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AUTHORISATION FOR ABDOMINOPLASTY

Patient's Name

This informed-consent document helps your plastic surgeon inform you about your proposed surgery, its risks, and alternative treatment.

It is important that you read this information carefully and have all your questions answered.

- 1) I authorise Dr. Johan van Heerden and his assistant(s) to perform on me an operation known as abdominoplasty (tummy tuck).
- 2) The nature and effects of this operation, the risks and complications involved, as well as alternative methods of treatment, have been fully explained to me by Dr. Johan van Heerden and I understand them.
- 3) I understand that there exists a significant higher risk of complications should the abdominoplasty be performed **in combination with a hysterectomy procedure** and realise that complications with either procedures may influence the other procedure and result in an unfavourable outcome.
- 4) The following points, among others, have been specifically made clear:
 - a. A transverse scar with or without a vertical scar (depending on the patient's unique build) across the abdomen results from this operation. The exact quality of this scar is not predictable since different individuals scar differently. This was discussed during consultation.
 - b. Areas of the abdomen may have altered sensation after the operation. This is often temporary but may be permanent
 - c. Fluid (seroma) may accumulate beneath the abdominal skin. This may require drainage or aspiration. It may be necessary to repeat this procedure several times.
 - d. Complications after abdominoplasty are like those after any surgical procedure i.e. bleeding, infection and wound breakdown.
 - e. Skin loss may occur with this procedure. This may require skin grafting or another secondary surgical procedure.
 - f. There will be swelling and discolouration around the abdominal area for several weeks.
 - g. There will be a scar around the umbilicus, and its appearance may be altered. Areas of the umbilicus may even undergo necrosis and will then need wound care to heal.

- h. In association with abdominoplasty, complications such as deep vein thrombosis in the legs and pelvis, pulmonary embolism, and even death, have been reported
- 5) I am aware that smoking during the 4 weeks pre- and 4 weeks post-operative periods may increase my risk of complications.
- 6) I authorise Dr. Johan van Heerden to perform any other procedure that he may deem desirable in attempting to improve the condition stated in paragraph 1 or any unhealthy or unforeseen condition that may be encountered during the operation.
- 7) I consent to the administration of anaesthetics by a suitably qualified doctor.
- 8) The practice of medicine and surgery is not an exact science. I, therefore, understand that no guarantee or assurance can be given by Dr. Johan van Heerden as to the results that may be obtained. Even reputable practitioners cannot guarantee results.
- 9) The two sides of the human body are not the same and can never be made the same.
- 10) I have authorised Dr. Johan van Heerden to take clinical photographs. Such photographs remain the property of Dr. Johan van Heerden.
- 11) I am not known to be allergic to anything except:

- 12) In the event of a contractual dispute, or any other cause of action, litigation shall **ONLY** be instituted in a court of the Republic of South Africa.
- 13) I understand that full payment for cosmetic procedures will be made 7 days in advance to both the surgeon and the anaesthetist. Failure of payment will prevent the procedure from being booked on the theatre list.
- 14) Additional costs may occur should complications result from surgery. These costs would also be the responsibility of the patient.
- 15) Mediation:
Should any dispute, disagreement or claim arise between Dr. Johan van Heerden and the patient (called hereafter "the dispute") concerning professional medical services rendered by Dr. Johan van Heerden to the patient, Dr. Johan van Heerden shall endeavour to resolve the dispute with the patient or claimant by mediation. It is in everyone's interest that health-related claims and disputes be resolved expeditiously, in a fair and cost-effective way. In the event of any such claim or dispute arising from treatment provided by Dr. Johan van Heerden, the patient agrees to attend an entirely free pre-mediation meeting before any legal action is taken.
A qualified and independent mediator will chair the aforesaid pre-mediation meeting. The purpose of the confidential and without prejudice meeting will be to inform all interested parties about mediation so that they can take an informed decision whether to make use of mediation before any other legal action is taken. It is acknowledged that this agreement does not in any way violate the parties' constitutional rights in terms of Section 34 of the Constitution.

I certify that I have read the above authorisation, that the explanations referred to therein were made to my satisfaction, and that I fully understand such explanations and the above authorisation.

Signed _____ Witness _____ Date _____
(Patient or person authorised to consent for patient)

IMPORTANT INFORMATION

PRE-OPERATIVE INFORMATION:

- Do not eat or drink anything 6 hours before the procedure.
- Do not shave any hair yourself – this will be done in theatre.
- **DO NOT TAKE ANY VITAMINS, HERBS OR SUPPLEMENTS FOR 2 WEEKS BEFORE THE SURGERY.**
- **STOP Disprin/Ecotrin, Grandpa OR ANY NON-STEROIDAL ANTI-INFLAMMATORY DRUGS 10 DAYS BEFORE SURGERY.**
- **STOP Clopidogrel/Plavix/Anti-platelet medicine 7 DAYS BEFORE THE SURGERY.**
- **WARFARIN, XARELTO & PRADAXA WILL BE SUBSTITUTED WITH CLEXANE 5 DAYS BEFORE THE PROCEDURE – PLEASE ASK DR VAN HEERDEN FOR A PRESCRIPTION.**
- Please arrive at admissions at 6:00 – ASK ANETTE (THE RECEPTIONIST) AT WHAT TIME YOUR SURGERY IS SCHEDULED (The Anaesthetist will see you before the operation either in the ward or at the Theatre waiting area).
- Do not smoke cigarettes for 6 weeks before and 6 weeks after the operation.
- Please go to Dr. van Heerden's rooms at 7:00 the morning of the operation for marking.

ADVANTAGES:

- Removal of excess skin and fat in the lower abdomen.
- Distribution of the remaining skin and fat over the upper and lower abdomen.
- Tightening of sheath and muscles of the abdominal wall.
- Repositioning of the umbilicus on the abdominal wall.

DISADVANTAGES:

- Long scar – horizontal or vertical depending on type of operation on the lower part of the abdomen.
- Scar around the umbilicus.
- Pain and discomfort.

RISKS AND POSSIBLE COMPLICATIONS:

- Hematoma (blood collection that needs to be drained in theatre).
- Seroma (fluid collection that needs to be drained in the rooms).
- Sensation loss over the lower part of the abdomen (usually sensation returns within 12 months).
- Skin necrosis and wound breakdown (especially in the middle of the scar).
- Infection (0.1% incidence).
- Blood clots in the veins that may spread to the lungs and cause death.
- Future pregnancy is not contra-indicated, but not advisable.

POST-OPERATIVE CARE:

- Keep the dressings and binder in place as placed in theatre, do not remove any of the dressings. The sutures will be removed after 3 weeks and the binder must be worn for 6 weeks.
- If severe bleeding occurs from operative site, use light compression with gauze and contact the rooms for an emergency appointment.

- If the dressings accidentally come loose or excessively soaked with blood, please make an appointment at the rooms for new dressings.
- Do not shower, the dressings must be kept dry, you may wash your hair and body at the basin carefully, using a cloth.
- You are only allowed to eat, sleep, rest and go to the toilet for 2 weeks after the surgery – no driving, no working. You may resume gym and exercises after 6 weeks.
- Please make a 30-minute appointment 1 week after the surgery on a Wednesday or Friday for removal of the drains.
- Please make a second 15-minute appointment 3 weeks after the surgery for removal of the sutures.
- Please make a 15-minute appointment after 6 weeks for the final appointment.
- After 6 weeks: do not apply "tissue-oil" or "Bio-oil" on the scars, Regime A or Lab-Zero may be applied as directed, once wound healing is complete, in a massaging fashion on the scar lines.
- HYPO-ALLERGENIC MICROPORE (purchase at the practice) must be applied to all suture lines 3 weeks after the surgery once superficial sutures are removed. MICROPORE must not be removed by pulling on it, the MICROPORE MUST LIFT UP BY ITSELF. The MICROPORE MAY GET WET during showering but must be dried using a hairdryer. RegimA may be applied on top of the micropore in the direction of the scar.
- Wound healing and the result of the scars can only be judged after 12 – 18 months.