds from themselves. They have given up the excuse called—"I'd be too afraid to do that."



1 YEAR...
... and Healing Still Continues

