



The Association of Minimally Invasive Gynecologic Surgeons

...dedicated to safe, state-of-the-art surgery and health life-styles for women of all ages

R. Wayne Whitted MD, MPH

Paul A. Pietro MD

8740 N Kendall Dr. Suite 101

Miami, Florida 33176

Phone: 305-596-3744

www.floridaamigos.com

Liposelection

All bodies are not created equal. For most of us, stubborn fatty deposits attach themselves to our hips, circle around our bellies, cling to our thighs, and even appear on our arms, backs, and chins. You've likely identified problem areas of your own that persist despite your diet and exercise efforts. Whether it's one area of the body or more, fat removal ranks pretty high on the wish list of the average American. Age, genetics, and child bearing all take a toll on your looks. If you've ever considered liposuction and thought it was too drastic due to risks and potential downsides, you may want to consider a gentle new procedure that is transforming the body-shaping patient experience.

It's called LipoSelection[®], *not* liposuction. These days, patients are turning to this advanced procedure to combat their "trouble spots", especially those that may be genetic "gifts" or are seemingly resistant to the hours spent at the gym. By delivering consistent results with minimal pain and down time, LipoSelection is becoming the new standard of care for body contouring.

The key to the LipoSelection difference is tissue selectivity, provided by a patented device called the VASER[®] System. Simply put, traditional liposuction procedures are limited by their inability to differentiate between the bad (excess fat) and the good (nerves, blood vessels, connective tissues, etc.). While traditional procedures do remove fat, a considerable amount of damage can be done to other important tissues. This can result in bleeding, bruising, and swelling, and lead to a long, painful recovery. In addition, damaged collagen and connective tissues can compromise the final shape, leaving behind lumps and bumps where uneven amounts of fat were removed. The magic of VASER LipoSelection is that it uses the gentle power of ultrasound to target only the fat you want removed, leaving all other tissue largely undisturbed.

The procedure may be performed in the doctor's office under local anesthesia. For many individuals, this removes the stigma and risks associated with hospitals or surgery centers and general anesthesia. First, the area is filled with a special saline solution, expanding the fatty layer. This solution numbs the area and shrinks the blood vessels, thereby minimizing blood loss and reducing bruising. Then, using VASER technology and LipoSelection technique, your doctor inserts a small, patented probe that disperses ultrasonic energy, liquefying the soft fat cells on contact. VASER LipoSelection targets only the fat cells for removal. This is the LipoSelection difference. Gentle suction and massage of the reshaped site removes liquefied fat cells with ease – again, without significantly damaging blood vessels, nerves or connective tissues. Preserving these tissues enhances healing, promoting smooth and tight skin retraction.

Only VASER technology provides the tissue-selective LipoSelection procedure, targeting fatty deposits with little disturbance to the rest of the tissue matrix. As a result, LipoSelection patients consistently report low-to-minimal pain, bruising, swelling, and down time. Physicians report consistent, predictable results and an enhanced ability to sculpt and contour a patient's physique. Many patients are able to return to their normal activities in a matter of days rather than weeks. Pain and bruising is often so minimal that patients require only over-the-counter medication.

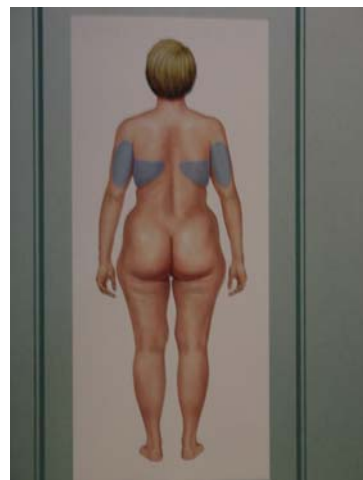
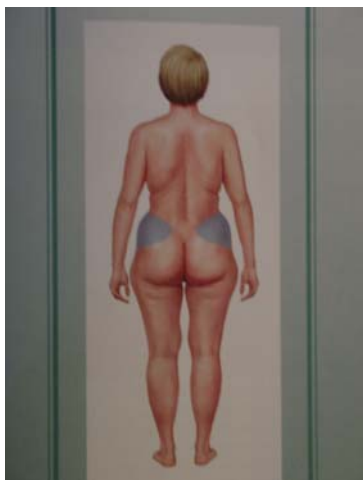
Who is a candidate for this procedure? If you are healthy and seeking a fast, minimal-pain solution to losing excess fat, VASER LipoSelection could be your answer.

We have used ultrasound for years to catch the first glimpse of a baby – even to clean our teeth, but now this gentle energy source has evolved to fat removal. That’s the beauty of VASER LipoSelection – it’s a gentle procedure, causing little trauma to surrounding tissues, promoting fast healing and smooth, natural-looking results.

For more information about LipoSelection, please visit (www.floridaamigos.com) or call (305-596-3744).

I am concerned with the following areas:

Circle the areas you are concerned with



Name:

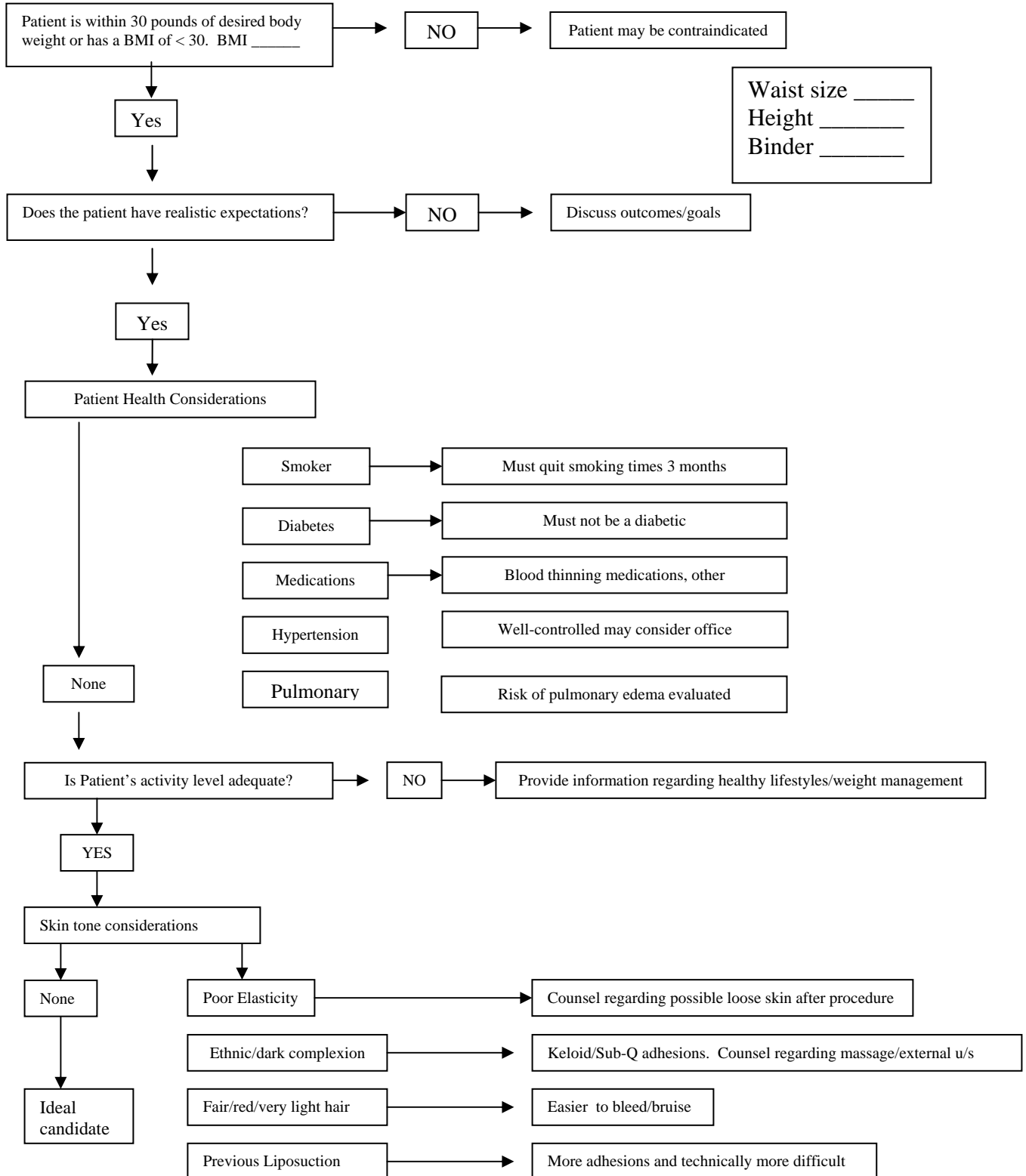


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Date of Service:

R. Wayne Whitted MD, MPH

Paul A. Pietro MD



Pre-Operative Instructions: LipoSelectionSM only by VASER[®]

1. DO NOT SMOKE for two weeks prior to and two weeks after surgery. Smoking decreases your circulation and slows down healing time.
2. DO NOT TAKE ASPIRIN or products containing aspirin for two weeks prior to or following your scheduled surgery. Aspirin has an effect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the post-operative period. **Please read our Medication Alert.**
3. DO NOT DRINK ALCOHOLIC BEVERAGES for 5 days prior to surgery. Alcohol may create complications and increase bruising.
4. IF YOU DEVELOP A COLD, FACIAL SORE, FEVER, OR ANY OTHER ILLNESS PRIOR TO SURGERY, PLEASE NOTIFY US.
5. DAY PRIOR AND SURGERY MORNING, please shower using only antibacterial soap (ask your surgeon). Males receiving abdominal or flank treatment may prefer to shave the treatment area; females receiving abdominal or thigh treatments may prefer to shave pubic areas below the hair line.
6. WEAR COMFORTABLE, DARK, LOOSE-FITTING CLOTHING on surgery day – including a shirt that buttons all the way up the front. Wear nothing that you must put on over your head. Slip-on shoes are recommended for maximum post-operative comfort. We suggest you safeguard your car seat and bedding with a protective cover.
7. LEAVE JEWELRY AND VALUABLES AT HOME. Do not wear wigs, hairpins or hairpieces.
8. AVOID WEARING MAKEUP, FACIAL OR BODY MOISTURIZERS.
9. SURGERY TIMES ARE ESTIMATES ONLY - you could be at the facility longer than indicated.
10. ARRANGE FOR A DRIVER TO AND FROM SURGERY. We cannot discharge you to a taxi. Put a pillow and blanket in the car for the trip home.
11. PLEASE FOLLOW THE DIETARY GUIDELINES INDICATED BY CHECKBOX:
 - ǂ **NPO** (nothing by mouth) after midnight prior to surgery
 - ǂ **Fluids only** after midnight prior to surgery
 - ǂ **Light breakfast** day of surgery

I HAVE READ AND FULLY UNDERSTAND THE ABOVE ITEMS 1-11.

Patient Signature _____ Date _____

Witness _____ Date _____

LipoSelectionSM only by VASER® Informed Consent

INSTRUCTIONS

This is an informed-consent document that has been prepared to help inform you concerning LipoSelection only by VASER, its risks, and alternative treatment. 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 your surgeon.

INTRODUCTION

LipoSelection only by VASER is a surgical technique to remove unwanted deposits of fat from specific areas of the body, including the face and neck, upper arms, upper and lower back, abdomen, buttocks, hips, inner and outer thighs, knees, calves, and ankles. This is not a substitute for weight reduction, but a method for removing localized deposits of fatty tissue that are difficult to reduce. LipoSelection using VASER technology is usually performed but itself and is normally not reimbursed by insurance. Very occasionally body contouring may be combined with other surgical techniques.

The best candidates for LipoSelection only by VASER are individuals of relatively normal weight who have excess fat in particular body areas. Having firm, elastic skin will result in a better final contour after lipoplasty. Skin that has diminished tone due to stretch marks, weight loss, or natural aging will not reshape itself to the new contours and may require additional surgical techniques to remove and tighten excess skin. Body-contour irregularities due to structures other than fat cannot be improved by this technique. Lipoplasty itself will not improve areas of dimpled skin known as "cellulite".

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

There are a variety of different techniques used for lipoplasty and care following surgery. LipoSelection only by VASER may be performed under local or general anesthesia, and requires the infiltration of fluid containing dilute local anesthetic and epinephrine into areas of fatty deposits. This technique can reduce discomfort at the time of surgery, as well as reduce post-operative bruising. Support garments and dressings are worn after surgery to control potential swelling and promote healing, to provide comfort and support, and to help skin better fit new body contours.

ALTERNATIVE TREATMENT

Alternative forms of management consist of not treating the areas of fatty deposits. Diet and exercise regimens may be of benefit in the overall reduction of excess body fat. Direct removal of excess skin and fatty tissue may be necessary in addition to lipoplasty in some patients. Risks and potential complications are associated with alternative forms of treatment that involve surgery.

Patient Initials _____

RISKS AND SIDE EFFECTS OF LIPOSELECTION ONLY BY VASER

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved with LipoSelection only by VASER. 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 these complications, you should discuss each of them with your surgeon to make sure you understand the risks, potential complications, and consequences of LipoSelection only by VASER.

- **Patient Selection.**

Individuals with poor skin tone, medical problems, obesity, or unrealistic expectations may not be candidates for LipoSelection only by VASER.

- **Allergic reactions.**

Rarely, local allergies to tape, suture material, or topical preparations utilized in lipoplasty procedures have been reported. More serious systemic reactions due to drugs administered during surgery and prescription medicines may require additional treatment.

- **Asymmetry.**

Due to factors such as skin tone, bony prominence, and muscle tone, which can contribute to normal asymmetry in body features, it may not be possible to achieve symmetrical body appearance through lipoplasty procedures.

- **Bleeding.**

While unusual, it is possible to have a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or require a blood transfusion. Non-prescription herbs and dietary supplements can increase the risk of surgical bleeding. Do not take any aspirin or anti-inflammatory medications for 2 weeks before surgery, as this may increase the risk of bleeding. Please review our Medication Alert for products and ingredients to be avoided for 2 weeks prior to and 2 weeks following your scheduled LipoSelection procedure, and consult your doctor before taking anything.

- **Change in skin and skin sensation.**

A temporary decrease in skin sensation may occur following LipoSelection only by VASER. This usually resolves over a period of time. Diminished or complete loss of skin sensation that does not totally resolve could potentially occur, as it infrequently has with various lipoplasty procedures.

- **Chronic pain.**

Chronic pain and discomfort following LipoSelection only by VASER is unusual.

- **Infection.**

Infection is unusual following this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary. Although extremely rare, life-threatening infections such as toxic shock syndrome could occur after lipoplasty surgery, regardless of the technology utilized.

- **Long-term effects.**

Subsequent alterations in body contour may occur as a result of aging, weight loss or gain, pregnancy, or other circumstances not related to LipoSelection only by VASER.

- **Pulmonary complications.**

In extremely rare cases, fat droplets could become trapped in the lungs to create a possibly fatal complication called fat embolism syndrome. Pulmonary complications may occur secondarily to blood clots (pulmonary emboli) or partial collapse of the lungs after general anesthesia. Should either of these complications occur, you may require hospitalization and additional treatment. In some circumstances, pulmonary emboli can be life-threatening or fatal.

- **Scarring.**

Although the incisions created for LipoSelection only by VASER are minimal and good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues in rare cases. Such scars may be unattractive and of a different color than surrounding skin. Additional treatments, including surgery, may be necessary to treat abnormal scarring

Seroma.

While LipoSelection only by VASER has reduced the incidence and severity of seromas associated with lipoplasty procedures, such fluid accumulation is possible and could require additional treatments or surgery to promote drainage.

Patient Initials _____

RISKS AND SIDE EFFECTS OF LIPOSELECTION ONLY BY VASER, CONTINUED

- **Skin discoloration and/or swelling.**

Although LipoSelection only by VASER typically reduces or eliminates the skin discoloration and swelling normally resulting from lipoplasty procedures, such could occur and, in rare situations, persist for extended periods of time. The incidence of permanent skin discoloration is rare.

- **Skin contour irregularities.**

As LipoSelection only by VASER selectively targets fat cells, leaving other essential tissues intact, skin contour irregularities and depressions in the skin are unlikely but possible. Visible and palpable wrinkling of skin can occur, particularly when large quantities of fat cells are removed and/or the skin is lacking good elasticity. Post-operative skin contour irregularities could necessitate additional treatments including surgery.

- **Skin loss.**

Additional treatments including surgery could be necessary in the unlikely event that skin loss occurs following your LipoSelection treatment.

- **Surgical anesthesia.**

All forms of surgical anesthesia or sedation, whether administered locally or generally, carry risks including the possibility of complication, injury, and even death.

- **Surgical shock.**

LipoSelection only by VASER could conceivably cause severe trauma, particularly when multiple or extensive areas are treated in a single session. Although serious complications are a rarity, infections or excessive fluid loss could lead to severe illness and even death. Should surgical shock occur following your LipoSelection by VASER treatment, hospitalization and additional treatment would be necessary. Individuals undergoing LipoSelection procedures to remove large volumes of fat are at greater risk of complications. Patients contemplating large-volume lipoplasty – that is, greater than 5000 cc, may be advised to undergo post-operative monitoring and aftercare that involves overnight hospitalization.

- **Lidocaine toxicity.**

There is the possibility that large volumes of fluid containing dilute local anesthetic drugs and epinephrine that is injected into fatty deposits during surgery may contribute to fluid overload or systemic reaction to these medications. Additional treatment including hospitalization may be necessary.

- **Ultrasonic technology.**

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

- o **Burns** – Ultrasonic energy may produce burns and tissue damage either at the incision site or in other areas if the probe touches the undersurface of the skin for prolonged periods of time. If burns occur, additional treatment and surgery may be necessary.
- o **Probe Fragmentation** – Ultrasonic energy produced within the probe(s) may cause disintegration (fragmentation) of the surgical instrument. The occurrence and effect of this is unpredictable. If this should occur, additional treatment including surgery may be necessary.
- o **Unknown risks** – The long term effect on tissue and organs of exposure to short-duration, high intensity ultrasonic energy is unknown. The possibility exists that additional risk factors resulting from the use of ultrasound in LipoSelection by VASER could potentially be discovered.

Other. While we have attempted to assist you in building realistic expectations for your LipoSelection by VASER treatment, you may be disappointed with your surgical results. However infrequent, it may be necessary in your case to perform additional surgery to improve results.

Patient Initials _____

ADDITIONAL SURGERY NECESSARY

There are many variable conditions in addition to risk and potential surgical complications that may influence the long term result of LipoSelection only by VASER. Even though risks and complications are unusual, the risks cited above are particularly associated with lipoplasty procedures utilizing suction and/or ultrasound technologies. Other complications and risks can occur but are even more uncommon. If complications should occur, additional surgery or other treatments may be necessary. The practice of medicine 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.

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 upon where the surgery is performed. Due to the proprietary nature and expense of the technology utilized, your bill may reflect a separate and additional fee for the use of VASER equipment specific to your procedure. Based upon whether the cost of surgery is covered by an insurance plan, you will be responsible for necessary copayments, deductibles, and charges not covered. As an elective, cosmetic procedure, LipoSelection only by VASER is not typically covered by insurance, placing full responsibility for payment upon the patient. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day-surgery charges incurred due to remedial surgery are also the responsibility of the patient.

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. Your surgeon may provide you with additional or different information that 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.

Patient Initials _____

Consent for Surgery / Procedure or Treatment

I have received and read the following information sheet:

LipoSelectionSM only by VASER[®] Informed Consent (VASER Assisted Lipoplasty)

I understand that LipoSelection only by VASER is an elective surgery procedure to remove body fat from specific area(s) of the body. The procedure has been explained to me in a way that I understand. I have had the opportunity to ask questions, and my questions have been answered. Alternative methods of treatment have been discussed with me. I acknowledge that no guarantee has been given by anyone as to the results that I may obtain. Although a good result is expected, I understand that there are risks to the procedure or treatment proposed, as detailed in the preceding information pages. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involve risk and the possibility of complications, injury, and sometimes death.

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

I consent to the disposal of my body fat that is removed.

Having discussed the reasonable expectations of LipoSelection only by VASER with me and answered all of my questions to my satisfaction, I hereby authorize Drs. Whitted and Pietro, and such assistants as needed to perform LipoSelection only by VASER and any other procedure(s) that in their judgment may be necessary or advisable should unforeseen circumstances arise during surgery. With my signature below I hereby consent to having LipoSelection only by VASER and to the above.

Please rewrite in your own handwriting: **I understand that the practice of medicine is not an exact science and although good results are expected there can be no guarantee as to the results.**

Patient Signature _____ Date _____

Witness Signature _____ Date _____

We, Drs. Whitted and/or Pietro, certify that we or a member of our staff has discussed all of the above with the patient and have answered all questions regarding the LipoSelection procedure. I believe the patient fully understands what I have explained and answered.

Surgeon Signature _____ Date _____

Tobacco Smokers and Social Drugs Consent

I understand that tobacco smoking increases health risks. Drs Whitted, Pietro, and staff have advised me to stop smoking and, if that is not possible, to drastically reduce the amount of my smoking, and to discontinue all smoking for two weeks before and two weeks after my surgery. It has been explained to me that there is decreased circulation secondary to smoking of tobacco and/or marijuana and that this can cause a delay in wound healing as well as skin breakdown, skin loss and scarring. As a smoker, I understand that the surgery will have to be more conservative and less aggressive than usual to try to avoid these complications, which may still occur, despite the doctor's best efforts to avoid them. This has been fully explained to me and I relieve Drs. Whitted and Pietro from any responsibility related to the increased risks from my smoking habits.

Patient Signature _____ Date _____

I am a non-smoker of tobacco.

Signature _____

I do not use social drugs.

Signature _____

Witness Signature _____ Date _____

Consent for Taking and Publication of Photographs, Videotape, and/or Computer Images

Patient name (please print): _____ DOB: _____

Requested by: (Dr.) Whitted and/or Pietro

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

Pre- and post-operative photographs will be taken of my treatment for record purposes. The photographs shall be taken by my physician or someone approved by my physician. I understand that these photographs will be the property of the attending physician and Sound Surgical Technologies.

The aforementioned photographs shall be used only for medical records by my physician and/or Sound Surgical Technologies.

I have had the opportunity to discuss this consent with my surgeon and agree that all of my questions have been answered.

I have read and fully understand and consent to the above items.

Patient Signature _____ Date _____

Witness Signature _____ Date _____

Post-Operative Instructions: LipoSelectionSM only by VASER®

IF YOU EXPERIENCE EXCESSIVE PAIN OR BLEEDING, FULLNESS OR REDNESS IN TREATMENT AREAS, OR FEVER, PLEASE CALL US IMMEDIATELY:

- 1) **DRIVING:** A family member or friend 18 years or older must drive you home from your surgery (it is best to have them stay and assist you the first 24-48 hours). Please do not drive yourself for at least 2 days after general anesthesia or intravenous sedation, or while taking prescription pain medication.
- 2) **COMPRESSION GARMENTS:** If you had LipoSelection performed on your knees, thighs, hips, or abdomen, a special elastic-type garment was put on at the end of your surgery to provide comfort and support while helping your skin conform to your new body contour. If your surgical garments were placed on you inside out, please continue to wear them that way to assure no irritation from the seams. The day following your surgery, you may remove the garment once a day for laundering, sponge bathing and bandage changing. Continue wearing the surgical garment 24 hours a day (with exception above) for the first 3-7 days and as directed by your doctor for the second week, followed by 12 hours daily for 2 weeks or as instructed by your doctor. **Neck patients must wear chin garments for 3-4 full days with no removal, followed by 4-7 days as often as possible.**
- 3) **BATHING or SHOWERING:** Unless wearing a compression garment (above), you may take a bath 24 hours after your surgery, but showers should be avoided for 72 hours. Whirl Pools and hot tubs are permitted only after your incision sites have closed, usually at least one week after surgery. Soaking in warm baths of tap water and doing self-massage is also very helpful.
- 4) **TREATMENT SITES:** Please keep your dressings as clean and dry as possible, changing daily to help prevent infection but not removing them unless we instruct you to do so. **Do not apply heat or ice to the surgical areas.** You should expect some drainage (oozing) of blood-tinged anesthetic solution at the incision site(s) due to fluids injected during your procedure. Although the fluid may appear red, it is mostly anesthetic solution and saline and only 1% blood. In general, the more drainage there is, the less bruising and swelling there will be. Many patients have found it helpful to use a shower curtain or other protective covering on their mattress for the first few days after their LipoSelectionSM procedure. As your incision(s) stop draining, please clean with tap water and apply petroleum jelly to the incision. Cover it only if your garments are rubbing on the incisions. Itching, pulling, pinching, hardness, tightness and/or numbness sensations are also normal. All should subside within 24 hours – 1 week, but sometimes can last for months following surgery. This is a part of the healing process and your patience is appreciated.
- 5) **ACTIVITY:** Rest for the first 12 hours. It is normal to experience lightheadedness when rising or removing/ changing your compression garments. Please have someone help you with this for the first few days after surgery. Take it easy the first week, resuming normal activity as tolerated. Experiencing more than mild swelling or discomfort may indicate that you are over-doing it. Avoid strenuous activities, lifting over 10 lbs., or aerobic exercise for 2 – 3 weeks. Protect incisions / any bruised areas from the sun until completely healed; use SPF 30 or greater for 6 months. Avoid tanning until bruising has faded, which normally takes 10-14 days. If you like, feel free to treat yourself to a gentle massage during your postoperative course. Therapeutic massage is very helpful to speed the healing process and may be done beginning 2 weeks after surgery, as often as every other day and as hard as you can tolerate. The chin is the only area you **should not** massage.
- 6) **DIET:** If you experience any post-operative nausea, try carbonated sodas and dry crackers to help settle your stomach. Nausea may likely be caused by your post-operative medications, and we advise that you take them with food whenever possible. If your stomach feels normal, start slowly with liquids and bland foods, progressing to soups or gelatin, finally resuming a regular diet. Please drink plenty of clear fluids.
- 7) **ALCOHOL:** Prior to your surgery, we discussed how alcohol dilates your blood vessels, which could increase post-operative bleeding. As alcohol combined with medication can be dangerous, it is especially important that you do not consume alcohol as long as you are taking over-the-counter or prescription pain medication following your surgery.
- 8) **SMOKING:** We continue to stress the importance of not smoking. Smoking reduces capillary flow in your skin and can slow down healing time. **Do not smoke at all** during the first 14 days after surgery.
- 9) **EXPECTATIONS:** Remember, the goal of fat removal is not weight loss, but improved contour. In

BODY MASS INDEX

The body mass index (BMI) is a mathematical formula that describes relative weight for height. It is used to estimate body fat content and to predict the risk of certain health conditions, such as heart disease, diabetes, and some cancers. While the BMI is useful as a general guideline, it does not distinguish excess fat from muscle. You should consult with your healthcare provider in order to determine your ideal weight.

Instructions: Find your height in the column on the left. Move across the table until you find your weight. The corresponding number at the bottom of the column is your BMI.

Height: Weight (In Pounds)

4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	248	250	257
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38

Body Mass Index Classifications

Underweight: <18.5 Overweight: 25–29.9

Normal: 18.5–24.9 Obese: > 30

Medication Alert

During the 2 weeks preceding your surgery do not take any medications containing aspirin because of its blood-thinning effects. This will increase your tendency to bleed during and after surgery. If you must take minor pain medication, take Tylenol only. If you are allergic to Tylenol, let us know and we will substitute something acceptable. Please look carefully at all medicines you are taking to confirm none have aspirin (acetylsalicylic acid) in them. If you do not know contact your pharmacist.

If you are on any anti-rheumatoid, anti-arthritis, anti-coagulant medications let us know.

If you take an anti-depressant let us know.

The following medications should be stopped 2 weeks prior to your procedure:

Achromycin	Buffets 11	Eutron	Nicobid (gum/patch)	Sine-Off
Acoda	Buffinol	Eutronyl	Norgesic products	Sinequan
Acuprin	Butalbital	Excedrin	Norpramin	Sinutab
Advil	Butazolidin	Fastin	Nortriptyline	SK-65 Compound
Alcohol	Carna Arthritis	Feldene	Novahistine	Soma Compound
Aleve	Carbamazepine	Fenfluranmine	Nuprin	St. Joseph's
Alka-Seltzer	Carisoprodol	Fiorinal	Oraflex	Stanback
Amitriptyline	Cephalgesi	Fish oil	Oral Contraceptives	Stendin
Amoxapine	Cheracol	Flagyl	Ornade	Sulindac
Amytal	ChlorTrimeton	Flexeril	Orudis	Sumycin
Anacin	Clinoril	Four Way Products	PAC	Supac
Anadynos	Co-tylenol	Furazolidone	Pabirin	Surmontil
Anaphen Hiprin	ColBenemid	Furoxone	Pamelor	Synalgos-DC
Anaprox	Colchicine	Gaysal-S	Punalgesic	Tagamet
Anexia	Comptrex	Gelpirin	Panasal	Talwin
Ancasal	Congesprin	Gemnisin	Pargyline	Tegretol
Ansaid	Cope	Goody's x-xtra	Parnate	Tenuate Dospan
A.P.C.	Coriciddin	HRT	Pediaprofen	Tetracycline
Aphrodyne	Cosprin	Ibuprofen	PeptoBismol	Tofranil
Argesic-SA	Coumadin	Imipramine	Percodan	Tolectin
Arthritis Pain Formula	CP-2	Indocin	Perphenazine	Tolmetin
Arthritis Strength	Damason P	Indomethacin	Persantine	Toradol
Arthropan	Darvon	Isocarboxazid	Phenaphen	Trandate
ASA compound	Daypro	Limbitrol	Phenelzine	Tranlycypromine
Ascodeen	Desipramine	Lodine	Phenergan	Trental
Ascriptin	Dolpern	Magsal	Phenylbutazone	Trigesic
Aspergum	Dolobid	Ludiomil	Phentermine	Triavil
Aspirin Suppository	Disalcid	Lortab	Phentemine	Triaminicin
Atromid-S	Donnatal	Maprotiline	Pondimin	Tilisate
Axotal	Doxepin	Marplan	Ponstel	Timipramine
Axdone	Dristan	Matulane	Procarbazine	Uracel
Azolid	Duragesic	Measurin	Propoxyperene	Vanquish
Bayer Aspirin	Durasal	Meclomen	Protriptyline	Verin
BC tablets/powder	Easprin	Medipren	Prozac	Vibramycin
Brufen	Ecotrin	Methcarbamol	Pyrroxate	Vivactil
Buf-tabs	Encaprin	Micrainin	Redux	Zactri
Buff-A Comp	Endep	Midol	Relafen	Zomax
Buffadyne	Entrophen	Naprosyn	Robaxisal	Zorprin
Buffepirin	Equagesic	Naproxen	Roxiprin	Zyloprin
Bufferin	Etrafon	Nardil	Sine-Aid	

Herbs and Supplements to be avoided:

Aloe	Curry	Ginger	Ma Huang (Ephedra)	Sweet Clover
Bilberry	Dong Quai	Ginko Bilboa	Magnesium	Taurine
Bioflavonoid	Echinacea	Ginseng	Melatonin	Valerian Root
Cayenne	Ephedra	Glucosamine	Oils (Safflower, Omega-6)	Vitamin B-6
Cellasene	Feverfew	Hawthorne	Pantethine	Vitamin E
Celluthin	Fish oil	Kava Kava	Selenium	Wine
Chamomile Tea	GAG's	Licorice Root	St. John's Wort	Yohime
Chondroitin	Garlic			