



INFORMED CONSENT; ARM LIFT SURGERY

INSTRUCTIONS

This is an informed-consent document that has been prepared to help Dr. Baroodly inform you of arm lift surgery, its risks, as well as alternative treatments.

It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page and sign the consent for surgery as proposed by Dr. Baroodly.

INTRODUCTION

Arm lift surgery is a surgical procedure to remove excess skin and fatty tissue from the arms. Arm lift surgery is not a surgical treatment for being overweight. Obese individuals who intend to lose weight should postpone all forms of body contouring surgery until they have been able to maintain their weight loss.

There are a variety of different techniques used by plastic surgeons for arm lifting. Arm lift surgery can be combined with other forms of body-contouring surgery, including suction-assisted lipectomy, or performed at the same time with other elective surgeries.

ALTERNATIVE TREATMENTS

Alternative forms of management consist of not treating the areas of loose skin and fatty deposits. Suction assisted lipectomy surgery may be a surgical alternative to arm lift surgery if there is good skin tone and localized fatty deposits in an individual of normal weight. Diet and exercise programs may be of benefit in the overall reduction of excess body fat.

Risks and potential complications are associated with alternative forms of treatment that involve surgery.

RISKS of ARM LIFT SURGERY

Every surgical procedure involves a certain amount of risk and it is important that you understand the risks involved with arm lift surgery. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience the following complications, you should discuss each of them with Dr. Baroodly to make sure you understand all possible consequences of arm lift surgery.

Bleeding- It is possible, though unusual, to experience a bleeding episode during or after surgery. Should post-operative bleeding occur, it might require emergency treatment to drain accumulated blood or blood transfusion. Do not take any aspirin or anti-inflammatory medications for ten days before surgery, as this may increase the risk of bleeding. Non-prescription "herbs" and dietary supplements can increase the risk of surgical bleeding.

Infection - Infection is unusual after this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.

Change in Skin Sensation- Diminished (or loss of) skin sensation in the arm area may not totally resolve after arm lift surgery.

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Skin Contour Irregularities- Contour irregularities and depressions may occur after arm lift surgery. Visible and palpable wrinkling of skin can occur.

Skin Scarring - Excessive scarring is uncommon. Scars may be unattractive and of different color than surrounding skin. Additional treatments including surgery may be necessary to treat abnormal scarring.

Surgical Anesthesia- Both local and general anesthesia involves risk. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation.

Asymmetry- Symmetrical body appearance may not result from arm lift surgery. Factors such as skin tone, fatty deposits, bony prominence, and muscle tone may contribute to normal asymmetry in body features.

Delayed Healing- Wound disruption or delayed wound healing is possible. Some areas of the arms may not heal normally and may take a long time to heal. Some areas of skin may die. This may require frequent dressing changes or further surgery to remove the non-healed tissue.

Smokers have a greater risk of skin loss and wound healing complications.

Allergic Reactions- In rare cases, local allergies to tape, suture material, or topical preparations has been reported. Systemic reactions, which are more serious, may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Pulmonary Complications- Pulmonary complications may occur secondarily to both blood clots (pulmonary emboli) and partial collapse of the lungs after general anesthesia. Should either of these complications occur, you might require hospitalization and additional treatment. Pulmonary emboli can be life threatening or fatal in some circumstances.

Seroma- Fluid accumulations infrequently occur in between the skin and arm muscles. Should this problem occur, it might require additional procedures for drainage of fluid.

Long-term Effects- Subsequent alterations in body contour may occur as the result of aging, weight loss or gain, pregnancy, or other circumstances not related to arm lift.

Pain- Chronic pain may occur very infrequently from nerves becoming trapped in scar tissue after arm lift surgery.

Other- You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results.

Deeper Sutures- Some surgical techniques use deep sutures. The patient, following surgery, may notice these items. Sutures may spontaneously poke through the skin, be visible, or produce irritation that requires removal.

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ADDITIONAL SURGERY NECESSARY

Should complications occur, additional surgery or other treatments may be necessary. Even though risks and complications occur infrequently, the risks cited are particularly associated with arm lift surgery. Other complications and risks can occur but are even more uncommon. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained.

HEALTH INSURANCE

Most health insurance companies exclude coverage for cosmetic surgical operations such as arm lift surgery or any complications that might occur from surgery. Please carefully review your health insurance subscriber-information pamphlet.

FINANCIAL RESPONSIBILITIES

The cost of surgery involves several charges for the services provided. The total includes fees charged by your doctor, the cost of surgical supplies, anesthesia, laboratory tests, and possible outpatient hospital charges, depending on where the surgery is performed. Depending on whether the cost of surgery is covered by an insurance plan, you will be responsible for necessary co-payments, deductibles, and charges not covered. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day-surgery charges involved with revisionary surgery would also be your responsibility.

DISCLAIMER

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s). The informed-consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances.

However, informed consent documents should not be considered all inclusive in defining other methods of care and risks encountered. Dr. Barood may provide you with additional or different information, which is based on all the facts in your particular case and the state of medical knowledge.

Informed-consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

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

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PLASTIC SURGERY Michael Barood, M.D.

CONSENT FOR SURGERY PROCEDURE or TREATMENT

1. I hereby authorize Dr. Barood and such assistants as may be selected to perform the following procedure or treatment:
ARM LIFT SURGERY
I have received the following information sheet:
INFORMED CONSENT; ARM LIFT SURGERY
2. I recognize that during the course of the operation and medical treatment or anesthesia, unforeseen conditions may necessitate different procedures than those above. I therefore authorize the above physician and assistants or designees to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.
3. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involve risk and the possibility of complications, injury, and sometimes death.
4. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.
5. I consent to the photographing or televising of the operation(s) or procedure(s) to be performed, including appropriate portions of my body, for medical, scientific or educational purposes, provided the pictures do not reveal my identity.
6. For purposes of advancing medical education, I consent to the admittance of observers to the operating room.
7. I consent to the disposal of any tissue, medical devices, or body parts, which may be removed.
8. I authorize the release of my Social Security number to appropriate agencies for legal reporting and medical-device registration, if applicable.
9. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:
 - a. THE ABOVE TREATMENT OR PROCEDURE TO BE UNDERTAKEN
 - b. THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT
 - c. THERE ARE RISKS TO THE PROCEDURE OR TREATMENT PROPOSED

I CONSENT TO THE TREATMENT OR PROCEDURE AND THE ABOVE LISTED ITEMS I AM SATISFIED WITH THE EXPLANATION.	

Patient or Person Authorized to Sign for Patient	_____
Date _____	Witness _____

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Arm Lift Surgery

Before Surgery Instructions:

Medications

- No Aspirin at least 3 weeks before surgery
- Notify physician of all medications you are taking including over-the-counter and herbal supplements
- Bring your daily medication with you on the day of surgery
- Acquire and fill pain, nausea, and antibiotic prescriptions prior to surgery

Diet

- Nothing to eat or drink after midnight, the night prior to your surgery

Tobacco/Alcohol

- Absolutely no tobacco (including “the patch”) or being around anyone who is smoking for 2 months prior to surgery
- If you smoke prior to surgery, the procedure will be CANCELLED
- No alcohol for 2 days prior to surgery

Attire/Dressings

- Do not wear any makeup, contact lenses, nail polish, or jewelry to surgery
- Leave jewelry and other personal valuables at home
- Learn, from the office staff, how to manage the drains and pain pump catheter which will be placed during the surgery

Activity

- Plan to have someone stay with you for the first 24 hours after your surgery
- Plan for a driver after surgery. If you do not have someone to drive you home your surgery will be CANCELLED

Notify the office if you have any of the following symptoms within 2 weeks of your surgery:
FEVER, COUGH, COLD, NAUSEA, VOMITING, DIARRHEA, OR RASH

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Before you stop taking any prescribed drugs, you must receive clearance from the prescribed physician. Please notify our office immediately if you do not receive clearance to stop taking your prescribed medications.

The following drugs could cause life-threatening problems with surgery. If you are on these medications you must discuss these with your doctor. Patients who take these drugs may require laboratory tests and a consultation with their physician to determine when they may safely undergo a surgical procedure.

- | | |
|---|----------------|
| ❖ Coumadin | ❖ Methotrexate |
| ❖ Elmiron-IC | ❖ Plavix |
| ❖ Fragmin, Lovanox and other low Molecular Weight Heparin Drugs | ❖ Persantin |

Patients on Aspirin, Coumadin, or Aggrenox regimen should consult their ordering physician for instructions.

All herbal or dietary supplements should be stopped 2 weeks prior to surgery. **This includes vitamins, and anti-oxidant supplements, as well as consumption of any form of Green Tea.**

FAILURE TO ADHERE TO THE ABOVE MAY RESULT IN THE CANCELLATION OF YOUR SURGERY.

There are several categories of additional medications that must not be taken in the 2 weeks prior to surgery. A listing of these drugs is attached. You are not to take any of these products listed. Tylenol is fine.

Authorization

I have disclosed all of the medications, supplements and herbal remedies I take on a regular or incidental basis to Dr. Baroodly. I understand that I am required to refrain from taking any of the above and below listed medications in the days prior to surgery. Should I take any of the medications, supplements or herbal remedies I am instructed to avoid, it is my obligation to notify my physician immediately. I fully understand that my surgery may have to be rescheduled or postponed in the event that I have not complied with these medication restrictions listed.

I also understand that it is my responsibility to obtain clearance from the prescribing physician before I stop taking any of my regularly prescribed medications.

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Medications, Vitamins, and Supplements to Avoid

**Aspirin and Aspirin containing medications include, but are not limited to:
the following:**

Alka Seltzer	Darvon Compound	Palbalate
Alka Seltzer Plus	Darvon Compound 65	Palbalate SF
Anacin	Don's Pills	PAC
Apac Tablets	Dristan	Pamprin
APC Tablets	Easprin	Percodan
Arthritis pain reliever	Ecotrin	Percodan Demi
Arthropan	Emprin Compound	Propox Compound
Aspirin Tablets USP	Emprin Compound #3	Robixisal
ASA	Equagesic	Salflex
ASA plus codeine	Excedrin	Sine Off
Acriptin	Fiorinal	Sodium Salicylate
Asperbuf	Fiorinal #3	Soma Compound
Aspergum	4 Way Cold Tab	Saint Joseph
Axotoal	Liquiprin	Supac
Azdpme	Lortab ASA	Synalgos
BAC	Magnaprin	Synalgos DC
Bayer Aspirin	Measurin	Salwin Compound
BC Powder	Mediprine	Trilistate
Bufferin	Midol	Trigesic
Butalbital Compound	Momentum	Ursinus Tabs
Cama inlay-tabs	Mono-gesic	Vanquish
Carisprodal Compound	Norgesic	Zorprin
Congesprin	Norgesic Forte	Plavix
Cope	Norwich	Coumadin
Coricidin-D	Orphengesic	
Damason	Orphengesic Forte	

**Anti-Inflammatory and Anti-Inflammatory containing medications include,
but are not limited to the following:**

Aches n Pain	Haltran	Naproxen
Advil	Ibuprofen	Nuprin
Aleve	Ibu-tab	Orudis
Anaprox	Ifen	Ovuvail
Ansaid	Indocin	Pediaprophen
Butazoladin	Indomethocin	Phenylbutazone
Cataflam	Meclomen	Panstel
Clinoril	Medipren	Rufen
Co-Advil	Motrin	Tolectin
Daypro	Motrin IB	Toradol
Dolobid	Nalfon	Trendar
Fledene	Naproxyn	Voltaren

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Additional medications to avoid include but are not limited to the following:

- | | | |
|---------------|-------------------------|-----------------|
| Alloe | Licorice | Nicobid |
| Barberry | Parsley Seed | Oraflex |
| Bilberry | Saffron | Pamelor |
| Cardomon | Tansy | Parnate |
| Don Quai | Tumeric | Phendimetrazine |
| Chlortrimeton | Valerian | Phentermine |
| Clinoril | Vitamin C 250 gms / day | Ru-Tuss |
| Elavil | Vitamin A | St. John's Wart |
| Echinacea | Vitamin E | Surmontil |
| Fatty Acids | Willow Bark | Tagamet |
| Fever Feu | Endep | Tenuate Dospan |
| Fish Oil | Etiafon | Tetracycline |
| Garlic | Flagyl | Triavil |
| Ginkgo | Flexoril | Vibramycin |
| Ginger | Imitrex | Yohimbe |
| Ginseng | Lioresal | Zomax |
| Hawthorne | Mysteclin F | |
| Kava-Kava | | |

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask Dr. Baroodly and his staff any questions I have related to these instructions or about my procedure, health, and healing.

Patient or Person Authorized
to Sign for the Patient _____ Date: _____

Witness Signature _____ Date: _____

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Arm Lift Surgery After Surgery Instructions:

Medications

- Do not take medications on an empty stomach
- Use the prescribed pain medication or Extra-strength Tylenol for pain control
- Only use anti-nausea medication if needed
- No Aspirin or any medication containing Aspirin

Diet

- Begin with sips of liquids and gradually progress to a regular diet as tolerated
- Drink 8-10 glasses of water, juice, or Gatorade per day after surgery

Tobacco

- No smoking and being around anyone who is smoking for 2 months

Attire/Dressings

- Wear the compression sleeves 24 hours/day for the 1st 2 weeks, then during the day for the following 4 weeks.
- Wear the compression sleeves for a total of 6 weeks
- When the compression garment becomes soiled; remove it, wash, dry, and replace
- No warm or hot compresses to skin

Skin Care

- Avoid direct sun exposure to incision site for 1 year
- No tanning beds for at least 1 year

Activity/Work

- Rest at home for 24 hours
- No heavy lifting (greater than 10 pounds) and no strenuous exercise (aerobics, stretching, vacuuming, laundry, etc.) are permitted for 6 weeks
- Gently sponge bathe with soap and water the day after surgery; taking care of the drains and pain pump catheter
- Record all drain outputs and bring to appointments
- Leave the steri-strips in place
- Return to work in 12-14 days depending on post-operative physician examination
- Drive in 7-10 days provided you are not taking prescribed pain medication

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Arm Lift Surgery

What to Expect

You will have swelling and bruising post-operatively. The degree varies with each individual and usually resolves within 4-6 weeks. Your arms will be tight. Please be patient and take it slow.

It is not uncommon to feel emotional after any cosmetic surgery. This is usually related to the immediate discomfort and anxiety over the appearance of swelling and bruising, and limitation of activity and socializing. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify the office immediately if you develop: FEVER OVER 100°F, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICATION AND REST, INCREASED SWELLING OR BLEEDING, NAUSEA OR VOMITING.

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