

# Consent for Bodylift

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I have discussed the operation with Dr. Kohout and I have received information on the possible risks and complications of surgery. The risks include, but are not limited to those listed below:

## ANAESTHETIC RISKS

All anaesthetics have risks which should be discussed with your anaesthetist prior to the procedure.

## GENERAL RISKS OF SURGICAL PROCEDURES

- Areas of the lungs may collapse (atelectasis), possibly leading to chest infection/pneumonia. Treatment of this complication may need admission to a hospital, intravenous antibiotics and chest physiotherapy.
- Clots in the legs (deep vein thrombosis or DVT) with resultant pain and swelling. Rarely part of this clot may break off and go to the lungs (pulmonary embolus or PE) which can be fatal.
- A heart attack because of strain on the heart or a stroke, both of which can be fatal.
- Bleeding may occur. At worst, this will require return to the operating theatre to evacuate the blood clot and to stop the bleeding.
- There will be bruising after surgery. This usually settles after approximately 2-3 weeks
- Wound infection may complicate the operation. The infection is usually treated with antibiotics, oral or intravenous, depending on its severity. This may lead to the wound opening up and / or increased scarring.
- Dehiscence or reopening of the wound may occur. This usually happens as a result of infection and is managed by treating the infection. Dehiscence in the absence of infection can be treated by resuturing the wound.
- Allergies to anaesthetic agents or antiseptic solutions
- Scarring: surgery results in scars, which may heal in unexpected ways. Unfavourable healing may result in scars that are wide, pigmented, lumpy, red, itchy, uncomfortable or even painful long term or even permanently.

## SPECIFIC RISKS OF BODYLIFT

- Wound **infection** may complicate the operation in approximately 5% of operations. The infection is usually treated with antibiotics, oral or intravenous, depending on its severity. An abscess may result, which may need surgical treatment ( an operation) to fix.
- Dehiscence** or reopening of the wound may occur in about 1-5 percent of operations. This usually happens as a result of infection and is managed by treating the infection.
- Collection of blood or fluid under the operated skin ( **Haematoma or Seroma**). Because Bodylift is usually an extensive operation, blood can collect under the repositioned skin. This usually happens within the first 24 hours after surgery. Rarely, it may require return to the operating theatre. More commonly, fluid collects under the skin without any obvious ill effects. Removal of this serum is a painless process but may require a number of visits to the plastic surgeon's office.
- Skin loss in the lowest extent of the repositioned abdominal skin occurs in approximately 2% of operations. This complication is more common in smokers and it is therefore very important that you stop smoking at least two weeks before surgery. Skin loss is also more common in medical conditions such as diabetes.
- The skin loss may occur at the belly button.
- Fat underneath the skin may not survive surgery ( **Fat necrosis**) and oily discharge may persist from the wounds for some weeks after surgery.
- Bodylift surgery results in long **scars**. They surround the navel, may extend vertically in the mid-line to the navel, and will extend horizontally above the pubic area to the hip bones.

Wide, lumpy or irregular scars may occur due to the tension on the tissues after surgery. Revisionary surgery is sometimes helpful in certain instances where incisions may have healed poorly.

- There may be **numbness** in the lower part of your abdominal skin after surgery. This usually recovers with time.
- Because of tension on the pubic skin, the pubic hairline may be elevated after surgery.
- Clots in leg veins may cause leg swelling. The clots may travel to the lungs causing severe breathing difficulty and, rarely, death. With adequate precautions, which are routinely taken, including medications, compression stockings and early mobilisation, these complications are uncommon.

## PATIENT CONSENT

- The doctor has explained my condition and the proposed procedure. I understand the risks of the procedure, including the risks that are specific to me, and the likely outcomes. The doctor has explained other relevant treatment options and their associated risks.
- I have been given an Information Sheet** about the procedure and its risks. I was able to ask questions and raise concerns with the doctor about my condition, the procedure and its risks, and my treatment options. My questions and concerns have been discussed and answered to my satisfaction.
- I understand that Smoking increases the risks of surgery and if I choose to smoke, I accept these higher risks.**
- I understand that the procedure may include a blood transfusion. I understand that if organs or tissues are removed during the surgery, that these may be retained for tests for a period of time and then disposed of sensitively by the hospital. The doctor has explained to me that if unforeseen events happen during the procedure, they will be treated accordingly.
- I understand that no guarantee has been given as to the results of the procedure.
- I understand that secondary, revisional operations may be required in some cases. I also understand that charges will be made for the use of the operating room, whether in the day surgery or in the hospital, and for any materials required. I agree to be responsible for these charges. A secondary surgical fee may be charged.
- I am aware that the practice of medicine and surgery is not an exact science, and I acknowledge that no guarantees have been made to me as to the results of the operation or procedure; nor are there any guarantees against unfavourable results.
- I consent to be photographed before, during and after the surgery; that these photographs shall be the property of the doctor and may be used for scientific and educational and promotional purposes. You will not be identified in any photo or video.

I have read the above list of possible complications of bodylift surgery and I accept the risks inherent in the operation. On the basis of the above statements, I would like to proceed with the operation and I have asked Dr Kohout to perform it.

Patient signature/Parent signature

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Name

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Date

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Doctor's signature

X

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Date

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