

BODY CONTOUR SURGERY

Patient Worksheet

Concerns:

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

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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Kaiser Permanente -- Santa Rosa

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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