

NEW BODY AESTHETICS



Hello! We are so happy to be taking this surgical journey with you! This is your Patient Info Packet with all your surgical instructions and general information. We will have you sign a copy of this paperwork when you arrive the morning of your surgery or at your Pre-op, but want to provide you a copy ahead of time to review. If you have any questions on anything in this packet, please feel free to let us know. Pay special attention to the first couple of pages, as these are your pre-surgery, day-of, and post-surgery instructions. It is imperative that you know and follow these instructions.

Pre-Surgery Instructions:

- Contact New Body Aesthetics if you have not been emailed the Patient History & Physical Exam Form that needs to be completed by a primary care physician of your choosing prior to your Pre-Op visit with us. This form will need to be faxed to our office by the primary care office. Our fax number is 513-389-0482.
- Prepare and plan by scheduling any time off of work and any support you will need at home, especially for the first 24 hours following the surgery. Most people return to work after three days. Keep in mind that if you are getting fat transferred to the butt, we recommend **no sitting for the first two weeks**. This may impact your daily routine, especially your ability to drive. In weeks 3 and 4 post surgery, you may sit using the provided BBL pillow set that goes below the thighs, keeping the butt elevated while sitting. We recommend avoiding hard impacts to any fat transfer areas for the initial 3-4 months post surgery.
- Bathe and wash your hair the night before **AND** the morning of the surgery, using antibacterial soap. Avoid applying creams, lotions, oils, make-up, hair gel, perfume and powders.
- Stop taking any over-the-counter medications/natural supplements that are NOT prescribed by a physician for one week before and one week after surgery; they can increase your risk of bleeding and other complications. **This excludes the Arnica and stool softener, plus any physician approved Medical Marijuana products.**
- You may begin stool softener and Arnica tablets the day before your surgery (unless contraindicated) and continue following the surgery, as needed.

NEW BODY AESTHETICS



- Fill all 7 prescriptions we called in for you and bring them with you the day of surgery. If something isn't filled, please let us know right away.
- **You must begin taking the Neurontin(Gabapentin), Mobic(Meloxicam), and Tranexamic Acid the day before the surgery with dinner.**
- Review your medications with the provider at your fitting appointment for any restrictions related to your surgery. **Do NOT stop prescription medications you are currently taking unless advised to do so by your New Body Aesthetics provider or your personal physician.**
- Avoid tobacco and alcohol for one week before and one week after surgery. **Avoid caffeine the day before and day of.**
- If prescribed a blood thinner (aspirin, coumadin, plavix, etc.) you will consult your regular doctor for instructions.
- Notify us immediately of any change in your health to include a rash, skin infection, open wound, hernia, or respiratory infection.
- Drink at least 1-2 liters of water per day for one week prior to surgery to avoid dehydration following surgery.
- Increase your protein intake to at least 100 grams per day 1-2 weeks prior to your surgery.
- Bring all prescription medication we provided and your entire recovery kit with you on your surgery day, as it has several items you will need immediately after the surgery, **including your compression garment.**
- If you are an out of town patient that will be traveling for your surgery, you are expected to arrive in the area the day prior to your surgery and if possible pick up your recovery kit and compression garment. You may also want to ensure you have prebooked your stay in the area.

NEW BODY AESTHETICS



Day of Surgery Instructions:

- It is necessary for you to arrive at the scheduled surgical time for check in. The clinic will provide you with your check in time.
- For your safety you must have a responsible adult, drive you home after surgery and be with you the first 24 hours. This is necessary because some medications used will be in your system for many hours and you could develop symptoms requiring attention. This person is welcome to wait in the main clinic during your surgery or simply drop you off and pick you up.
- You will need to be picked up in the rear of the clinic. Instruct your pickup person to park behind the clinic in the gravel area. This area can be accessed by entering from Washington Ave and crossing the back parking lot of our neighbors on the corner of Harrison and Washington. Please do not park in their parking lot. **Please provide their contact info the morning of the surgery. They will be contacted about a half hour prior to your appointment being completed. If they need more than a half hour, for drive time, please let us know.**
- Eat and drink fluids regularly, but avoid caffeine. Because we do not use a general anesthesia, **it is strongly recommended that you eat a full breakfast and bring snacks and water to the surgery.** The medication we administer can cause nausea and we have found that patients who eat a normal breakfast tolerate this much better.
- **If you are insulin dependent, please bring your insulin with you.**
- Please make sure you take the Neurontin(Gabapentin), Mobic(Meloxicam), and the Tranexamic Acid the morning of the surgery **with breakfast.**
- **Do NOT take sedating/anti-anxiety medication Triazolam (Halcion) prior to being instructed to do so. It's imperative to be alert to give proper Informed Consent.** This excludes any physician approved Medical Marijuana products, you may continue to take these items.
- Wear dark-colored loose fitting clothing that will be easy to get on and off preferably without having to go over the head. Clothing may become soiled and may need to be discarded.
- Bathe and wash your hair the night before **and** the morning of surgery using an antibacterial soap. If possible, avoid applying any creams, lotion, oils, makeup, hair gel, perfume or powders.
- Remove all jewelry and do not bring any valuables with you. Patient assumes full responsibility for personal belongings.
- Use large towels/puppy pads/shower curtains to protect car, bedding, and seating surfaces from anticipated drainage.
- Bring all prescription medication we provided and your entire recovery kit with you on your surgery day, as it has several items you will need immediately after the surgery, **including your compression garment** and "puppy pads".

NEW BODY AESTHETICS



Post-Surgery Instructions:

These instructions are critical to assist in the recovery process and to aid in maximizing your final result.

- **MEDICATIONS:** We recommend completing the course of Neurontin, Mobic, and Arnica. Take other pain medication only as needed and consider Advil(Ibuprofen) or Extra Strength Tylenol(Acetaminophen) in place of narcotics. Take medications with food to reduce nausea. Resume pre-surgery medications unless told otherwise by a physician. If you have drains or had fat transferred, we also recommend completing the course of antibiotic Cefalexin (Keflex).
- **GARMENTS:** You will be provided with a compression garment or binder prior to your surgery, depending on the surgical areas treated. Please follow the instructions given by New Body Aesthetics staff regarding the wear time of this garment or binder. While showering is a good time to launder garments. Additional wear of the garment may be beneficial. The garment should provide compression without being uncomfortable. Post-operative garments are intended to reduce swelling, control pain and improve surgical results. **Do not apply compression to areas of fat transfer.** Specific questions regarding your garment should be directed to the clinic.
- **BATHING:** You may shower the day AFTER surgery. Do not bathe, swim, hot tub, or whirlpool until incisions are fully closed (typically 2 weeks). **You may feel lightheaded upon removing compression garment, standing and being in hot water.** A shower assistant is advised.
- **BRUISING:** Bruising is normal, varies in the extent of surgery and may last up to 3 weeks. Arnica use may help reduce bruising. Clean incision sites with witch hazel or hydrogen peroxide and place Polysporin ointment on them for the first 24 to 72 hours following surgery.
- **DRAINAGE:** Expect **significant** drainage (oozing), often blood tinged, from the incisions for several days. Initially this may seem to be large amount which is primarily the tumescent fluid injected during surgery. Change bandages as needed. As you start to see a reduction in saturation of particular bandages, down size those bandages to smaller ones. Once bandages are no longer needed, stop replacing them.

NEW BODY AESTHETICS



- **INCISIONS:** Keep incisions clean and dry using absorbent dressings as needed. Yellow crusting is normal and should be gently washed off. Once incisions are closed you may use a scar cream if desired. Avoid sun to the incision area for 2 weeks and use SPF 30 or greater for 6 months. The incision can become thickened and red which is usually part of the normal healing process. Report any concern of infection.
- **DRAINS:** If a drain was placed in any of the incisions, the drain is simply meant to keep that particular incision open longer than the others to achieve a longer period of drainage for that area. This will help prevent pooling of liquid under the skin, which will aid in overall results. Be mindful of these when bathing and changing bandages. The drain can be self removed in three to five days after the surgery and discarded. If the drain retracts into the incision and can no longer be seen, contact the office immediately, DO NOT attempt to retrieve the drain at this point. If the drain pulls out early, do not attempt to reinsert it, just discard it and contact the office. **When drains are placed we also recommend completing the course of antibiotic Cefalexin (Keflex).**
- **STITCHES:** Stitches are not common, but sometimes may be necessary. These stitches will typically be removed at the one week follow up appointment. Be mindful of these when bathing and changing bandages. If you will not be in town for your one week follow up you can either remove these stitched yourself at one week or have your primary care physician remove them for you. Please set that appointment ahead of time.
- **TREATMENT AREAS:** There will be an initial period of swelling and light bruising. Swelling may be noted below the surgery site as gravity pulls the fluid downward - this may be especially prominent in the pubic area after abdominal surgery or in the calves and ankles after thigh surgery. This may last up to 2 weeks and although it may be dramatic in appearance is not of significant concern. Do NOT apply heat for the first two weeks, COOL compresses may be used. DO NOT ice fat transfer areas. DO NOT apply pressure to fat transfer areas. Treatment areas may be hard and lumpy for up to 6 months. You may begin gentle massage to areas as tolerated. Decreased skin sensation in the treatment area is normal and may take several weeks to resolve.
- **ACTIVITY:** Rest the day of the surgery, but try to walk a little. Starting the day after the day of the surgery avoid sitting for prolong periods. This will aid in avoiding crease formations along where the skin folds, such as the abdomen area and aid in the body mitigating internal fluid buildup. **Begin walking and non-strenuous activities immediately (at least 10 minutes every 2 hours minimum while awake).** Resume full activity in 2 weeks; strenuous activity in 6 weeks.

NEW BODY AESTHETICS



- **DISCOMFORT:** Post-surgery discomfort often takes the form of deep muscle soreness and generally improves over 7 to 14 days. The amount of post-operative discomfort one experiences is highly individualized and cannot be predicted. Postoperative discomfort can be influenced by a variety of factors. One's overall health and well-being plays a vital role resulting in a healthy recovery. Additional influential factors include, number and location of treatment areas, total amount of fat removed, in addition to extent and/or difficulty of the surgery. If you have prolonged or excessive discomfort please notify us. Some patients report burning or 'rubber band snapping' sensation felt to be the nerves recovering which may last several months. Use home and prescribed pain medication as needed.
- **MASSAGE and STRETCHING:** We highly recommend starting **daily self massaging and stretching** of all areas where fat was removed from starting the day after your surgery, as tolerated. You may immediately seek out professional Lymphatic style massages as well, as soon as the day after your surgery. This type of massage, plus your own personal **daily** massages and stretching, can help the drainage of fluid prior to incisions closing and help aid in overall results in the long run. **Daily self massage and stretching** is recommended for **at least 4-6 weeks after your surgery**. Do not massage areas fat was transferred to.
- **CLOTHING:** **Avoid tight clothes and bands (including jeans) for 6-8 weeks** in the treatment areas as this could cause permanent marks or depressions.
- **DIET:** Advance diet slowly. Drink plenty of fluids as dehydration may cause light-headedness. Your body will utilize a much larger amount of internal fluids during the recovery process for up to 4 weeks post op. Because of this, please increase your water intake, unless you are sensitive to excessive fluid intake. In those rare cases, consult with your primary care physician. Avoid carbonated beverages. Avoid alcohol until antibiotics are complete. Increase your protein intake to at least 100 grams of protein for 2-6 weeks after your surgery.
- **SMOKING:** Smoking cigarettes and the use of tobacco products are known causes of wound complications after surgery such as poor healing, delayed healing, and infections. Therefore, we **strongly** recommend that patients stop smoking cigarettes and refrain from the use of tobacco products.
- **OTHER:** Infrequently there may be menstrual irregularity, flushing, low-grade temperature or depressed mood.

NEW BODY AESTHETICS



General Precautions:

- Everyone heals differently and we cannot control what symptoms you may have, how mild or serve they may be or at what speed you will recover from liposuction.
- A healthy lifestyle of diet and exercise will help you obtain better results. This is not a weight loss surgery.
- Full benefits may not be seen for 6-18 months. You may notice a temporary weight gain due to retained fluids from the surgery.
- Follow-up appointments are scheduled 1 day, 1 week, and 1 month after the surgery, with a final visit usually 3 to 4 months post op.
- We are available anytime to see or speak with you about immediate concerns.
- Lidocaine is the primary numbing agent used for awake liposuction. We strictly adhere to state and federal guidelines in regulating the use of lidocaine, but you should be aware of Lidocaine Toxicity and the symptoms. These symptoms can include; Metallic taste in the mouth, nausea, vomiting, slurred speech, tingling of the face, dizziness, ringing of the ears, blurred vision, restlessness, agitation, nervousness, paranoia, hallucinations, muscle twitches, seizures, low blood pressure, slowed or unusual heart rate, cardiac arrest, and loss of consciousness. Patients should be be closely monitored for 24 hours after their surgery and if they experience any of these symptoms call the 24-hour After Hours number, listed below, right away.

- **Call us immediately for any of the following:**

Fever greater than 100.5 ° F, excessive or increasing pain or bleeding, worsening swelling, redness, warmth, or INCREASED drainage. Swelling, cramping pain, warmth to touch or redness in the LEG, CALF, or ANKLE. Shortness of breath, chest pain with breathing, difficulty breathing, fast heart rate or lightheadedness.

Clinic Phone: 513-635-7622
After Hours: 513-202-3383

- **IF YOU BELIEVE YOU ARE HAVING A MEDICAL EMERGENCY CALL 911.**

- DO NOT DRIVE, OPERATE HEAVY MACHINERY, MAKE IMPORTANT DECISIONS OR SIGN LEGAL DOCUMENTS FOR 24 HOURS FOLLOWING SURGERY OR WHILE TAKING PAIN OR OTHER MEDICATION THAT MAY MAKE YOU DROWSY.

NEW BODY AESTHETICS



Recovery Kit:

We don't want you to have to chase a bunch of stuff down, so we have gathered most of the things you will need for your surgery and put them in your recovery kit! Below is a list of what you may be provided, kits may vary depending on your specific surgery.

- Compression garment
- Generic Tylenol
- Generic Tylenol PM
- Arnica tablets, for bruising and swelling- you can start these the night before
- Arnica Gel, for bruising and swelling
- Stool Softener, you can also start this the night before
- Antibiotic gel, for the incisions
- Antibiotic soap, for the night before and morning of, plus this works well for after the surgery
- Bandages and tape
- Massage roller
- Female urination device, to help you pee standing up, if you want. For BBL patients, sitting on the toilet backwards for the first month after the transfer may help you not put pressure on the butt
- 2 Piece BBL Pillow set

There are a thousand other things that you can get or may want, but these are things you will definitely need. Two other things you may want is a waterproof blanket or equivalent and smaller/ additional bandages. The blanket can be useful the first few days while your incisions are still open so that you don't saturate through your bandages and get on the car, bed, couch, ect. There is a significant amount of drainage in the first few days, which is a good thing, but can be messy. A cheaper alternative would be to get a few shower curtains from the dollar store. There are also an endless number of items you can get on Amazon. Just search liposuction or BBL and pages of items will come up. We try to provide most of what you're going to need, but there are a ton of things you can add on. If you purchase more compression garments, pay close attention to your measurements at the time you order and review the sizing chart on the garments you're going to purchase. Also, keep in mind that it is normal for you to size down within the first two weeks of your surgery and possibly beyond.

NEW BODY AESTHETICS



Medication:

After your Pre-Op appointment with New Body Aesthetics we will send your prescription medication to your preferred pharmacy. Please make sure to pick up this medication promptly for review and bring all of it with you the day of your surgery. The Pre-Surgery Instructions and the diagram on the next page details what medication you will have and when to take it. Please make sure to communicate any allergies or conflicts. If the pharmacy does not fill any of the medication, please inquire with them as to why. In most cases they are waiting for what's called a "Prior Authorization" from your insurance. If this is the case, inform the pharmacy that you are "self pay" and no prior authorization is needed. In rare cases, some pharmacies will not fill out-of-state prescriptions for controlled substances. This is pharmacy specific and their decision. If this happens, please let us know right away and we will give you further instructions at that time.

NEW BODY AESTHETICS



Medication CHEAT SHEET: *Images may vary depending on pharmacy, if you have any concerns contact our office or your pharmacy

Medication	1 Day Before (With Dinner)	Morning Of (With Breakfast)	After Procedure (With Food)	Other Directions
Gabapentin (Neurontin) 300mg Qty 5  [Nerve sensitivity]	Yes	Yes	Yes	Take until Gone
Mobic (Meloxicam) 7.5 mg Qty 5  [Anti-inflammatory]	Yes	Yes	Yes	Take until Gone
Tranexamic Acid 650mg Qty 2  [Decrease bleeding]	Yes	Yes	N/A	
Triazolam (Halcion) .025mg Qty 5  [Anxiety]	DO NOT TAKE PRIOR TO PROCEDURE - Doctor will tell you when to take this		As Needed	Take as directed on bottle *as needed
Ondansetron (Zofran) 8 mg Qty 4  [Nausea] Dissolvable tablets	DO NOT TAKE PRIOR TO PROCEDURE These are for after		As Needed	Take as directed on bottle *as needed
Tramadol (Ultram) 50 mg Qty 8  [Pain]	DO NOT TAKE PRIOR TO PROCEDURE These are for after		As Needed	Take as directed on bottle *as needed
Cephalexin (Keflex) 500 mg Qty 14  [Antibiotic] This is for patient receiving fat transfer, drains, stitches	DO NOT TAKE PRIOR TO PROCEDURE These are for after		Yes	If you have drains, stitches, or fat transfer; Take as directed Take until Gone

NEW BODY AESTHETICS



High Protein Diet:

The second you're out of surgery, your body is already healing! It is looking for protein to form strong and smooth connective and scar tissue! To achieve the best look and prevent your incision from separating and forming wounds, eating a high-protein diet is one of the most important things YOU ALONE can do!

So, here is what we suggest:

1) Eat at least 100 grams of protein per day for 2 weeks before your surgery.

Since most don't eat much immediately after, this assures that your body already has protein stores ready to use. Your appetite will be decreased after surgery — this is common and expected. So, storing enough protein in your system before surgery is very important!

2) Eat at least 100 grams of protein per day for 2-6 weeks after your surgery.

Right after surgery, your body is "starving" and will use up your protein stores pretty quick! But it won't be enough! You have to continue to give your body more protein until scar tissue has completely formed. Dr. Gaiser may use stitches. And while the stitch is in, your scar tissue must form to take over their job: Holding the skin together! This is reason enough to eat protein!! But on top of that, the more protein you eat, the smoother your ultimate appearance will be! And, those who eat a lot of protein have amazing scars! In fact, in those who eat closer to 150 grams per day, you can't even see their incisions! If you have multiple surgeries at once, eating more than 100 grams of protein per day is especially important for YOU!

3) Drink 3 protein shakes per day.

There are many ways to get 100 grams of protein per day. The internet is full of options and ideas. However, drinking 3 protein shakes per day is a relatively easy way to assure that you get 100 grams! Plus, trying to actually eat that much protein can be tough; and, it's easy to feel "full" quickly. So, we recommend getting your shakes in right away and first thing each day; that way, you know you've gotten what you need!

NEW BODY AESTHETICS



New Body Aesthetics is committed to providing our patients with surroundings that nurtures quality health care and service. We are devoted to promoting and protect the following rights, in conjunction with state and federal law and regulations, to help maintain a positive and nurturing environment.

1. Patients have the right to be treated with respect and consideration.
2. Patients have the right to be protected from discrimination or reprisals in exercise of their rights; discrimination is against the law. In conformance with discrimination laws and regulations, patients may not be denied benefits, or otherwise be discriminated against on the ground of race, color or national origin, or on the basis of disability or age in admission to, participation in or receipt of the services and benefits under any of our programs and activities in accordance with provisions of the Title VI of the Civil Rights Act of the 1964, section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Regulation of the US Department of Health and Human Services issued pursuant to these statutes at Title 45 Code of Federal Regulations Parts 80, 84, and 91.
3. Patients have the right to personal privacy and to privacy concerning their own medical care; patients except that all communications, health information, and records pertaining to their care will be treated as confidential.
4. Patients have the right to be fully informed about a treatment or procedure and the expected outcome before it is performed, to actively participate in his/her medical care decisions and to refuse treatment to the extent permitted by law.
5. Patients have the right to receive information about all treatment choices and options in clear language which is understandable to the patient.
6. Patients have the right to leave the clinic, even against medical advice.
7. Patients have the right to know what rules and regulations apply to patient conduct and to know provisions for after-hours and emergency care.
8. Patients have the right to receive care in a safe setting, free from all forms of abuse or harassment.
9. Patients have the right to voice a complaint or file a written grievance. If the patient has a complaint, he or she may contact the Practice Manager for prompt and courteous resolution.
10. While New Body Aesthetics respects a patient's right to execute and file an advance health care directive, it is our philosophy to provide comprehensive resuscitative care to every patient in need of such care. New Body Aesthetics exercises the right to suspend a patient's advance health care directive in the form of living will, do not resuscitate order or similar, during surgery at our facility under applicable state and federal law by providing this notice. The suspension does not apply to a healthcare power of attorney or similar naming a legal proxy to make healthcare decisions on your behalf. Upon patient request, New Body Aesthetics will accept an existing advance health care directive and file such document in the patient's medical record. Should the patient require direct admittance to an acute health care facility, every effort will be made to provide a copy of the document to the receiving facility. Please indicate on the section below whether or not you will be providing a copy of your advance health care directive to New Body Aesthetics.

By initialing your choice below you acknowledge the information provided regarding suspension directives during surgery and further discharge New Body Aesthetics from any related obligations or responsibility in this regard.

_____ I choose to provide a copy of my advance health care directive (a legal document that explains how you want medical decisions about you to be made if you cannot make the decisions yourself) prior to my surgery and assume responsibility for ensuring a copy is delivered to the staff for filing in my patient records.

_____ I choose not to provide a copy of my advance health care directive.

NEW BODY AESTHETICS



The care a patient receives also depends on the patient; therefore, in addition to the above rights, each patient has certain responsibilities. These responsibilities are outlined below:

1. The patient has the responsibility to provide accurate and complete information concerning his/her present complaints, past medical history and other matters relating to his/her health.
2. The patient is responsible for making it known whether he/she clearly comprehends the course of his/her medical treatment and what is expected of him/her.
3. The patient is responsible for following the treatment plan established by his/her physician, including the instructions of nurses and other health professionals, as they carry out the physician's orders.
4. The patient is responsible to provide a responsible adult to provide transport and to act as a caregiver for 24 hours following the surgery.
5. The patient is responsible for keeping appointments and for notifying us when unable to do so.
6. The patient is responsible for his/her actions should he/she refuse treatment or not follow medical advice.
7. The patient is responsible for assuring that the financial obligations of his/her care are fulfilled as promptly as possible.
8. The patient is responsible for following clinic policies and procedures.
9. The patient is responsible for being considerate of the rights of other patients and our staff.
10. The patient is responsible for being respectful of his/her personal property and that of other persons in the clinic.
11. A breast augmentation surgery, in which fat from other parts of the body is transferred to the breasts, has the potential to cause false suspicion of breast cancer on follow-up mammograms. This is due to the anatomical changes occurring after fat injection to possibly be indistinguishable from abnormalities associated with breast cancer, often being microcalcifications. These abnormalities may prompt a surgical biopsy to be requested, removing and examining the breast area showing these microcalcifications. For this reason, **you are encouraged to have a mammogram completed prior to and four to six months after the fat transfer surgery to help distinguish between these abnormalities.**

NEW BODY AESTHETICS



Risks of BeautiFill Laser-Liposuction and Fat Transfer:

- Infection
- Bruising/ Bleeding
- Hardening beneath the skin
- Skin irregularities that may or may not disappear with time and may or may not need additional corrective surgery.
- Increase or loss of sensibility of the skin (which usually corrects over time).
- Inappropriate wound healing --> keloid formation (a thick, hypertrophic, and unattractive scar).
- Poor retraction of the skin leading to loose skin
- Seroma formation (pocket of fluid under the skin), Hematoma (pocket of blood)
- Skin burns or even necrosis from the laser or friction

The most common complications associated with fat transfer include:

- Necrosis of grafted fat by placement of too much fatty tissue in a small area
- Formation of lumps and bumps
- Infection
- Hardening beneath the skin
- Skin irregularities that may or may not disappear with time and may or may not need additional corrective surgery.
 - Anesthesia: I authorize the surgeon/anesthesia provider to administer local tumescent- anesthesia, with or without oral sedation, during my surgery and I fully understand all the risks that are related to anesthesia administration during my surgery(s).
 - Photography: I understand that the use of photographs and/or video is important for the evaluation and planning of the surgery and I agree that photos and/or video be taken before, during, and after my surgery.
- I understand and authorize that in the case of the unrestricted use of pre- and post-operative photos, video, and/or my surgical personal experience for public relations, advertising, and internet site purposes, I will not be identified by name and that I will derive no compensation and/or benefits from their use.
- **I am aware that the practice of medicine and surgery is not an exact science and I acknowledge that no guarantees and/or assurances have been made to me concerning the results of my operation and if I am not entirely satisfied with the results of my surgery, additional surgery can be performed at an additional cost.**

NEW BODY AESTHETICS



BeautiFill Liposuction, Fat Harvesting, and Fat Transfer Operative Consent:

- BeautiFill utilizes a small cannula with an integrated laser fiber connected to a suction machine, performing simultaneous laser and suction, removing unwanted fat deposits.
- Compared to other liposuction techniques, BeautiFill results offer reduced treatment time, minimal body trauma (hematoma, bruising, swelling), faster recovery, high-quality fat with high fat-cell viability, and enhanced skin tone and texture, among other benefits.
- Obesity: I understand that BeautiFill laser-liposuction is NOT a surgery to lose weight.
- Cellulite: I understand liposuction does NOT treat cellulite; a skin change characterized by irregularities and dimpling, mostly present in the abdomen and lower extremities.
- Weight gain: The fat cells that are removed during liposuction do not return, but weight gain following liposuction can result in heaviness in other non-treated body areas, resulting in a disproportion in body fat density.
- I understand that fat transfer is a procedure for augmentation of volume and/or correction of a deficit and that not 100% of the fat transferred will be retained (remains alive) after injection.
- I have had the opportunity to discuss (with the surgeon) the details of the operation, the alternatives of treatment (including not doing anything) the risks and complications of the surgery, and what results to expect from the surgery.
- I understand that the surgery requires external incisions which will leave permanent scars, whose locations have been described and demonstrated to me prior to the surgery. The scars may heal in a manner unknown at this time to either party which can affect their appearance.
- I realize that every surgery involves risks including severe allergies to medications, excessive bleeding, damage to nerves, and cardio-pulmonary complications that can be fatal.

NEW BODY AESTHETICS



At New Body Aesthetics, we know that choosing the correct provider for your body contouring surgery is an important decision. Your satisfaction is our number one goal.

We understand that no physician can specifically predict or guarantee the final result with cosmetic surgery. Despite the skilled work of our surgeon and a successful surgery that provides a cosmetic improvement, beauty is in the eye of the beholder and dissatisfaction can still occur. Should you find your results to be unsatisfactory, your surgeon would like the opportunity to evaluate your results. If your surgeon's evaluation determines your results to be lacking, we will complete a revision surgery with a minimal cost to you. The cost of the revision is dependent on the surgery itself and will be determined at that time. This revision typically does **not** include fat transfer.

To qualify for this Satisfaction Commitment, you must:

1. Have followed **all** pre-surgery, day of surgery, and post-surgery instructions made by New Body Aesthetics.
 2. Not missed any follow-up appointments.
 3. Gained no more than 10 pounds since the time of your original surgery.
 4. Make your request less than 6 months from your original surgery.
 5. Pay the revision surgery fee at the time of booking the revision.
 6. Sign this "Satisfaction surgery Agreement".
- If you cancel or reschedule any liposuction related procedure, including a revision, within 7 business days of, or do not show up for the scheduled surgery, it is unlikely that we will be able to utilize this time and we must charge an additional surgical booking fee of \$850 before you are allowed to reschedule your surgery. While this does not completely cover our associated costs, we feel this is fair and reasonable to both parties. **This surgical fee is not applied toward your overall surgery cost.**

NEW BODY AESTHETICS



Non-Refundable Surgical Fee/Deposit Wavier

I, _____ {print name}, agree to pay the BeautiFill surgical booking fee of \$500 as a NON-REFUNDABLE DEPOSIT for the Laser Liposuction surgery at New Body Aesthetics.

Patient understands, acknowledges, and agrees that if he/she fails to make the required payments on time and/or chooses to cancel their surgery at a later date, ALL DEPOSITS AND PAYMENTS MADE TO THAT POINT MAY BE FORFEITED WITH NO REFUND OFFERED. At the discretion of New Body Aesthetics any funds collected prior to cancellation may be made available for use by the patient toward another procedure performed by New Body Aesthetics within one year of original booking date.

Patient agrees that New Body Aesthetics will be notified within seven business days before any due date of potential on time payment issue. Any payment issues will be dealt with on a case-to-case basis.

Initials: _____

NEW BODY AESTHETICS



Permission to uses photographs and Videos

I understand that as part of my treatment at New Body Aesthetics, photographs and video will be taken of the areas that I will have treated. I understand that this is a treatment protocol.

New Body Aesthetics may use these photographs and videos of my results and treatment for any lawful purpose, including but not limited to educational training, advertisement, marketing, and website content.

☐

I DO grant New Body Aesthetics to use my photographs and video.

☐

I DO NOT grant New Body Aesthetics to use my photographs and video.

I have read and understand the above

NEW BODY AESTHETICS



Sleep Apnea Awareness

Obstructive Sleep Apnea (OSA) affects a person's breathing during sleep when air cannot flow normally into the lungs. The block in airflow is usually caused by the collapse of the soft tissues in the back of the throat and tongue during sleep. OSA is largely undiagnosed. There are implications with surgery if you have OSA. Please review this information and let us know if you have any questions or concerns regarding OSA. We do not diagnose OSA. Your private physician can schedule an evaluation for you if needed.

OSA, unless severe, is not a contraindication to awake outpatient surgery with New Body Aesthetics. We do not require a formal diagnoses and treat all patients with this in mind. If you use oxygen or CPAP notify us and bring any equipment with you to surgery. No other specific precautions are necessary other than as below:

Common Symptoms:

- Unusually loud snoring
- Tiredness or excessive daytime sleepiness
- Breathing pauses, choking, or gasping while sleeping
- High blood pressure
- Restless sleep due to tossing and turning at night
- Morning headaches, mood swings, low energy
- Memory impairment or inability to concentrate

Common Risk Factors:

- Obesity (BMI>35)
- Male gender
- Large neck size (men > 17", women > 16")
- Age > 50
- Large tonsils or adenoids, jaw problems

Why Treat OSA:

- May decrease risk for heart disease and/or stroke
- Overall improvement in your well being
- Longer life span

Instructions:

General

- Limit narcotics and sedating medications
- No alcohol for at least 4 hours before going to bed
- Sleep on your side, not your back
- Sleep semi-elevated at a 30 degree angle
- Maintain a healthy weight
- Use CPAP (continuous positive airway pressure) machine regularly if prescribed
- Be tested for OSA if you have any concerns

During Surgery

- We will monitor your vital signs and provide oxygen as needed
- If you use a CPAP machine please bring it with you

Post-Surgery

- You will need a driver and 24 hour observer
- You may have a longer recovery process
- Follow all GENERAL instructions above

This information is not intended to substitute for medical advice obtained from your private physician

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Blood Clot Awareness and Prevention

Deep vein thrombosis (DVT) occurs when an abnormal blood clot forms in a large vein. These clots usually develop in the lower leg, thigh, or pelvis, but can also occur in other large veins in the body.

If you have DVT and it is diagnosed correctly and quickly it can be treated. However, many people do not know if they are at risk, don't know the symptoms, or delay seeing a healthcare professional if they do have something.

Can DVT Happen to Me?

Anyone may be at risk for DVT but the more risk factors you have, the greater your chances are developing DVT.

Know Your Risk Factors To Help Prevent DVT:

- Recent hospitalization for medical illness
- Recent major surgery or injury; especially any that involve a vein
- Personal history of clotting disorder or previous DVT
- increasing age
- Cancer or cancer treatments
- Pregnancy and the first 6 weeks after delivery
- Hormone replacement therapy or birth control
- Family history of DVT
- Extended bed rest/immobility
- Obesity
- Smoking
- Prolonged sitting when traveling
- Heart/lung disease

DVT and Pulmonary Embolism (PE):

DVT can cause a life threatening complication called pulmonary embolism (PE). Part or all of a clot can break off and travel through the bloodstream and into the lungs. A blood clot in the lungs can be life-threatening and can cause death.

Symptoms of Possible PE Can Include:

- Recent or sudden shortness of breath
- Chest pain or discomfort, usually worse with deep breathing or coughing
- Coughing up blood
- Sudden collapse

If you have any of these symptoms, it is an emergency and you should seek medical help immediately.

What Can Be Done To Prevent DVT and PE?

Most DVT and PE can be prevented.

General:

- Exercise regularly
- Maintain a healthy weight
- Don't smoke

During Surgery:

- DVT prevention devices

Post-Surgery:

- Ambulate at least 15 minutes every hour while awake
- Exercise your legs frequently while sitting
- Drink plenty of water, limit coffee and alcohol

If you believe you are having a medical emergency call 911

This information is not intended to substitute for medical advice obtained from your private

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Patient Acknowledgement:

I certify that I am a competent adult at least 18 years of age. I understand and will follow these instructions knowing that this will improve my outcome and lessen the possibility of complications. I have fully reviewed these instructions, I have had any questions answered to my satisfaction, I understand and agree to comply with the instructions, and I have received a written copy.

***I agree that I will have a responsible adult drive me home after surgery and observe me the first 24 hours. I UNDERSTAND I SHOULD NOT BE LEFT ALONE FOR THE FIRST 24 HOURS.

Call us immediately for any of the following after your surgery:

Fever greater than 100.5 ° F, excessive or increasing pain or bleeding, worsening swelling, redness, warmth, or INCREASED drainage. Swelling, cramping pain, warmth to touch or redness in the LEG, CALF, or ANKLE. Shortness of breath, chest pain with breathing, difficulty breathing, fast heart rate or lightheadedness.

Clinic Phone: 513-635-7622

After Hours: 513-202-3383

**IF YOU BELIEVE THEY ARE HAVING A MEDICAL EMERGENCY CALL 911.
DO NOT DRIVE, OPERATE HEAVY MACHINERY, MAKE IMPORTANT DECISIONS
OR SIGN LEGAL DOCUMENTS FOR 24 HOURS FOLLOWING SURGERY OR
WHILE TAKING PAIN OR OTHER MEDICATION THAT MAY MAKE THEM DROWSY.**

NEW BODY AESTHETICS



How to Put On and Care for the compression Garments byarena:

For styles covering the face or part of the face: 1. Place the chin in the chin cup (located with the vertical seam). 2. Close the hook-&-loop closure over the head, about 2" behind the forehead. 3. Close the second hook-&-loop closure behind the neck.

For styles covering the chest and/or arms: 1. Make sure the size label is on the inside of the garment, in the back. 2. With the garment completely open, slide each arm into the arm holes/sleeves. 3. Close the hooks/zipper. The middle row is usually the best fit for hook-and-eye closures. 4. The shoulder straps, if applicable, may be adjusted as needed.

For garments covering the mid and lower body: 1. Make sure the size label is on the inside of the garment, in the back. 2. Open zipper(s) and/or all of the hooks (if applicable). 3. Place your feet into the leg openings and gently pull the garment up your legs as if you were putting on pantyhose (be careful with sharp fingernails). 4. Align crotch opening as you pull the garment up (if applicable). 5. If the garment has shoulder straps, slide onto each arm and adjust them for best fit.

Garment Care: Fabric is made of 51% TACTEL® Nylon and 49% SOFT LYCRA®. Do not use fabric softener. Do not use bleach. Do not dry clean. Do not iron. Be careful w/ sharp nails. Use cold/cool water, only tumble dry, delicate low heat, use gentle soap, turn inside out, machine wash gentle or delicate.

Measure with Confidence

Proper sizing ensures that consistent, targeted compression is applied to the correct areas of the body. Follow these sizing guidelines to determine your correct size.

Please note: Most garments do not require every point of measure for sizing. Please refer to the specific product to determine where to measure. Always measure the area of the surgical site(s) first.



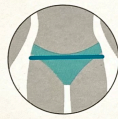
TIP 1

Be sure the measuring tape is straight and level



TIP 2

Measure around the widest point of the body part



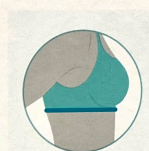
TIP 3

The tape should be snug, but not cause an indentation

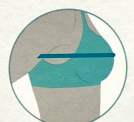


TIP 4

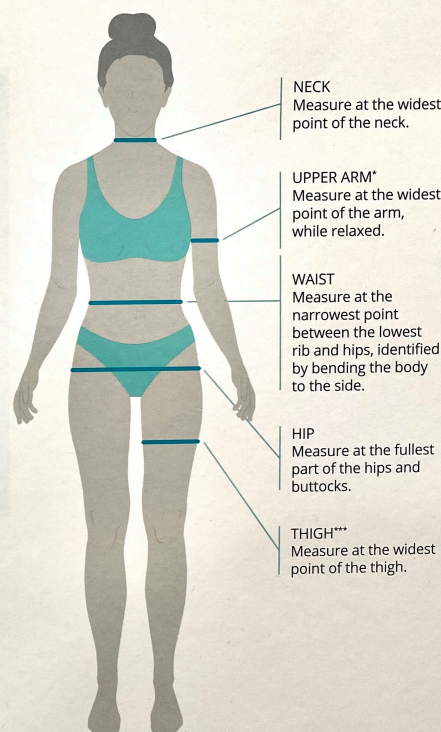
Always stand while measuring and do not wear bulky clothes but do wear a bra



UNDERBUST
Measure directly underneath the bust.



BUST**
Measure at the fullest part of the bust.



NECK
Measure at the widest point of the neck.

UPPER ARM*
Measure at the widest point of the arm, while relaxed.

WAIST
Measure at the narrowest point between the lowest rib and hips, identified by bending the body to the side.

HIP
Measure at the fullest part of the hips and buttocks.

THIGH***
Measure at the widest point of the thigh.

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