Pre-Operative Packet



WELCOME

The Arkansas Plastic Surgery Staff Welcomes You!

Welcome to your consultation. We are pleased you have chosen us as you consider plastic surgery or aesthetic skin care. We believe you will discover much more than a beautiful facility in an exceptional location.

Every member of our medical and support team – surgeons, nursing personnel, and administrative staff want to help you gather the information you need to make the best possible decision. We will be with you all the way – sharing our skills and genuine concern about you and your ultimate result.

We appreciate your confidence in us, and we assure you that will do our utmost to achieve the result you desire. Arkansas Plastic Surgery is devoted to medical and surgical excellence offering comprehensive surgery services.

At Arkansas Plastic Surgery, we practice the science of plastic surgery, but our art is our personal concerns.

DAVID H. BAUER, M.D.

Dr. David Bauer is a board certified plastic surgeon who has been in practice close to 15 years. Although he trained in all areas of plastic surgery, he has chosen to focus his practice on procedures of the breast and body. "I think it is unlikely that someone can excel at everything, so I have decided to specialize in those areas in which I have the greatest interest." As a result, Dr. Bauer has emerged as one of the premier breast and body contouring surgeons in the state.

EDUCATION

Year School Degree/Position

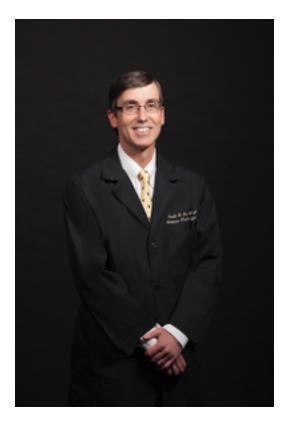
1994-1996 Vanderbilt University Medical Center Residency in Plastic and Reconstructive Surgery

1990-1994 University of Arkansas Medical Center Residency in General Surgery

1989-1990 University of Arkansas Medical Center Internship in General Surgery

1985-1989 Vanderbilt University Medical Center M.D.

1981-1985 Vanderbilt University Medical Center B.A. Mathematics



CERTIFICATION

American Board of Plastic Surgery American Board of Surgery

MEMBERSHIP

American Society of Plastic and Reconstructive Surgeons Arkansas Medical Society

PROCEDURES

Breast Augmentation, Breast Lift, Breast Reduction, Breast Reconstruction, Gynecomastia Procedures, Blepharoplasty, Tummy Tuck (Abdominoplasty), Body Lift, Arm Lift, Liposuction

CURRICULUM VITAE

David H. Bauer, M.D., F.A.C.S.

- DATE AND PLACE OF BIRTH: August 23, 1963, Little Rock, Arkansas
- BUSINESS ADDRESS: 9500 Kanis Road, Suite 502, Little Rock, Arkansas 72205
- EDUCATION:

1981-1985 Vanderbilt University Medical Center, B.A. Mathematics

1985-1989 Vanderbilt University Medical Center, M.D.

1989-1990 University of Arkansas Medical Center, Internship General Surgery

1990-1994 University of Arkansas Medical Center, Residency General Surgery

1994-1996 Vanderbilt University Medical Center, Residency Plastic and Reconstructive Surgery

- **CERTIFICATES:** December 1995: Diplomat of American Board of Surgery September 1998: American Board of Plastic Surgery
- MEMBERSHIPS: Arkansas Society of Plastic Surgeons

Arkansas Medical Society

American Society of Plastic and Reconstructive Surgery-

Candidate 10/96

American Medical Association Pulaski County Medical Society

ANESTHESIA OPTIONS

Whenever you are heavily sedated or have general anesthesia, you put your life in someone else's hands. Much of that responsibility falls to the person administering the medications and monitoring your vital signs. You need to know the qualifications of the person assuming that responsibility. Their training can range from specialization after earning a medical degree (anesthesiologists) to specialization after nursing training (nurse anesthetists) to nursing training only.

We have chosen to use board-certified anesthesiologists for all of our general anesthesia and for monitored anesthesia care. Some of our anesthesiologists are board certified in at least one other specialty as well. We choose physicians who are in active practice at a hospital because we believe their skills will be at the highest level in the event of an emergency.

OTHER ANESTHESIA - CERTIFIED REGISTERED NURSE ANESTHETIST (CRNA)

A CRNA is an RN who has completed an additional two years of specialized training in anesthesiology. Their certification is also overseen by each state's Board of Nursing. In contrast to an RN, a CRNA is able to administer general anesthesia.

YOUR SURGEON

In some centers your surgeon may actually be the person administering the medications to make you drowsy during your surgery. Almost never does he or she personally monitor your vital signs. This is usually done by a member of his staff, most often a nurse.

REGISTERED NURSE (RN)

Each state has its own Board of Nursing, but there is a great deal of common requirements between states. He or she is licensed to administer intravenous drugs at the direction of the surgeon and monitor your vital signs.

CERTIFIED PLASTIC SURGICAL NURSE (CPSN)

These nurses have worked full time for a minimum of two years in the field of plastic surgery before they are eligible to take a national certifying exam.

CERTIFICATION OF THE FACILITY

At the present time there are few local, state or federal laws requiring office-based operating rooms be certified. Any physician may perform any procedure in an office as long as basic fire and safety codes are met. No level of sanitation, patient care, monitoring or peer review is required. Unfortunately, tragic consequences have occurred because of faulty equipment, lack of trained personnel and inadequate emergency equipment. As a result, there will most likely be requirements imposed in the future, but for now certification is purely voluntary.

GOING TO THE SURGERY CENTER

Going to the operating room is not a normal experience for most of us. Your surgeon and all of the professional staff caring for you recognize the natural anxiety with which most patients approach this step in the process of achieving their goals. We believe a description of the surgery experience will be helpful.

Your surgery will be performed in a state-of-the-art operating suite. YOU WILL NEED TO ARRIVE 90 MINUTES EARLY the day of your surgery.

Specialists using modern equipment and techniques will attend to you. The team includes a board-certified anesthesiologist, a trained operating room technician and a registered nurse in charge of the operating room.

When you arrive, you will be escorted to the surgery suite. You will be asked to change into a gown and robe and will be given foot covers. Your surgeon and the anesthesiologist will meet with you before you enter the operating suite. This is the time for final surgical planning; it is also when we will do basic preparation or draw on your skin as needed. There will be time for last minute questions.

Once you enter the operating room, the staff will do everything they can to make you feel secure. You will feel comfortable on a deeply padded operating table, and the nurse or the anesthesiologist will start an intravenous drip in your arm. At the same time, to ensure your safety, our staff will connect you to monitoring devices. Medicines that will make you drowsy will flow through the tubing into a vein in your arm.

THE RECOVERY ROOM

When your surgery has been completed and your dressings are in place, you will be moved to the recovery room. You will be connected to monitoring equipment constantly. During this period, a fully trained recovery room nurse will take care of you and remain with you at all times. The registered nurses in the recovery room are specially certified for advanced cardiac life support. The recovery room is equipped just like one in a hospital, and that is one of the reasons this facility is fully accredited.

Your stay in the recovery room will last from 1 to 4 hours, depending on how soon you are ready to leave. Most patients are fully awake within 30-60 minutes after surgery but may not remember much about their stay in the recovery room.

POST SURGERY ARRANGEMENTS

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

PREPARING FOR SURGERY (STARTING NOW)

STOP SMOKING Smoking reduces circulation to the skin and impedes healing.

TAKE MULTI- VITAMINS Start taking multivitamins twice daily to improve your general health once you have scheduled your surgery.

TAKE VITAMIN C Start taking 500 mg of Vitamin C twice daily to promote healing.

DO NOT TAKE ASPIRIN OR IBUPROFEN

Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).

LIMIT VITAMIN E Limit your intake of Vitamin E to less than 400 IU per day.

FILL YOUR PRESCRIPTIONS You will be given prescriptions for medications. Please have them filled BEFORE the day of surgery and bring them with you IF you were instructed to do so.

THE DAY BEFORE SURGERY

CONFIRM SURGERY TIME Please call the surgical facility to confirm the start time of your surgery. You will need to arrive at the surgical facility 90 minutes early.

PRESCRIPTIONS Not all surgeons give prescriptions prior to the day of surgery. If you were given prescriptions to fill ahead of time, and have been instructed to start any medication prior to surgery, please make sure you do so. There is no need to bring prescriptions with you if you are instructed to begin taking them after surgery. If you were not given prescriptions prior to surgery, there is no need to call or worry. They will be given to you when you arrive at the facility for surgery.

CLEANSING The night before surgery, shower and wash the surgical areas with Dial soap.

EATING AND DRINKING

DO NOT EAT OR DRINK ANYTHING AFTER 12:00 midnight. Do not sip on water. Do not chew a piece of gum. Do not suck on a piece of hard candy nor an ice chip. NOTHING AFTER MIDNIGHT!

SPECIAL INFO

DO NOT EAT OR DRINK ANYTHING! If you take a daily medication, DISCUSS THIS WITH YOUR SURGEON PRIOR TO YOUR SURGERY DATE.

ORAL HYGIENE You may brush your teeth but DO NOT SWALLOW THE WATER.

CLEANSING Shower and wash the surgical areas again with Dial soap.

MAKE-UP Please do not wear moisturizers, creams, lotions, or makeup.

CLOTHING Wear only comfortable, loose-fitting clothing that does not go over your head, but rather buttons up the front. Remove hairpins, wigs, and jewelry including removal from all piercings. Please do not bring valuables with you.

NAILS All fingernail polish and/or acrylic nails must be removed from both index fingers. You may leave polish and acrylic nails in place on the remaining nails.

CHECK IN TIME You are to check in the facility 90 minutes PRIOR TO SCHEDULED TIME. As stated above, if you were not given prescriptions, you will receive them upon arrival at the facility. Patients less than 18 years old must be accompanied by a parent or legal guardian.

MEDICATIONS

BC Powder

GENERAL INFORMATION The doctor and the nursing staff have given you prescriptions for your comfort and care. It is important that you use the medications as directed unless you experience abnormal symptoms that might be related to medication usage.

Symptoms such as itching, development of a rash, wheezing, and tightness in the throat would probably be due to an allergy. Should these occur, discontinue all medications and call the office for instructions during office hours, call the medical exchange if after hours, or call 911 in case of emergency.

MEDICATIONS TO AVOID BEFORE SURGERY

If you are taking any medications on this list, they should be discontinued 2 weeks prior to surgery and only acetaminophen products such as Tylenol should be taken for pain. All other medications, prescriptions, over-the-counter and herbal – that you are currently taking must be specifically cleared by your surgeon prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your surgeon and the nursing staff.

Aspirin Medications to Avoid: Affect blood clotting.

Gensan

4-Way Cold Tabs Reliever Isollyl Improved Pepto Bismol 5-Aminosalicylic Acid Carisoprodol Compound Kaodene Percodan Products Acetilsalicylic Acid Cataflam Ketoprofin Phenaphen/Codeine #3 Actron Cheracol Ketorolac Pink Bismuth **Actin-B Products** Choline Magnesium Lodine Piroxicam Lanorinal Propoxyphene Compound Aleve Trisalicylate Alka-Seltzer products Choline Salicylate Ibuprohm products Amigesic Argesic-SA Lodine Robaxisal Cope Anacin products Coricidin Lortab ASA Rowasa Anexsia w/Codeine Cortisone Medications Roxeprin Magan Magnaprin products Saleto products Argesic-SA Damason-P Arthra-G Darvon Compound-65 Magnesium Salicylate Salflex Arthriten products Salicylate products Darvon/ASA Magsal **Arthritis Foundation** Diclofenac Marnal Salsalate **Products** Dipenturn Marthritic Salsitab Arthritis Pain Formula Disalcid Scot-Tussin Original 5-Action Mefenamic Acid Arthritis Strength BC Doan's products Meprobamate Dolobid Mesalamine Sine-off Powder Arthropan Dristan Methocarbarnol Sinutab **ASA** Duragesic Micrainin Sodium Salicylate Sodol Compound Asacol Easprin Mobidin Ecotrin products Ascriptin products Mobigesic Soma Compound **Empirin** products Momentum St. Joseph Aspirin Aspergum Asprimox products Equagesic Sulfasalazine Mono-Gesic Etodolac Axotal Motrin products Supac Excedrin products Naprelan Suprax Azdone Synalgos-DC Azulfidine products Fiorgen PF Naproxen B-A-C Fiorinal products Night-Time Effervescent Talwin Flurbiprofen Cold Triamicin Backache Maximum Strength Relief Gelpirin Norgesic products Tricosal **Bayer Products** Norwich products Genprin Trilisate

Olsalazine

Tussanil DH

Bismatrol products Goody's Extra Strength Orphengesic products Tussirex products Buffered Aspirin Headache Powders Orudis products Ursinus-Inlay Bufferin products Halfprin products Oxycodone Vanquish Buffetts 11 Pabalate products **IBU** Wesprin P-A-C Willow Bark Buffex **Ibuprin** products

Butal/ASA/Caff Ibprohm Pain Reliever Tabs Zorprin

Butalbital Compound Indocin products Panasal Cama Arthritis Pain Indomethacin products Pentasa

Ibuprofen Medications to Avoid: Affect blood clotting.

Acular (ophthalmic) Haltran Nabumetone Rhinocaps Advil products Indochron E-R Nalfon products Sine-Aid products Anaprox products Naprosyn products Sulindac Indocin products Ansaid Ketoprofen Naprox X Suprofen Clinoril Ketorolac Nuprin Tolectin products Ocufen (ophthalmic) Daypro **Ibuprin** Tolmetin **Dimetapp Sinus** Ibuprofen Oruvail Toradol Dristan Sinus Meclofenamate Oxaprozin Voltaren

Feldene Meclomen Ponstel
Fenoprofen Menadol Profenal
Genpril Midol products Relafen

Avoid ALL Diet Aids – **Including Over-the-Counter & Herbal:** *Intensify anesthesia, serious cardiovascular effects.*

Tricyclic Antidepressants to Avoid: Intensify anesthesia, cardiovascular effects.

Doxepin Maprotiline **Tofranil** Adapin Amitriptyline Norpramin Elavil Triavil Amoxapine Nortriptyline Trimipramine Endep Anafranil Etrafon products Pamelor Vivactil

Asendin Imipramine Pertrofane
Aventyl Janimine Protriptyline
Clomipramine Limbitrol products Sinequan
Desipramine Ludiomil Surmontil

Other Medications to Avoid: Affect blood clotting.

Dicumerol Soltic 4-Way w/Codeine Macrodantin A.C.A. Dipyridamole Mellaril Sparine Doxycycline A-A Compound Miradon Stelazine Emagrim Accutrim Opasal Sulfinpyrazone Enoxaparin injection Actifed Pan-PAC Tenuate

Fish Oil Pentoxyfylline Tenuate Dospan Anexsia Persantine Anisindione Flagyl Thorazine Fragmin injection Phenylpropanolamine Ticlid Anturane Arthritis Bufferin Furadantin Prednisone Ticlopidine Garlic Protarnine Trental BC Tablets Childrens Advil Garlic Oil **Pyrroxate** Ursinus Clinoril C Heparin Ru-Tuss Virbamycin

Contac Hydrocortisone Salatin Vitamin E Coumadin Isollyl Sinex Warfarin

Calteparin injection Lovenox injection Sofarin

Salicylate Medications, Foods & Beverages to Avoid: Affect blood clotting.

Amigesic (salsalate) Pabalate Almonds Garlic Disalcid (salsalate) Pepto-Bismol (bismuth Apples Ginger Doan's (magnesium subsalicylate) Apricots Grapes salicylate) Blackberries Salflex (salsalate) **Pickles** Dolobid (diflunisal) Salsalate Boysenberries Prunes Salsitab (salsalate) Cherries Magsal Raspberries Pamprin (Maximum Pain Trilisate (choline Chinese Black Beans Strawberries Relief) salicylate + magnesium Cucumbers **Tomatoes** Mobigesic salicylate) Wine Currants

Vitamins and Herbs to Avoid:

Chromium

Affecting blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage.

Note: Just because it is not on this list does not mean that it is safe to take while preparing for surgery.

Ackee fruit Devil's club Goldenseal Muwort Alfalfa Dong Quai root Gotu Kola Nem seed oil Echinacea Aloe Grape seed Onions Argimony Ephedra Guarana Papaya Barley Eucalyptus Guayusa Periwinkle Fenugreek seeds Bilberry Hawthorn Selenium Bitter melon Feverfew Horse Chestnut St. Johns Wort Burdock root Flax Seed Oil Juniper Valerian/Valerian Root "The Natural Viagra®" Carrot oil Fo-ti Kava Kava Lavender Vitamin E Cayenne Garlic Willow Bank Chamomile Lemon Verbena Ginger Yellow Root

Licorice Root

Yohimbe

Gingko Biloba Coriander Ma Huang **Dandelion Root** Ginseng Melatonin

Gmena

Gingko

If you are taking anything not on this list, please call the office at (501) 219-8388 to notify us and make sure that it is okay.

AS YOU HEAL

Support from family and friends is very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your result to be. Please trust in our knowledge and experience when we discuss your progress with you.

Although plastic surgery has certainly "come out of the closet" in the past decade, your friends may still be reluctant to bring up and discuss what they believe is a private matter. Patients occasionally feel upset that "no one noticed" or "said anything." If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are, respond by saying, "I feel wonderful. I just had cosmetic surgery and I'm recovering." This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject.

DEPRESSION

Quite frequently patients experience a brief period of "let-down" or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better "instantly," even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a "natural" phase of the healing process may help you to cope with this emotional state.

HEALING

Everyone has the capacity to heal themselves to one degree or another. Clearly this ability is variable and depends upon a number of factors such as your genetic background, your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.). Many people believe the surgeon "heals" the patient. No one person can make another heal. Your surgeon can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.

FOLLOWING INSTRUCTIONS

Another major factor in the course of healing is whether you follow the instructions given by your surgeon verbally and in this booklet. Such guidelines are designed to promote the healing process and to prevent the occurrence of anything which may interfere with recovery. It is imperative that you recognize that you are a partner in this process and have a responsibility to follow instructions carefully. The instructions, based on broad experience, are designed to give you the best opportunity for healing without delay or surprise.

POSTOPERATIVE CARE - OUTPATIENT SURGERY

YOUR FIRST 48 HOURS - VERY IMPORTANT

If you have severe pain that is not responding to pain medication, swelling that is greater on one side than the other, incisions that are RED or FEVERISH, a fever of 101 or above, or excessive bleeding, call the office at during the day at 501-219-8388, or the medical exchange at 663-8400 at night.

YOUR FIRST 24 HOURS

If you are going home, an ADULT family member or ADULT friend must drive you because you have been sedated. You will not be allowed to use public transportation. Someone must stay overnight with you. This is important because of the danger of falling or overmedicating yourself. If you choose to go to a postoperative center, they will provide transportation. If you have any questions about these matters, please ask one of our nursing staff.

DRESSINGS

Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so. If you have excessive bleeding or the bandages are too tight, call the office or the medical exchange.

DRIVING

Please don't drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain pills.

FINANCIAL POLICIES

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

PAYMENT OPTIONS

Payment for cosmetic plastic surgery is due in full two weeks prior to your surgery. A 10% downpayment may be required the day you schedule your surgery. We provide a number of payment options which may be used individually or combined according to your wishes.

Cash or Check: Personal check, cashier's check, or cash.
Credit Cards: Visa, Mastercard, American Express, Discover
Financing Plans: We will be happy to assist you with applying for
financing should you so desire. Feel free to obtain financing on-line at:
www.carecredit.com*

*(CareCredit is a credit card program. It is offered by a third-party and is not an "in-house" payment or billing plan. If utilized, paying the minimum amount on deferred interest promotions will not pay off the balance within the promotional period. Please contact CareCredit.com for more information.)

INSURANCE COVERAGE

The benefits paid by insurance companies for surgery vary greatly from carrier to carrier and plan to plan. Therefore, we make every effort to determine in advance if insurance coverage exists. We ascertain the projected insurance payment and the required co-payment. We do this because we believe you need to be as informed as possible before surgery. We know you realize that you are ultimately responsible for the full payment of your account, but we have found that our knowledge and experience can be an important factor in assisting you to collect your maximum benefits.

Please discuss all arrangements regarding payment of your account with us.

CANCELLATION POLICY

We understand that a situation may arise that could force you to postpone or cancel your surgery. Please understand that such changes affect not only your surgeon, but other patients as well. Your surgeon's time, as well as that of the operating room staff, is a precious commodity, and we request your courtesy and concern. Sudden illness of yourself or a death in your immediate family should be the only reasons for cancellation AFTER the deadline has passed. It is very difficult to find someone to move into your time slot with short notice.

If you have any questions or need assistance with financial matters, please ask us to help you.

DOWNPAYMENT

The decision to schedule your cosmetic procedure is very important. When you choose a date on our calendar, you are making a commitment to the doctor and his staff's time, the operating room staff's time and the anesthesiologist's time. Sudden illness of yourself or a death in your immediate family should be the only reasons for cancellation. It is very difficult to find someone to move into your time slot with short notice. This potentially leaves everyone involved with an empty schedule. Therefore, a 10% downpayment of your surgeon's fee or payment in full is required for scheduling. The downpayment or the percentage of your surgeon's fee will be forfeited if you cancel surgery outside of the cancellation policy. If you should cancel your surgery at least 4 weeks (30 days) prior to surgery, the downpayment or payment in full will be refunded.

THE DOWNPAYMENT OR PERCENTAGE OF YOUR SURGEON'S FEE IS NON-REFUNDABLE IF CANCELLATION IS LESS THAN FOUR WEEKS (30 DAYS) PRIOR TO SURGERY.

PLEASE NOTE: THE DOWN PAYMENT OR PAYMENT IN FULL IS REQUIRED AT THE TIME YOUR SURGERY IS SCHEDULED.

It is okay to reschedule to a different date if the change is made at least four weeks prior to your surgery date. Please consider this when scheduling your surgery.

CREDIT CARD A credit card may be kept in a secure data file.

WHEN YOU RETURN THE ORIGINAL PACKET, THE REMAINING BALANCE OF YOUR SURGEON'S FEE IS DUE. YOU MAY NEED A CREDIT CARD ON FILE. IF THE REMAINING BALANCE HAS NOT BEEN PAID TWO WEEKS PRIOR TO YOUR SURGERY DATE, YOUR CREDIT CARD WILL BE CHARGED FOR THE BALANCE DUE.

FMLA PAPERWORK and/or DISABILITY PAPERWORK

There is a one-time \$20.00 fee payable to our office for completion of FMLA and/or Disability paperwork. This fee shall be paid prior to our services being rendered.