

## High BMI (BMI>30) Surgery Policy

### Patient BMI:

<25 Healthy Weight

25-29.9 Overweight

30-34.9 Obese

35-39.9 Severely Obese

Over 40 Morbidly Obese

**Risks** – Generally speaking, surgical risks increase proportionately with increasing patient BMI. Patient who are determined to be obese due to a high BMI have a weakened immune system and chronic inflammation. In addition, fat cells have **reduced/impaired blood flow** to them compared to muscle and skin, and this leads to **higher rates of complications for every known risk compared to a lower BMI patient**. Other risk factors such as nicotine, hygiene/rashes, immunosuppression, and diabetes can contribute to increase the risk further. These factors undoubtedly slow down your recovery rate and increase pain and inflammation after surgery.

**Complications**- There is a scientific link between surgical complications and high BMI's. and ALL risks increase with increasing BMI. Patients with higher BMI values are more prone to both complications during their plastic surgery procedures and post-operative problems during their recovery. These potential problems associated with high (BMI) increase the incidence of **seroma (fluid) formation, wound infection, wound dehiscence, delayed wound-healing, blood clots (venous thromboembolism), infection, and ugly scar formation** following any breast or body contouring surgery and also many other aesthetic and plastic surgery procedures. **Anesthesia complications**, in particular, are of greater concern for high BMI individuals as airway complications can lead to serious injury. Post-operative sleep apnea and narcotic use combined can lead to **respiratory difficulties**.

### **BMI less than 30: Healthy or Overweight**

Patients in this BMI range generally have **low risk of complications** for an elective surgical procedure as long as they suffer from no other medical conditions. Individuals in this range can also expect a relatively smooth recovery.

### **BMI 30-34.9: Obese**

Patients in this BMI have a **moderate to moderately high risk of complications** for all procedures due to the reasons outlined. Additional co-morbidities, such as nicotine use, diabetes or use of immunosuppressants may make you a poor candidate for elective surgery. **Satisfaction with cosmetic procedures begins to decrease** in this range due to distributions of fat that cannot be removed with plastic surgery.

**BMI between 35-39.9**

Patients in this range are **higher risk for complications**. They may still be eligible for cosmetic surgery but will require an individual assessment which focuses on their previous health issues. Frequently we ask patients in this range to **lose weight** to become eligible. Patients with conditions such as high blood pressure, nicotine use, or diabetes may not be approved for surgery. Satisfaction with ALL procedures in this BMI range is significantly lower than lower BMI patients and complications are higher across the board. **Need for revision increases** in this range and can be significant. **Medical and surgical weight loss should be considered** prior to surgery.

**BMI more than 40**

Patients with a BMI greater than 40 are **very high risk for complications** and generally do not qualify for elective cosmetic surgery as their risk of surgical complications tend to outweigh the benefits of surgery. Individuals in this tier should focus on improving their health and body weight before seeking plastic surgery and **consider medical or surgical weight loss**. Certain exceptions may be made at surgeon discretion, but **poor patient satisfaction can be expected overall as well as high likelihood of need for revisions**.

**Revisions** – Patients with increasingly higher BMI, **starting at BMI 30, are at a greater risk** for the need for some type of revision surgery which may incur additional cost, as well as having to undergo another procedure. This begins at BMI 30 and increases proportionately. **Revisions due to higher BMI are often times necessary and therefore patients should expect additional out of pocket expenses as these would not be covered under the general revision policy for patients under BMI 30.**

**Satisfaction-** Patient satisfaction begins to decrease at BMI 30. Additional weight loss will improve satisfaction.

I CONSENT TO THE TREATMENT OR PROCEDURE THAT I AM REQUESTING AFTER REVIEWING THE HIGH RISKS POLICIES OUTLINED ABOVE.

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Signature of Patient or Person Authorized to Sign for Patient

Patient Name \_\_\_\_\_

Date/Time \_\_\_\_\_

Witness \_\_\_\_\_