

CONSENT FOR HIGH-DEFINITION BODY CONTOURING

Instructions

This is an informed-consent document that has been prepared to help inform you concerning ultrasound-assisted (VASER) high-definition lipoplasty, its risks and alternatives to treatment.

Please read this information carefully and completely. **Initial each page**, indicating that you have read the page, and **sign** the Consent for Surgery, proposed by your surgeon.

Introduction

VASERlipoplasty and high-definition body sculpting are surgical techniques that remove unwanted deposits of fat from specific areas of the body, including the face and neck, upper arms, upper and lower back, abdomen, buttocks, hips, inner and outer thighs, knees, calves and ankles. This is not a substitute for weight reduction, but a method for removing deposits of fatty tissue and improving definition. Body contouring using VASER technology may be performed as a primary procedure for body contouring or may be combined with other surgical techniques.

The best candidates for high-definition body contouring 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 this procedure. Skin that has diminished tone due to aging, weight loss and sun damage will not reshape itself to the new contours and may require additional techniques to tighten excess skin.

The high-definition procedure is performed using advanced proprietary technology called VASER. A patented grooved solid metal probe is first inserted through small skin incisions. Ultrasonic energy emitted from sides and ends of the probe as it is passed back and forth breaks down fatty deposits. A hollow metal surgical instrument known as a cannula is then inserted and is directed through the area of emulsified fat cells. The cannula is attached to a vacuum source, which provides gentle suction to remove the emulsified fat. Because the VASER procedure is unique in that it first targets and dissolves fat cells and then draws off emulsified fat, leaving the collagen matrix intact, surgical trauma, complications and potential for post-operative pain and bruising are minimised while skin retraction is optimal.

There are a variety of different techniques used for lipoplasty (fat removal) and care following surgery. The VASER procedure can be performed under local or general anaesthesia. Tumescence local anaesthesia requires the infiltration of fluid containing dilute local anaesthetic and epinephrine into areas of fat. This reduces discomfort at the time of surgery, and reduces post-operative bruising.

Special support garments are worn after surgery to control potential swelling and promote healing, to provide comfort and support, and to help skin better fit new body contours.

Alternative Treatment

Alternatives to VASER for body contouring include no treatment at all. Diet and exercise regimens may be beneficial in the overall reduction of excess body fat.

Other forms of lipoplasty can involve traditional liposuction, laser lipolysis, radiofrequency-assisted lipoplasty, injection lipolysis and the removal of excess skin surgically. Alternative surgical treatments carry their own risks and potential complications.

HIGH-DEFINITION BODY SCULPTING INFORMED CONSENT

Risks and side-effects of high-definition body contouring

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved with body contouring using VASER. Although the majority of patients do not experience these complications, it is important that you understand the potential complications before treatment.

Patient selection

Patient Initial _____

Individuals with poor skin tone, medical problems, obesity, or unrealistic expectations might not be suitable candidates for LipoSelection

Allergic reactions

Rarely, local allergies to tape, suture material or topical solutions used during the procedure have been reported. More serious systemic reactions due to drugs administered during surgery or prescription medicines may require additional treatment.

Asymmetry

Due to factors such as skin tone, bony prominences, 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.

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. Non-prescription herbs and dietary supplements can increase the risk of surgical bleeding. Do not take any aspirin or anti-inflammatory medications for 2 weeks before surgery, as this may increase the risk of bleeding. Please review our Pre-Operative Instructions and **consult your doctor before taking anything.**

Change in skin and skin sensation

A temporary decrease in skin sensation may occur following the body contouring procedure. This usually resolves over a period of time. Diminished or complete loss of skin sensation that does not totally resolve could potentially occur, but this is uncommon.

Chronic pain

Chronic pain and discomfort following VASER lipoplasty 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, regardless of the technology used.

Long-term effects

Subsequent alterations in body contour may occur as a result of aging, weight loss or gain, pregnancy, or other circumstances not related to the body contouring procedure. It is important to maintain lifestyle habits such as diet and exercise to maintain optimum body proportions. An increase in weight can result in disproportionate fatty deposits in areas not treated following lipoplasty.

Pulmonary complications

In extremely rare cases, fat droplets could become trapped in the lungs to create a possibly fatal complication called fat embolism. Pulmonary complications may also occur secondary to blood clots (pulmonary emboli) but this is extremely unlikely when a general anaesthetic is not used. Such complications would require hospitalisation and additional treatment.

Scarring

Although the incisions created during the LipoSelection procedure are very small and good healing is expected, abnormal scars may occur. Such scars may be enlarged or different in colour to surrounding tissue.

Seroma

This is a localised collection of fluid under the skin. Seromas are uncommon using VASER technology for lipoplasty, but should they occur, additional treatment or surgery may be required to promote drainage.

Risks and Side-Effects of VASER and high-definition body sculpting

Skin discolouration and/or swelling

Although VASER lipoplasty reduces the skin discolouration 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 discolouration is rare.

Skin contour irregularities

As VASER lipoplasty 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

Patient Initial _____

can occur, particularly when large quantities of fat cells are removed and/or skin is lacking in good elasticity. Post-operative skin contour irregularities could necessitate additional treatments including surgery.

Lignocaine toxicity

There is the possibility that large volumes of fluid containing local anaesthetic drugs and epinephrine that is injected into fat during the procedure may contribute to fluid overload or systemic reaction to these medications. Although uncommon, additional treatment including hospitalisation may be necessary.

Ultrasound technology

Risks associated with the use of ultrasound in lipoplasty treatments include the aforementioned and the following specific risks:

Burns

Ultrasonic energy may produce burns and tissue damage either at the incision site or in other areas if the probe touches the undersurface of the skin for prolonged periods of time. If burns occur, additional treatment and surgery may be necessary.

Probe fragmentation

Ultrasonic energy produced within the probe may cause disintegration (fragmentation) of the surgical instrument. The occurrence and effect of this is unpredictable. If this should occur, additional treatment including surgery may be necessary.

Unknown risks

The long term effect on tissue and organs of exposure to short-duration, high-intensity ultrasonic energy is unknown. The possibility exists that additional risk factors resulting from the use of ultrasound with VASER could potentially be discovered.

Other

While we have attempted to assist you in building realistic expectations for your body contouring 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.

It is important to read the above information carefully and have all your questions answered before signing the consent on the next page.

HIGH-DEFINITION BODY SCULPTING INFORMED CONSENT

Consent for Surgery/Procedure or Treatment

I have received and read the following information sheet: **Consent for high-definition body contouring.**

I understand that high-definition body contouring using VASER technology is an elective surgical procedure to remove body fat from specific areas of the body and improve definition.

The procedure has been explained to me in a way that I understand. I have had the opportunity to ask questions and my questions have been answered. Alternative methods of treatment have been discussed with me.

I acknowledge that no guarantee has been given by anyone as to the results I might obtain. Although a good result is expected, I understand that there are risks to the procedure or treatment proposed, as detailed in the preceding information pages.

I consent to the administration of such anaesthetics and anxiolytics considered necessary or advisable. I understand that all forms of anaesthesia involve risk and the possibility of complications, as outlined.

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

I consent to the disposal of any tissue which may be removed.

Patient Initial _____

Better Body MD, Kambiz Tajkarimi, MD

Two signed copies required (1 for patient, 1 for office)

High Def Consent ver. 1

Having discussed the reasonable expectations of LipoSelection with me and answered all of my questions to my satisfaction, I hereby authorize Dr _____ and such assistants as may be selected to perform high-definition body contouring and any other procedure(s) that in their judgement may be necessary or advisable should unforeseen circumstances arise during surgery.

With my signature below I hereby consent to having high-definition body contouring using VASER and to the above.

Patient Signature

Date

I, Dr _____, certify that I or a member of staff has discussed all of the above with the patient and have answered all questions regarding the VASER-assisted high-definition body contouring procedure. I believe the patient fully understands what I have explained and answered.

HIGH-DEFINITION BODY SCULPTING INFORMED CONSENT

Photographs, Vidoetape, and/or Computer Images

Patient name (print): _____ DOB _____

Requested by: _____

I, the above-named patient, hereby consent that photographs, videotape, and/or computer imaging may be taken of me or of parts of my body under the following circumstances:

Pre- and post-operative photographs will be taken of my treatment for record purposes. The photographs shall be taken by my doctor or a photographer approved by my doctor. I understand that these photographs will be the property of _____.

The aforementioned photographs and/or videotape shall be used only for medical records, research, education, or science purposes by my doctor and/or _____. Photographs and information relating to my case may be published and republished, either separately or in connection with eachother, in professional journals, medical books, and doctor or patient presentation materials or media, provided that in any such publication or use my name and identity is kept confidential and protected.

I have had the opportunity to discuss this consent with my surgeon and agree that all of my questions have been answered. This authorisation is granted in furtherance of medical education and other good

Patient Initial _____