



AMERICAN SOCIETY OF
PLASTIC SURGEONS®

Informed Consent

GENERAL RISKS OF SURGERY

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GENERAL RISKS OF SURGERY

Bleeding:

With any procedure, there is a risk of bleeding. This can vary from mild bruising that heals easily to large amounts of blood loss that may require medical aid. This aid may include blood transfusions or other procedures to stop the bleeding and drain any collected blood. Each procedure may have its own risks. For example, a blood transfusion may very rarely transfer a known or unknown infection. Please tell your surgeon about any medications and non-prescription herbs or supplements you are taking, because some may increase the risk of bleeding during or after surgery.

Infection:

With any medical procedure, it's possible for infections to occur. Sometimes these infections aren't directly linked to the part of the body that was operated on, such as pneumonia or a urinary tract infection. The seriousness of an infection can vary from relatively minor to life-threatening. If you get an infection, you may need more treatment including antibiotics, hospitalization, or surgery. It is important to tell your surgeon about any current or previous infections you may have had. Your doctor should be told about serious infections, such as methicillin-resistant *Staphylococcus aureus* (MRSA) infections. They can also be less serious like an open wound, a recent upper respiratory infection or pneumonia, an ingrown toenail, an insect bite, a tooth abscess, or a urinary tract infection. Tell your surgeon about any infection or health issue you've had recently. Infections in other parts of the body may lead to an infection in the area where you've had surgery.

Pain:

Having pain after surgery is normal. Your surgeon may recommend taking pain medication to reduce your discomfort. This might include prescription pain medication. If you take medication, follow the instructions carefully. These medications can have serious side effects. They may be dangerous if you take too much or may result in addiction (especially in the case of opioids). Please talk to your doctor if you have a history of trouble with any pain medication. Be honest with your doctor about your history with addiction of any kind. Please also talk to your doctor if you have any questions about medication.

Nausea/Vomiting/Constipation

Having nausea, vomiting and/or constipation is normal after surgery. However, if you experience excessive vomiting, contact your surgeon immediately.

Scar Formation:

All surgeries leave scars. Some are more visible than others. While your surgeon will try to make sure your scar is small and nearly invisible, everyone heals differently. There is a chance that you may have a more visible scar than others. Some scars may be raised, thick, wide, discolored, uneven, painful, or otherwise not acceptable to you. With some surgeries, scar tissue may form around structures deep in the body and cause other issues in the area that's been operated on.

Wounds:

With any surgery, there is a chance that wounds will form. Depending on the size of the wound, your surgeon may recommend ways to help you heal. These can include wound care with dressing changes, special devices to help the wound close faster, or operations to clean or close the wound. Sometimes, a wound may affect the results of your surgery, both in terms of how it looks and how it performs. Certain health problems and medications may lead to wound formation. Please tell your doctor about all your known or possible medical issues. Also let your doctor know every medication, herb, and supplement you're taking. Tell your doctor about your eating habits and if you're on a specific diet like Atkins or keto. Don't forget to tell your doctor whether you smoke, or you used to smoke. Smoking and nicotine can make it harder for your body to heal, resulting in wound problems.

**Swelling:**

All procedures involve some swelling. The amount of swelling will change depending on the procedure. Your surgeon will recommend ways to reduce swelling. These may include simply waiting for the swelling to go down. Other ways include using special compression clothing, a drain, or medications. If the swelling increases, fluid may collect in your body (called a “seroma”). To fix this, your surgeon may suggest a procedure to drain the fluid. In rare cases, swelling can be permanent (called “lymphedema”).

Change in Skin Sensation:

Many people experience changes in skin sensation after surgery. In other words, touching things may feel different than it used to. Such changes usually involve being less sensitive to touch. However, it's also possible that you may become more sensitive. While these changes usually go away as you start healing, some changes may be permanent.

Injury to Deep Vital Structures:

When you have surgery, there is a risk that other organs and systems may be injured. These important systems are called “deep vital structures,” and they include the bowel or gut, muscles, nerves, blood vessels, and other parts of the body. Injuries to these parts can lead to severe infections, bleeding, trouble breathing, organ failure, or even death. Treating such injuries may require more surgeries or time in the hospital.

Blood Clotting Issue that Could be Life-Threatening:

Sometimes surgery can cause issues with your blood vessels, including clotting. In most cases, these fix themselves without needing treatment. However, some procedures have a higher risk of developing blood clots than others, particularly in deeper veins. If a clot forms in a deep vein, it is called deep vein thrombosis (DVT). It can lead to chronic swelling. If the blood clot breaks off and travels to the lungs, it is called pulmonary embolism (PE). PE can be very dangerous. If DVT/PE occurs, you may be given medication to “dissolve” the clot. This medication may increase your risk of bleeding. It is important to tell your surgeon if you or your family have a history of DVT/PE. Discuss your medical history with your surgeon, because some issues may increase your risks. These include taking some types of birth control or estrogen pills, obesity, history of cancer, history of inflammatory bowel disease, etc.

Reactions/Allergies to Medications and Supplies:

All medical procedures use a range of medications and supplies. Your body may react to some supplies, including tape, glue, sutures, or garments. These reactions include allergies. Allergies can be minor (itching), moderate (rash), or severe. Severe allergies may result in death (including shock or swelling in your mouth and throat that prevents you from breathing normally). Tell your doctor about any previous allergic reactions you may have had, no matter how mild they were. Medications can also lead to allergies or other reactions. Certain medications, including those used for local or general anesthesia, may affect the heart, lungs, brain, kidneys, liver, or other body functions. These reactions may be life-threatening.

Surgical Anesthesia:

Both local and general anesthesia involve risks. There is a possibility of complications, injury, and even death from all types of surgical anesthesia or sedation. Please let your surgeon know about all health issues you may have, especially those that involve how your heart and lungs work. It's also important to tell your doctor about your overall fitness level, because this can affect how anesthesia works on you.

Unsatisfactory Result:

Although good results are expected, there is no guarantee of the final results of the surgery. Everybody is different and nobody is perfectly symmetrical or even. Your surgeon may not know in advance about some of these natural issues. Many issues with unevenness can't be fully corrected with surgery. The more realistic your expectations are, the better your results will be. Some patients never reach their desired goals or results, but this is not the fault of the surgeon or operation. You may be disappointed with the results of surgery. A range of results can happen after surgery. These can sometimes include unevenness,



unexpected shape and size, loss of function, wounds, poor healing, scars, changes in appearance, or loss of feeling. It is also possible that the issue for which you had surgery could come back. You may choose to have more surgery to get a result you are happy with.

It can be stressful to have a result you don't like. Before surgery, talk with your surgeon about any concerns you have. Also, tell your doctor if you have a history of depression or mental health disorders. Although many people are happy after surgery, it's impossible to predict what effect surgery may have on your mental health.

NEED FOR ANOTHER SURGERY (RE-OPERATION)

Many things may affect the results of your surgery, both now and in the future. You may need to have more surgeries to get your desired results. This can include tightening, moving, shifting, or removing things. The results from surgery are often not permanent and are likely to change over time. In the future, you may want to make more changes to the appearance or function of your body for various reasons. These may include the results of aging, sun exposure, weight loss, weight gain, pregnancy, and menopause. It could also include other circumstances not related to your surgery.

There may be additional costs for additional procedures like this. This would include surgical fees, facility and anesthesia fees, and pathology and lab testing. The patient should clarify with their surgeon who is responsible for payment of any additional surgery.

Inability to Follow Instructions Before and After the Procedure:

With any procedure, your surgeon will give you instructions to follow the surgery. Following these instructions will help you heal faster. It will reduce your risk of complications and increase the chance of a good result. Such instructions may include telling you how to take care of your bandages or dressings. They may limit activities, including exercise, lifting, fast movements, bathing, sun exposure, or traveling. Your doctor may make suggestions about the clothes you wear. You may also get instructions about the medications and supplements to take and what to eat. It is very important for you to follow these instructions. If you can't follow any of the instructions you've been given, it's important to quickly tell your surgeon. Not following your doctor's instructions can cause problems with healing and may affect the results of your surgery. It is critical that the patient keeps follow up visit appointments, failure to return for follow up appointments and failure to come in for a check-up when the patient is advised may result in complications and permanent damage

ATTESTATIONS/CONFIRMATIONS

Smoking, Second-Hand Smoke Exposure, Nicotine Products (Patches, Gum, Nasal Spray):

If you currently smoke or use tobacco or nicotine products (including a patch, gum, or nasal spray), or if you are exposed to second-hand smoke, you have a bigger risk of problems during and after surgery. These problems may include skin loss, delayed healing, and more scarring. Additionally, smoking may cause problems with anesthesia and recovery from anesthesia. It can also lead to coughing and increased bleeding. People who don't smoke or use any nicotine-containing products and who don't experience second-hand smoke have a much lower risk of these types of problems. The risks associated with smoking other substances such as Marijuana, are not known at this time. Please let us know about your current smoking and nicotine status below:

I am a non-smoker and do not use nicotine products. I understand the potential risk of second-hand smoke exposure that can lead to surgical complications.

I am a smoker or use tobacco/nicotine products. I understand the risk of surgical complications due to smoking or use of nicotine products.



___ I have smoked in the past and stopped approximately _____ ago. I understand I may still have the effects and therefore risks from smoking in my system, if not enough time has passed.

___ I have been advised to stop smoking immediately. I have been told about the risks, benefits, expectations, and alternatives to my surgery if I keep smoking.

It is important that you don't smoke for at least 6 weeks before surgery. Don't start smoking again until your doctor tells you it's okay to start. If possible, use this time to help you quit for good.

You must tell your doctor if you keep smoking in the 6 weeks before your surgery. For your own safety, your surgeon may move your operation to a later date if you keep smoking during this time.

Smoking can have a very negative effect on your surgery. Because of this, it's important to check that you have stopped smoking before surgery. Your doctor may do a urine or blood test just before surgery to see if you have nicotine in your body. If the test comes back positive, your surgery may be cancelled. Your surgery fee, the scheduling fee, and other amounts you have already paid may be returned. Be honest with your surgeon about whether you smoke or use nicotine products—it's for your own safety.

Sleep Apnea/CPAP:

Tell your doctor if you have breathing problems such as "obstructive sleep apnea." Also, tell you doctor if you use a CPAP device (continuous positive airway pressure), or nighttime oxygen. If you do, you may have a bigger risk of breathing problems or even death during and after surgery. This also increases the risk involved with taking certain pain medications after surgery. It's important for your doctor to know about any pre-existing health issues to find out if surgery is safe for you. If you have a breathing condition, your doctor may suggest that you have surgery only if you stay in the hospital for a little while afterward. This may decrease your risk of potential breathing problems. IT will also allow health care providers to safely manage pain after your surgery.

Please think about the following symptoms of sleep apnea:

- ___ I am frequently tired on waking and during the day
- ___ I have trouble staying asleep at night
- ___ I have been told that I snore or stop breathing when I sleep
- ___ I wake up throughout the night or constantly turn from side to side
- ___ I have been told that my legs or arms jerk when I'm sleeping
- ___ I make sudden snorting noises when I sleep
- ___ I feel tired or fall asleep during the day

It's important that you talk with your surgeon if you have experienced any of the symptoms listed above.

DVT/PE Risks:

Every surgery has a risk of blood clots, DVT, and PE. This varies depending on the risk factors listed below. The higher the risk factors, the greater the chance you'll experience blood clotting issues during or after surgery. It's important for you to be aware of these risks and to follow your doctor's instructions. Be sure to move about when your doctor allows it. Follow all instructions about activity and movement after surgery. In order to lower your risk of clot-related issues, your doctor may also give you other instructions. You may need to wear special leg stockings, use squeezing active leg devices, or take certain medicines as you heal.



Many conditions can increase or affect your risks of clotting. Tell your doctor about any past or present history of any of the following:

- Personal history of blood clots
- Family history of blood clots
- Taking birth control pills
- Taking hormone stimulating drugs
- Swollen legs
- History of cancer
- Taking a large dose of vitamins
- Varicose veins
- Past illnesses of the heart, liver, lungs, or gastrointestinal tract (Gut)
- History of multiple spontaneous abortions or miscarriages

I understand the risks relating to DVT/PE, and how important it is to follow my surgeon’s instructions. These instructions may include:

- Walking or moving my legs as soon as I’m told to (“early ambulation”)
- Using compression devices (SCD/ICD)
- Using certain medications or procedures (like “anticoagulation protocols”) when allowed

If you have a high risk of clotting issues, you may experience some problems even if your doctor uses preventive methods. If your surgery is not medically required (it’s “elective”) and you are a high-risk patient, it may be safer to not have the surgery. You should talk about these risks with your surgeon.

RISKS ASSOCIATED WITH OBESITY:

Patients who are overweight have a higher rate of many complications and this risk increases the more overweight the patient is. The patient should discuss these risks with their surgeon and discuss ways to decrease these risks.

COMMUNICATION ACKNOWLEDGEMENT – CONSENT

It is important to keep appointments and let us know about any problems or issues you may be having. There are many ways we can communicate. You can communicate with us by telephone, text, pager, answering service if available, email, and regular mail. If you have an emergency, tell us immediately so that we can help. In case of emergency, call 911. Please do not leave a message about an emergency on the office answering machine after hours or on weekends. There may be a delay in us getting such messages. We will do our best to protect your privacy according to HIPAA rules.

Please let us know below all the ways you’d like us to communicate with you:

- Telephone
 - Home (- -)
 - Work (- -)
 - Cell (- -)
- Text
- Pager
- Voicemail or answering service if available
- Email – with up-to-date email address (@)
- Regular mail and delivery



DISCLAIMER

Informed consent documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, informed consent documents can't cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case.

Informed consent documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practice medicine and evolve.

It is important that you read the above information carefully and get all your questions answered before signing the procedure-specific risks of surgery consent agreement.