

INFORMED CONSENT – ABDOMINOPLASTY SURGERY

Patient Name: _____

Date: _____

INSTRUCTIONS

This is an informed consent document that has been prepared to help your plastic surgeon inform you of abdominoplasty surgery, its risk, as well as alternative treatments.

It is important that you read this information carefully and completely. Please initial each page, indicated that you have read the page and sign the consent for surgery as proposed by your plastic surgeon.

INTRODUCTION

Abdominoplasty is a surgical procedure to remove excess skin and fatty tissues from the middle and lower abdomen and to tighten muscles of the abdominal wall. Abdominoplasty is not a surgical treatment for being overweight. Obese individuals who intend to lose weight should postpone all forms of body contouring surgery until they have been able to maintain their weight loss.

There are a variety of different techniques used by plastic surgeons for abdominoplasty. Abdominoplasty can be combined with other forms of body-contouring surgery, including suction-assisted lipectomy, or performed at the same time with other elective surgeries.

ALTERNATIVE TREATMENTS

Alternative forms of management consist of not treating the areas of loose skin and fatty deposits. Suction assisted lipectomy surgery may be a surgical alternative to abdominoplasty if there is good skin tone and localized abdominal fatty deposits in an individual of normal weight. Diet and exercise programs may be of benefit in the overall reduction of excess body fat.

Risks and potential complications are associated with alternative forms of treatment that involve surgery.

RISKS OF ABDOMINOPLASTY SURGERY

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved with abdominoplasty. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience the following complications, you should discuss each of them with your plastic surgeon to make sure you understand all possible consequences of abdominoplasty.

Bleeding: It is possible, though unusual, to experience a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or blood transfusion. Do not take any aspirin or anti-inflammatory medications for ten days before surgery, as this may increase the risk of bleeding.

Risks of Abdominoplasty, continued

Infection: Infection is unusual after this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.

Change in skin sensation: Diminished (or loss of) skin sensation in the lower abdominal area may totally resolve after abdominoplasty.

Skin contour irregularities: Contour irregularities and depressions may occur after abdominoplasty. Visible and palpable wrinkling of skin can occur.

Skin scarring: Excessive scarring is uncommon. In rare cases, abnormal scars may result. Scars may be unattractive and of different color than surrounding skin. Additional treatments including surgery may be necessary to treat abnormal scarring.

Surgical anesthesia: Symmetrical body appearance may not result from abdominoplasty. Factors such as skin tone, fatty deposits, bony prominence, and muscle tone may contribute to normal asymmetry in body features.

Delayed healing: Wound disruption or delayed wound healing is possible. Some areas of the abdomen may not heal normally and may take a long time to heal. Some areas of skin may die. This may require frequent dressing changes or further surgery to remove the non-healed tissue.

Smokers have a greater risk of skin loss and wound healing complications.

Allergic reactions: In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions which are more serious may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Pulmonary complications: Pulmonary complications may occur secondarily to both blood clots (pulmonary emboli) or partial collapse of the lungs after general anesthesia. Should either of these complications occur, you may require hospitalization and additional treatment. Pulmonary emboli can be life-threatening or fatal in some circumstances.

Seroma: Fluid accumulations infrequently occur in between the skin and the abdominal wall. Should this problem occur, it may require additional procedures for drainage of fluid.

Umbilicus: Malposition, scarring, unacceptable appearance or loss of the umbilicus (naval) may occur.

Long-term effects: Subsequent alterations in body contour may occur as the result of aging, weight loss or gain, pregnancy, or other circumstances not related to abdominoplasty.

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INITIALS:

Risks of Abdominoplasty, continued

Pain: Chronic pain may occur very infrequently from nerves becoming trapped in scar tissue after abdominoplasty.

Other: You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results.

ADDITIONAL SURGERY NECESSARY

Should complications occur, additional surgery or other treatments may be necessary. Even though risks and complications occur infrequently, the risks cited are particularly associated with abdominoplasty. Other complications and risks can occur but are even more uncommon. The practice of medicine and surgery is not an exact science. Although good results are expected. There is no guarantee or warranty expressed or implied on the results that may be obtained.

HEALTH INSURANCE

Not health insurance companies exclude coverage for cosmetic surgical operation such as abdominoplasty or any complications that might occur from surgery. Please carefully review your health insurance subscriber-information pamphlet.

Pain: Chronic pain may occur very infrequently from nerves becoming trapped in scar tissue after abdominoplasty.

Other: You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results.

FINANCIAL RESPONSIBILITIES

The cost of surgery involves several charges for the services provided. The total includes fees charged by your doctor, the cost of surgical supplies, anesthesia, laboratory tests, and possible outpatient hospital charges, depending on where the surgery is performed. Depending on whether the cost of surgery is covered by an insurance plan, you will be responsible for necessary co-payments, deductibles, and charges not covered. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day-surgery charges involved with revisionary surgery would also be your responsibility.

Informed consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s), including no surgery. The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances.

However, informed consent documents should not be considered all-inclusive in defining other methods of care and risks encountered. Your plastic surgeon may provide you with additional or different information which is based on all the facts in your case and the state of medical knowledge.

Informed consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined based on all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

It is important that you read the above information carefully and have all of your questions answered before signing the consent on the next page.

1. I hereby authorize Dr. Kirk Potter and such assistants as may be selected to perform the following procedure or treatment:

I have received the following information sheet:

INFORMED CONSENT for ABDOMINOPLASTY

2. I recognize that during the course of the operation and medical treatment or anesthesia, unforeseen conditions may necessitate different procedures than those above. I therefore authorize the above physician and assistants or designees to perform such other procedures that are in the exercise of his or her professional judgement necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.
3. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involve risk and the possibility of complications, injury and sometimes death.
4. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.
5. I consent to the photographing or televising of the operation(s) or procedure(s) to be performed, including appropriate portions of my body, for medical, scientific, or educational purposes, provided my identity is not revealed by the pictures.
6. For purposes of advancing medical educations, I consent to the admittance of observers to the operating room.
7. I consent to the disposal of any tissue, medical devices or body parts which may be removed.
8. I authorize the release of my Social Security number to appropriate agencies for legal reporting and medical-device registration, if applicable.
9. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:
 - a. THE ABOVE TREATMENT OR PROCEDURE TO BE UNDERTAKEN
 - b. THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT
 - c. THERE ARE RISKS TO THE PROCEDURE OR TREATMENT PROPOSED

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Patient Initials:

I CONSENT TO THE TREATMENT OR PROCEDURE AND THE ABOVE LISTED ITEMS (1-9). I AM SATISFIED WITH THE EXPLANATION.

Patient or Person Authorized to Sign for Patient

Date _____ Witness _____

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Patient Initials:

POST-OP INSTRUCTIONS ABDOMINOPLASTY

ACTIVITY

1. The first week you will need to rest frequently. You may walk around the house after the first 24 hours. Avoid steps if possible.
2. You will not be able to stand up straight the first week. It will be normal to walk at an approx. 45-degree angle. Your back may become sore due to this position.
3. Sit and sleep in a jack-knife position with your head elevated and knees bent with a pillow underneath them. This will keep tension off the abdomen. Do not sleep on your side.
4. Every 2-3 hours take deep breaths while away to expand your lungs. Splint your incision while coughing.
5. Avoid bending down and picking up anything over 1-2 lbs the first week. Dr. Potter will advise you when you can start lifting anything heavier.
6. Do not do any housework the first 2 weeks, especially vacuuming or anything that will cause a strain on the abdomen.
7. Do not exercise until Dr. Potter says you may do so.
8. You may not drive the first week or while you are taking your pain medicine. After that, it will depend on your ability to handle a car without causing any discomfort. You should continue to wear your seatbelt at all times.
9. Do not engage in sexual activity for at least 2-3 weeks after your surgery.
10. Avoid smoking or being around smoking at least 2 weeks after your surgery. This could interfere with the healing process.

DIET

1. Eat light for the first 24 hours, clear liquids advancing to regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides.
3. Avoid foods that can cause a lot of gas. This can cause abdominal distension and undue discomfort. Small frequent meals are best.
4. The pain medicine may be constipating. Drink plenty of fluids. You may take an over-the-counter laxative.

DRESSINGS

1. You will have an abdominal binder on over the dressings. These are to be left in place until your first post-op appointment. You can expect to wear the binder most of the time for 3-4 weeks.
2. It is normal to have numbness around the surgical site for several weeks to months.
3. Do not use a heating pad over the abdomen due to altered sensation it could cause a burn.
4. You may take a shower. You'll have to sponge bathe.
5. You will have 1-2 drains. They may stay in for 1-2 weeks, depending on when the drainage drops below 25 CC's in a 24-hour period.
6. The drain care is as follows:
 - a. You will need to keep a record of the amount of drainage. Make sure you separate the right from the left.
 - b. They will need to be emptied every 4-5 hours, more often as necessary.

- c. To read the amount of drainage, open the bulb and look at the side of it. The numbers on the side are in CC's. Write the date, time, and amount down, keeping a 24-hour total.
- d. The drainage will be red and that can eventually turn to a clear yellow. Dump the drainage down the toilet, do not save it.
- e. Compress the bulb together until your 2 fingers touch. Then, re-cap the bulb to create suction.
- f. This is a sterile closed drainage system: **DO NOT RINSE OUT THE TUBING OR THE BULB WITH ANYTHING.**
- g. The tubing may need to be stripped. This should be done as needed to keep the tube unclogged.
 - i. Hold the tube at the insertion site securely with two fingers of one hand.
 - ii. Take your 2 fingers from the other hand and squeeze the tube gently together while pulling down the tube toward the bulb. **MAKE SURE YOU DO NOT PULL VIGOROUSLY AND PULL OUT THE TUBE.**

MEDICATION

1. The antibiotic should be taken until it is completed as prescribed.
2. The pain medicine is a narcotic and should be taken as prescribed. Do not take any Tylenol while taking the pain medicine. The medication we prescribe already has Tylenol in it.
3. Do not drink alcohol or drive while you are taking the pain medication.
4. The pain medicine can cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Ibuprofen and Vitamin E (wait at least 5-day post-op).
6. If you are on aspirin or coumadin check with your doctor as to when you can resume them.

CALL THE OFFICE (785-301-2250) IF YOU HAVE:

1. A temperature greater than 101 degrees
2. Any excessive bleeding through the dressings
3. Persistent vomiting. Please leave a pharmacy number so a script can be called in.
4. Any questions you may have about your care
5. **IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND GO TO THE CLOSEST HOSPITAL.**