

Abdominoplasty (tummy tuck)

Scheduled on 11/11/1111

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776 Northfield Avenue
West Orange, New Jersey

Abdominoplasty (tummy tuck)

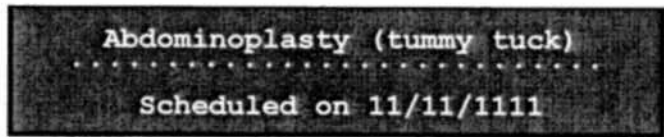
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SURGICAL PROCEDURES

- STANDARD ABDOMINOPLASTY* (Reduction and removal of excess skin and fat from my abdomen (belly) and tightening of my front abdominal muscles.)

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PREPARING FOR SURGERY *

STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **TAKE MULTIVITAMINS:** Start taking multivitamins daily to improve your general health once you have scheduled your surgery.
- **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. 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).
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to your multivitamin.
- **PRESCRIPTIONS:** You will be given prescriptions for medications the day of surgery unless prior arrangements are made to pick up prescriptions before your surgery date.

THE DAY BEFORE SURGERY

- **CONFIRM SURGERY TIME:** We will call you to confirm the time of your surgery a few days before your surgery date. If you are not going to be at home or can't be reached, please call us to confirm at 973-324-2300.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with an 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 antibacterial soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, or makeup.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.
- **CHECK IN:** Arrival time is: _____

Report to Essex Surgical, LLC, 776 Northfield Avenue, West Orange on Surgery Date. Your arrival time is one hour earlier than your scheduled surgery time. Patients less than 18 years old must be accompanied by a parent or legal guardian.

Medications to Avoid Before and After Surgery

If you are taking any medications on this list, they should be discontinued 10-14 days prior to surgery and only Tylenol should be taken for pain. All other medications that you are currently taking must be specifically cleared by your doctor prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your doctor and the nursing staff.

Aspirin Medications to Avoid

Acetilsalicylic Acid	Alka-Seltzer	Alka-Seltzer Plus
Alka-Seltzer products	Anacin	Anacin products
Argesic-SA	Arthritis Foundation products	Arthritis Pain Formula
Arthritis Products	Arthritis Strength Bufferin	ASA
Ascriptin Products	Aspergum	Axocal
Azolid	Bayer Products	BC Powder
Buffered Aspirin	Bufferin products	Buffers 11
Buffinol	Butazolidin	Cama Arthritis Pain Reliever
Carisoprodol Compound	Cheracol	Chlortrimeton Capsules
Cope Tablets	Coricidin	Darvon Compound-65
Darvon/ASA	Disalcid	Dolobid
Dristan	Duragesic	Easprin
Ecotrin products	Empirin products	Equagesic
Excedrin products	Fiorgen PF	Fiorinal products
Gelpirin	Genprin	Goody's Extra Strength Headache Powders
Kaodene	Lanorinal	Lortab ASA
Magan	Magnesium Salicylate	Magsal
Marnal	Mesalamine	Methocarbamol
Micrainin	Mobidia	Mobigesic
Momentum	Norgesic products	Oxycodone
Pabalate products	Pepto-Bismol	Percodan products
Phenaphen/Codeine #3	Pink Bismuth	Saleto products
Salicylate products	Sine-off	Sinutab
Sodol Compound	Soma Compound	Sulfasalazine
Supac	Suprax	Triaminicin
Trilisate	Tussanil DH	Tussirex products
Ursinus-Inlay	Vanquish	Wesprin
Willow Bark products	Zorprin	

Ibuprofen Medications to Avoid

Acular (ophthalmic)

Abdominoplasty (tummy tuck)

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Medications to Avoid Before and After Surgery

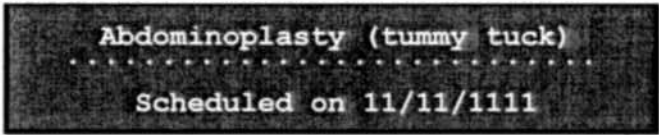
Aleve	Advil	Advil products
Anaprox products	Alleve	Anadynos
Clinoril	Ansaid	Aspirin
Etodolac	Dimetapp Sinus	Dristan Sinus
Genpril	Feldene	Fiorinal
Indocin products	Ibuprin	Ibuprofen
Medomen	Indomethacin products	Ketoprofen
Nalfon products	Midol products	Motrin products
Naprox X	Naprelan	Naprosyn products
Ocufen (ophthalmic)	Naproxen	Nuprin
Oxaprozin	Orudis products	Oruvail
Profenal	Piroxicam	Ponstel
Sulindac	Relafen	Sine-Aid products
Voltaren	Tolectin products	Tolmetin

Other Medications to Avoid

4-Way Cold Tabs	4-Way w/ Codeine	Accutrim
Actifed	Arthritis Bufferin	BC Tablets
Childrens Advil	Clinoril C	Contac
Coumadin	Emagrin	Flagyl
Flexeril	Four Way Cold Tablet	Heparin
Lovenox injection	Persantine	Prednisone
Ru-Tuss	Tenuate	Tenuate Dospan
Vibramycin	Vitamin E	Warfarin

Herbal Medications to Avoid

Fish Oil	Ginkgo Biloba	Ginseng
St. John's Wort		



GOING TO OUR OPERATING ROOM*

THE OPERATING SUITE

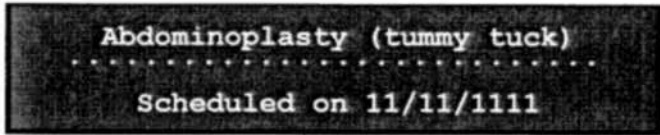
- Going to the operating room is not a normal experience for most of us. Dr. Peck and all of the professional staff caring for you recognize the natural anxiety with which most patients approach this step in the process of achieving their goals. We believe a description of the surgery experience will be helpful.
- Your surgery will be performed here at Essex Surgical, LLC in our state-of-the-art operating suite. Specialists using modern equipment and techniques will attend to you. The team includes a board-certified anesthesiologist, a trained operating room technician and a registered nurse in charge of the operating room.
- When you arrive at Essex Surgical, LLC, you will be escorted to the surgery suite. You will be asked to change into a gown and robe and will be given foot covers. Dr. Peck and the anesthesiologist will meet with you before you enter the operating suite. This is the time for final surgical planning; it is also when we will do basic preparation or draw on your skin as needed. There will be time for last minute questions.
- Once you enter the operating room, the staff will do everything they can to make you feel secure. You will feel comfortable on our deeply padded operating table, and the nurse or the anesthesiologist will start an intravenous drip in your arm. At the same time, to ensure your safety, our staff will connect you to monitoring devices. Medicines that will make you drowsy will flow through the tubing into a vein in your arm.

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 be connected to monitoring equipment constantly. During this period, a fully trained recovery room nurse will take care of you and remain with you at all times. The registered nurses in the recovery room are specially certified for advanced cardiac life support. The recovery room is equipped just like one in a hospital, and that is one of the reasons Essex Surgical, LLC is fully accredited.
- Your stay in the recovery room will last from 1 to 4 hours, depending on how soon you are ready to leave. Most patients are fully awake within 30-60 minutes after surgery but may not remember much about their stay in the recovery room.

POST SURGERY ARRANGEMENTS

- *AT HOME: You must arrange for someone to bring you to and drive you home from the surgery center. Either a family member, or a friend must remain with you the first night after surgery because you will have been sedated.*



POSTOPERATIVE CARE - OUTPATIENT SURGERY *

YOUR FIRST 48 HOURS

- **VERY IMPORTANT:** If you have excessive bleeding or pain, call the office at (973) 324-2300, day or night.
- **YOUR FIRST 24 HOURS:** You must have someone drive you home and someone should stay with you overnight.
- **DRESSINGS:** *Do not remove them unless instructed to do so.*
- **ACTIVITY:** Take it easy and pamper yourself. 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 unavoidable.
- **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. Remember the rule with ice packs; twenty minutes on twenty minutes off. 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 suppository. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.
- **SMOKING:** Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 10 days after surgery.
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills 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 pills.
- **POST OPERATIVE APPOINTMENTS:** It is very important that you follow the schedule of appointments we establish after surgery.

SPECIFIC POST OPERATIVE INSTRUCTIONS

ABDOMINOPLASTY (TUMMY TUCK)

- **POSITION:** Because abdominoplasty involves removal of the extra abdominal skin and (usually) tightening of the abdominal muscles, you will experience some difficulty standing up straight for a week or two or even longer. During this period, you may find it more comfortable to place a pillow or two under your knees while in bed. The tightness will gradually disappear as you heal and progressively use your body muscles for the activities of daily living. Please make no special attempts to stretch or pull the abdomen straight during the first 2-3 weeks of healing.

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You must change your position and walk around the house every hour or two, during waking hours to reduce the danger of blood clots.

- **DRESSINGS:** We will place an elastic abdominal binder around your tummy after surgery to provide some gentle pressure, to give you stability, and to reduce swelling. If it feels too tight or causes pain, take it off. We do not want the binder to interfere with circulation to the skin, which could cause blistering or skin loss! You may also remove it temporarily for laundering and bathing.

Many patients wear the binder for several weeks after surgery and some choose to wear it for several months. Let your own comfort and the amount of swelling you experience guide you. We want you as comfortable as possible without swelling.

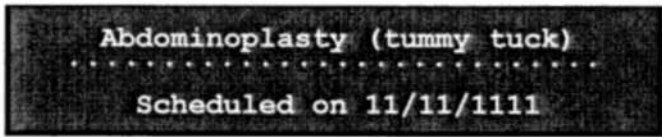
- **DRAINS:** Depending on your particular surgical case you may go home with two drains placed into the surgical area. These drains evacuate the fluid that accumulates after surgery and enable you to heal faster. When the drain is first put in place, the bulb at the end of each tube will be compressed to create gentle suction. As the fluid collects in the bulb, it will expand.
- **Drain Care:** Secure the bulb of the drain to your clothing or the abdominal binder with a safety pin. Whenever the bulb fills or expands 50% or more, look at the bulb and note the amount of drainage on the tally sheet you will be given when you are discharged. Empty the bulb by opening the plug at the top and pouring out the contents into a paper cup and dispose contents into the toilet. Do not attempt to remove the bulb from the tubing. Squeeze the bulb to recompress it, and put the plug back into the hole at the top in order to maintain the vacuum. If the bulb fills rapidly after emptying it, or you need to empty it more than three times a day, please call the office. The drains will be removed 5-10 days after surgery when the fluid begins to turn a clear straw color and/or the amount of drainage diminishes to about 30cc per day. You may shower the day after the drains are removed.
- **ACTIVITIES:** You will experience some pain for 10-20 days and will not feel like resuming sports or heavy exercise for at least 6 weeks. After the first 2 weeks, you may resume moderate walks for as long as is tolerable. Too much initial activity can prolong swelling.
- **SUTURES:** Dr. Peck will remove the sutures around the belly button 5-7 days after surgery and the remaining sutures that are under the skin 10-14 days after surgery.
- **EXPOSURE TO SUNLIGHT:** We recommend that you protect your scars from the sun for a year after surgery. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. Wear a sunscreen with a skin-protection factor (SPF) of at least 15 when out in sunny weather.

LONGER TERM POSTOPERATIVE INSTRUCTIONS *

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- **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. Peck 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 24 hours after surgery. Keep in mind that you must have full use of your reflexes. Do not drive while taking pain medication!
- **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. Peck have agreed upon.



AS YOU HEAL*

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. Peck 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. Peck 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. Peck and the staff. We will support you through any difficulties and assist you in reaching your goal.

SPECIFIC AS YOU HEAL INFORMATION

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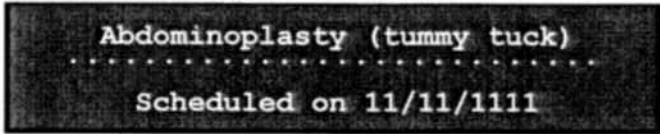
**ABDOMINOPLASTY
(TUMMY TUCK)**

- **TIGHTNESS:** Your abdomen will feel tight for a month or longer. If you have had a muscle repair as well (the usual case), you will feel the most tightness down the center of your tummy where Dr. Peck has actually repaired your muscles. This hurts more than any other part of the procedure.

- **HEALING OF SENSORY NERVES:** Usually, the skin of the abdomen remains partially or completely numb for several months or longer. Tingling, burning, or shooting pains indicate regeneration of the small sensory nerves. This feeling will disappear with time and is not cause for alarm. It may take as long as 2 years for sensation in your abdomen to be restored completely.

- **FEELING OF FULLNESS:** You may pleasantly find that you feel full sooner than normal when you begin to eat regular meals.

- **ACTIVITIES:** If your job keeps you sedentary, you may plan on returning to work in 10-14 days, with the understanding that you will still have discomfort with motion. Please discuss this with Dr. Peck and the nursing staff. Here again, swelling may indicate too much activity. Do not plan on resuming aerobic or strenuous exercise for about 5-6 weeks after surgery. Let your body tell you what it can do.



FINANCIAL POLICIES

- As patients approach surgery, they frequently need information about the various payment options and have questions about their potential insurance benefits. We hope the following information will be helpful.
- Our financial coordinators are readily available to meet with you personally to provide the specific information you desire. They specialize in this area and will use their expertise to help you obtain the maximum benefits from your policy.

PAYMENT OPTIONS

- Payment for cosmetic plastic surgery is due, in full, two weeks prior to surgery. We provide a number of payment options which may be used individually or combined according to your wishes.

CASH OR CHECK: Personal check, cashier's check, or cash.

CREDIT CARDS: Visa and Master Card.

INSURANCE COVERAGE

- The benefits paid by insurance companies for plastic surgery vary greatly from carrier to carrier and plan to plan. Therefore, we make every effort to determine in advance if insurance coverage exists. We know you realize that you are ultimately responsible for the full payment of your account, but we have found that our knowledge and experience can be an important factor in assisting you to collect your maximum benefits.
- Please discuss all arrangements regarding payment of your account with us.

CANCELLATION POLICY

- We understand that a situation may arise that could force you to postpone your surgery. Please understand that such changes affect not only your surgeon but other patients as well. Dr. Peck's time, as well as that of the operating room staff, is a precious commodity, and we request your courtesy and concern.

If you need to cancel your surgery after your preoperative visit but more than 10 business days before surgery, you are entitled to a full refund. Should you find it necessary to cancel your surgery 10 business days or less before surgery, the following policy will apply.

We may refund your payment except for \$500.00.

- If you have any questions or need assistance with financial matters, please ask .. <None> to help you.

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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 The Peck Center For Plastic Surgery 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. Peck, 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. 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 (973) 324-2300.
- **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. 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 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.

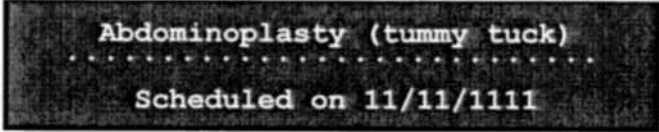
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- **THICK, WIDE, OR DEPRESSED SCARS:** Abnormal scars may occur even though we have used the most modern plastic surgery techniques. Injection of steroids into the scars, placement of silicone sheeting onto the scars, or further surgery to correct 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.
- **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.
- **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.)
- 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.

RARER
COMPLICATIONS

UNSATISFACTORY
RESULT & NEED FOR
REVISIONAL
SURGERY



SPECIFIC SURGICAL RISKS

ABDOMINOPLASTY (TUMMY TUCK)

- **INCISIONS (SCARS):** After a full abdominoplasty, you will have a long scar above the pubic hairline extending toward the flanks or beyond, as well as a scar around the umbilicus (belly button) and possibly a shorter vertical scar in the midline just above the pubic hairline. You should discuss your incision lines with Dr. Peck, and plan the incision to accommodate, within limits, different clothing and bathing suit styles.

After a "mini-abdominoplasty," you will not have a scar around the umbilicus. The horizontal scar above the pubic hairline will be shorter than the scar after a full abdominoplasty. Redness, thickness, and some widening of these scars to a variable extent will occur once you return to normal activities. Incisions placed in high-tension areas (i.e., abdomen, shoulders, knees) tend to create slightly wider scars.

- If you have chosen an extended abdominoplasty, the scars will extend around the hips toward the back.
- **UNEVEN SKIN CONTOURS:** Following an abdominoplasty, the skin contours may be slightly uneven and areas of slight depression or wrinkling can occur. Most of these problems (if present) will usually improve dramatically as healing progresses.
- **ASYMMETRY:** Minimal asymmetry of abdominoplasty scars occurs frequently as healing is not always even from side to side. The mild asymmetry is usually not cosmetically significant. If the asymmetry is significant, revisional surgery of the scars may be considered.
- **BELLYBUTTON (UMBILICUS):** The bellybutton may be slightly off center, heal poorly, suffer necrosis (loss of circulation), protrude or be unusually retracted. Significant problems are uncommon.
- **LOSS OF SENSATION:** Patients commonly experience areas of partial and/or complete numbness of the abdominal skin. Few experience permanent loss of feeling, but it may take several months or longer for sensation to return. Rarely, areas of numbness persist.
- **FAT NECROSIS:** In rare cases, some of the underlying fat can necrose (die) because of infection or excessive tension. An uncommon problem, it is usually nothing more than a severe annoyance, requiring additional healing time, dressing changes, and sometimes, revision of the scar later. It usually does not seriously affect the ultimate outcome.
- **SKIN LOSS:** Like fat necrosis, skin loss can result from infection or excessive tension. The treatment is the same regardless of the cause. Careful preoperative planning and resisting the urge to make the tummy "as tight as possible" reduces but does not eliminate the possibility of this problem occurring.

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- "DOG EARS": When Dr. Peck closes the angle at the end of the skin incision during the repair, a nipple or projection of bulging tissue called a "dog ear" can occur. Liposuction under the area or extension of the incisions can solve or reduce the problem. If a small "dog ear" appears at the end of surgery, it will usually flatten or disappear with time and healing. If it remains visible, a small procedure under local anesthesia can solve the problem at a later time.

- FAT EMBOLI AND BLOOD CLOTS: These problems can occur rarely with any surgery, but occur a little more frequently after an abdominoplasty. Shortened operating time, postoperative leg movements, and walking soon after surgery help to avoid these problems. Although fat emboli and blood clots can be life threatening, they usually resolve completely with hospitalization and care by a medical specialist.

- FLUID ACCUMULATION: Occasionally, tissue fluids collect under the abdominal skin flap. If this occurs, aspiration of the fluid with a needle two or three times a week for 2-3 weeks usually solves the problem. Few patients require further surgery.

- DRAINS: You may go home with one or two drains placed into the surgical area at the time of surgery. Because of increased risk of infection into the surgical area, you may not shower or take a tub bath until the drains are removed.

- You have chosen to have an abdominoplasty after your consultation with Dr. Peck. The alternatives, which you have probably already considered, include: no treatment, liposuction, weight loss and exercise.

ALTERNATIVES

ANESTHESIA & OTHER INFORMATION

GENERAL ANESTHESIA

- When general anesthesia is used, you will be sound asleep and under the care of your anesthesiologist throughout the operation. Once you are settled on the operating table, you will be connected to several monitors and an intravenous catheter. A quick-acting sedative will be given through the intravenous tubing after you have breathed pure oxygen for a few minutes. Once you fall asleep, your anesthesiologist will usually slip an endotracheal tube through your mouth into your windpipe to guarantee that your breathing is unimpeded. An anesthetic gas that you will breathe and other medications that will be given through the intravenous catheter will keep you asleep and pain free.
- Many patients have an instinctive fear of general anesthesia. Extremely sensitive monitors used during surgery have greatly reduced the risks of anesthesia. A minute change in the oxygen level in your blood, in the amount of carbon dioxide you breathe out, in the percentage of anesthetic gas being administered, in your heart rate, or in your blood pressure would be reported immediately. Most complications of anesthesia in the past have occurred because of "simple" problems that were not recognized quickly enough. The sophisticated monitoring now used makes recognition and treatment of problems with anesthesia almost immediate.
- The anesthesiologist spends all of his or her time during the procedure ensuring your safety. Any significant changes in blood pressure, heart rate, or other vital functions are treated immediately.
- The current level of sophistication of anesthesia monitoring equipment makes general anesthesia much safer than in the past. The anesthesia and monitoring equipment is routinely maintained and is of the same quality as the equipment in any major hospital. Your anesthesiologist will discuss the specific risks of general anesthesia with you before your surgery.

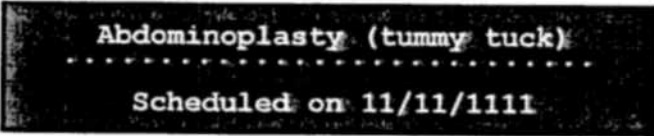
OTHER RISKS *

- 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. Peck 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: _____

Page: 5

Preoperative Nurse Signature: _____



ANESTHESIA & OTHER INFORMATION

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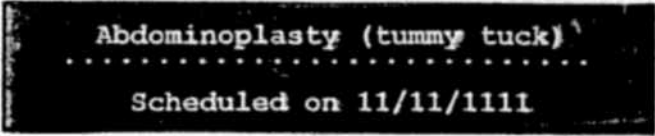
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Signature: _____ Date: _____

Preoperative Nurse Signature: _____



CONSENT FOR SURGERY

I, _____, desire George Peck, M.D., F.A.C.S. and such assistants as may be assigned by him/her, to perform the elective procedure(s) of:

- STANDARD ABDOMINOPLASTY* (Reduction and removal of excess skin and fat from my abdomen (belly) and tightening of my front abdominal muscles.)

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 George Peck, 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 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.

I understand that anesthesia will be given and that it, too, carries risks. I consent to the administration of anesthesia by either George Peck, M.D., F.A.C.S. or a qualified anesthesiologist 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/her 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 for the purposes of documentation only.

I agree to keep my doctor informed of any change in my permanent address so that he/she can inform me of any important new findings relating to my surgery. I further agree to cooperate with him/her in my aftercare until I am discharged from his/her 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 George Peck, 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 George Peck, M.D., F.A.C.S. to discuss them with you.

Abdominoplasty (tummy tuck)
.....
Scheduled on 11/11/1111

Signature: _____

Date: _____

Witness: _____

Relationship: _____