

BODY CONTOUR SURGERY

Patient Worksheet

Kaiser Permanente -- Santa Rosa

Plastic Surgery Department

401 Bicentennial Way, MOB West 220
(707) 571-4090

Cosmetic Services Department

3333 Mendocino Avenue, Suite 130
(707) 566-5288

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Date ____/____/____

Name _____ Medical Record # _____

Age _____

Height ____ft ____in

Current Weight ____lbs. Heaviest ____lbs. Lightest ____lbs. Preferred ____lbs.

Pregnancies Yes No how many _____

Do you form keloids or severe scars Yes / No

Where _____

Please list **ALL** medical problems:

Please list **ALL** medications. (List Medication, Dose, & Frequency):

Do you take or have you ever taken in the last month any vitamins, homeopathic medicines, herbs or herbal medicines, botanicals, etc., including echinacea, ephedra (mahuang), garlic, ginko, ginseng, kava, St. John's Wort, or valerian? *(All herbal medicines must be stopped at least 2 weeks before the date of surgery.)* ☐ No If yes, please list.

Have you ever taken cortisone or steroids? Yes / No What, When, How, Why and How Long?

Have you ever taken any type of hormones, including birth control? What, When, Why and How Long?

Please list **ALL** previous surgeries, dates, surgeon, hospital, anesthesia:

Habits

Tobacco use Yes No Type _____ Amount & Duration _____ Quit when? _____

Alcohol use Yes No Type _____ Amount & Duration _____

Drug use Yes No Type _____ Amount & Duration _____

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Allergies

Drug/Food/Allergen

Type of Reaction

Effect of weight loss or gain on areas of concern

Effect of exercise on areas of concern

Will you be having any other elective surgical procedures done at the same time as the desired surgery?

Yes / No

If yes, What _____ By Whom _____

Concerns:

- | | |
|---|---|
| <input type="checkbox"/> Appearance of abdomen | <input type="checkbox"/> Difficulty in personal relations |
| <input type="checkbox"/> Weakness of abdomen | <input type="checkbox"/> Difficulty buying clothing |
| <input type="checkbox"/> Abdomen not responsive to diet | <input type="checkbox"/> Intertrigo (rash in skin folds) |
| <input type="checkbox"/> Abdomen not responsive to exercise | <input type="checkbox"/> Areas not responsive to diet |
| <input type="checkbox"/> Abdominal pain | <input type="checkbox"/> Areas not responsive to exercise |
| <input type="checkbox"/> Appearance of _____ | <input type="checkbox"/> Fat pads out of proportion to body |
| _____ | <input type="checkbox"/> Difficulty in personal relations |
| <input type="checkbox"/> Unsightly scars | <input type="checkbox"/> Appearance in clothes |
| <input type="checkbox"/> Restriction of normal activity | <input type="checkbox"/> Cellulite |
| Describe _____ | <input type="checkbox"/> Skin dimpling or "Cottage Cheese" appearance |
| <input type="checkbox"/> Body image concerns | |

What areas are of concern to you?

Effect of weight loss or gain on the areas of concern?

Effect of exercise on the areas of concern?

What do you wish to achieve from an abdominoplasty, liposuction, lift, etc.?

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We appreciate your visit and we respect your privacy. Who may we thank for referring you? _____

May we contact this person to thank them? Yes / No

At what number(s) may we

- ☐ Call you?
- ☐ Leave a message with a person and tell them we called?
- ☐ Leave a message on an answering machine?

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Ideal Body Weights

HEIGHT	SMALL FEMALE	MEDIUM FEMALE	LARGE FEMALE	SMALL MALE	MEDIUM MALE	LARGE MALE
4'10"	102-111	109-121	116-131			
4'11"	103-113	111-123	120-134			
5'0"	104-115	113-126	122-137			
5'1"	106-113	115-129	125-140			
5'2"	108-121	118-132	128-143	128-134	131-141	128-150
5'3"	111-124	121-135	131-147	130-136	133-143	140-153
5'4"	114-127	124-138	134-151	132-138	135-145	142-156
5'5"	117-130	127-141	137-155	134-140	137-148	144-160
5'6"	120-133	130-144	140-159	136-142	139-151	146-168
5'7"	123-136	133-147	143-163	138-145	142-154	149-168
5'8"	126-139	136-150	146-167	140-148	145-157	152-172
5'9"	129-142	139-153	149-170	142-151	148-160	155-176
5'10"	132-145	142-156	152-173	144-154	151-163	156-180
5'11"	135-148	145-159	155-176	146-157	154-166	161-184
6'0"	138-151	148-162	158-179	149-160	157-170	164-188
6'1"				152-164	160-174	168-192
6'2"				155-168	164-178	172-197
6'3"				158-172	167-182	176-202
6'4"				162-176	171-187	181-207