

# **LipoSite**

## **Liposuction & Tummy Tuck Information Resources**

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### **LIPOSITE.COM – ABDOMINOPLASTY CONSULTATION CHECKLIST**

**Instructions:** Print a copy of this checklist for each of your consultations. Ask permission to take notes during the consultation. If you have any additional questions you would like to ask, we have supplied some blank lines at the end of this checklist and you can write your questions and the answers there. We welcome your feedback on this checklist and are always looking for ways to improve it. If you want to share any comments or suggestions with us, please send an e-mail to: hope@liposite.com.

#### **Section 1 – Consultation Information**

Date of Consultation: \_\_\_\_\_ Time of Appointment: \_\_\_\_\_

Plastic Surgeon's Name: \_\_\_\_\_

Office Phone Number: \_\_\_\_\_

#### **Section 2 – Credentials**

Is the doctor Board Certified? [  ]Yes [  ]No

American Board of Plastic Surgery? [  ]Yes [  ]No If yes, what year? \_\_\_\_\_

List any other board certifications: \_\_\_\_\_

How long have you been practicing plastic surgery? \_\_\_\_\_

How long have you been practicing in this location? \_\_\_\_\_

At which hospitals do you have admitting privileges? \_\_\_\_\_

Are you a member of the American Society of Plastic Surgeons (ASPS)? [  ]Yes [  ]No

How about the American Society for Aesthetic Plastic Surgery (ASAPS)? [  ]Yes [  ]No

Note: The two organizations above are the largest of the professional societies for plastic surgeons. More than 95% of all board certified plastic surgeons are ASPS members. A smaller percentage belong to ASAPS.

#### **Section 3 – Insurance & Licensing**

Check the status of the surgeon's medical license with the state. You can find the contact information for each state's licensing agencies on LipoSite.com.

Does the surgeon carry malpractice insurance? [  ]Yes [  ]No The reason you want to know is to determine if there is any reason why an insurance carrier would not cover the doctor.

#### **Section 4 – Liposuction Experience**

How long have you been performing abdmnoplasties? \_\_\_\_\_

How many times do you perform abdominoplasty surgery in an average year? \_\_\_\_\_

Ask to see before and after photos of some of the doctor's tummy tuck patients.

Ask for references of past abdominoplasty patients. Fill in any contact info on these lines: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Section 5 – Surgical Facilities

Where will the surgery be performed? \_\_\_\_\_

Is the surgical facility accredited? [  ]Yes [  ]No If yes, by whom? \_\_\_\_\_

If you would like, ask for a tour of the surgery facilities after your consultation.

### Section 6 – Your Medical Conditions & Medications

Ask if there are any medical conditions which would prevent you from getting a tummy tuck. (See the list on LipoSite.) \_\_\_\_\_

Write down any of your existing medical conditions so you can discuss them with the plastic surgeon. \_\_\_\_\_

Make a list of the medications you are taking and share them with the doctor. Don't forget to include vitamins and other supplements because they sometimes can cause interactions with anesthesia or other medications your doctor may prescribe. \_\_\_\_\_

### Section 7 – Abdominoplasty Costs

What is the cost of the surgery? \_\_\_\_\_

Does this include the costs of anesthesia, surgical facilities, etc.? [  ]Yes [  ]No If the answer is No, what are the additional costs? \_\_\_\_\_

Do I need to purchase any medications? [  ]Yes [  ]No If yes, Cost? \_\_\_\_\_

Do I need to purchase any supplies for my recovery, such as ice packs, recovery garments, etc? [  ]Yes [  ]No If yes, what do I need to buy and what is the cost? \_\_\_\_\_

Are there fees for follow-up visits? [  ]Yes \$\_\_\_\_\_ [  ]No

When is payment due? Deposit (Date & Amount) \_\_\_\_\_

Final payment (Date & Amount) \_\_\_\_\_

What is your cancellation and refund policy? \_\_\_\_\_

If you are interested in learning about financing for your abdominoplasty, ask about it.

### Section 8 – Anesthesia

What type of anesthesia will you use? \_\_\_\_\_

Who will administer the anesthesia? \_\_\_\_\_

What are their credentials? \_\_\_\_\_

Note: You can often check these credentials with the same organization that does medical licensing in your state. See FaceForum for more details.

Are there any special instructions I will need to follow for the anesthesia, such as eating/drinking or medication restrictions? \_\_\_\_\_

\_\_\_\_\_

How can I expect to feel after waking and will I need a ride home? \_\_\_\_\_

\_\_\_\_\_

### **Section 9 – The Abdominoplasty Procedure**

Ask for a description of the procedure and record any notes here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How long will the surgery take? \_\_\_\_\_

How long before surgery must I arrive? \_\_\_\_\_

How much time will I be in recovery before I can leave for home? \_\_\_\_\_

In your experience, what kind of complications and complication rates have you seen? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Section 10 – Post-Operative Care**

Are there any special instructions I should follow once I get home? (Note: You will usually getting a printed instruction sheet.) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Are there any supplies I should buy and keep on hand for my recovery? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Will I need any special assistance in the days following abdominoplasty? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What kinds of things should I be on the alert for that would indicate an emergency for which I should contact you? \_\_\_\_\_

\_\_\_\_\_

What are your emergency contact numbers? \_\_\_\_\_

\_\_\_\_\_

What kind of pain medications will I be given? \_\_\_\_\_

When can I resume normal activity? \_\_\_\_\_

When can I drive again? \_\_\_\_\_

When can I return to work? \_\_\_\_\_

What is the normal follow-up visit schedule after abdominoplasty surgery? \_\_\_\_\_

**Section 11 – Healing**

Describe the abdominoplasty healing process. \_\_\_\_\_

What kinds of things are normal after surgery, but tend to upset people anyway? \_\_\_\_\_

**Section 12 – Scheduling Surgery**

When can I schedule my tummy tuck? \_\_\_\_\_

How many days should I plan on being off work or having reduced activity levels after my surgery? \_\_\_\_\_

**Additional Notes:** \_\_\_\_\_