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## AUTHORISATION FOR RETROMAMMARY AUGMENTATION MAMMOPLASTY USING INFRAMMARY INCISION

\_\_\_\_\_  
Patient's Name

- 1) I authorise Dr. Johan van Heerden and his assistant to perform an operation on me for increasing the size of my breasts. A pre-pectoral muscle approach is usually followed due to the following reasons.
  - a. This is the natural plane of the breast tissue
  - b. Smaller implant sizes can be used
  - c. No animation deformity with pectoralis muscle movement
  - d. Smaller risk of implant displacement due to muscle action
  - e. Only 50% of the implant is covered by the muscle with retro-pectoral approach
- 2) The nature and effects of the operation, as well as the risks and complications involved have been fully explained to me by Dr. Johan van Heerden and I understand them.
- 3) Augmentation mammoplasty is an elective surgical procedure. Alternative methods of treatment, such as external prosthesis or padding etc. are available.
- 4) The following points, among others, have been specifically made clear:
  - a. Breast implants, like other medical devices can fail. Damaged implants require replacement or removal.
  - b. The breasts may become firm (capsule formation and contracture). This condition is not predictable, may be permanent, and may cause pain and discomfort requiring further surgery.
  - c. In some patients the margin of the implants can be felt. Visible and palpable wrinkling of implants can occur. Some wrinkling is normal and expected.
  - d. Current medical information indicates that the material implanted in the body does not cause malignancy in human subjects.
  - e. The implant may become mal positioned to the sides, to the top or the bottom. This can be corrected by a second surgical procedure but will involve additional theatre costs.
  - f. The incision will heal with a scar that will be permanent
  - g. Post-operative bleeding or infection may occur around the implant, thus requiring another operation(s). Infection might necessitate the temporary removal of the implant.
  - h. There is a possibility that the body may not tolerate the implants, thereby necessitating their removal in a small percentage of cases.
- 5) I have authorised Dr. Johan van Heerden to take clinical photographs. Such photographs remain the property of Dr. Johan van Heerden.
- 6) I am allergic to: \_\_\_\_\_
- 7) According to scientific studies, women with breast implants, in general, are not at an increased risk of auto-immune connective tissue diseases. There is, however, always the possibility of unknown risks associated with any medical device.
- 8) 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.
- 9) 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.
- 10) I undertake to register my implants as described in the brochure, which I have received.
- 11) Additional Surgery: Should complications occur, additional surgery or treatment may be necessary. Additional costs would then be incurred and would be the patient's responsibility.
- 12) Although most women do not experience the abovementioned complications, you should discuss any concerns with your surgeon. Clinical data suggests that most women will be satisfied with their implants.
- 13) 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 the patient)

### **IMPORTANT INFORMATION**

#### **PRE-OPERATIVE INFORMATION:**

- Do not eat or drink anything 6 hours before the procedure.
- **DO NOT TAKE ANY 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.**
- Do not smoke cigarettes for 6 weeks before 6 weeks after the operation.
- Stop taking vitamin pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure to prevent excessive bleeding.
- Please arrive 2 hours before the procedure at admissions.

#### **POST-OPERATIVE CARE:**

- The drains will be removed the day after the surgery.
- Please massage the breast as shown by Dr. van Heerden for 6 weeks.
- Do not remove the dressings and wear the bra 24/7 for 6 weeks.
- Do not shower, the dressings must be kept dry, you may wash your hair and body at the basin or shallow bath carefully, using a cloth.
- You are only allowed to eat, sleep, rest and go to the toilet for 10 days after the surgery – no driving, no working, use upper limbs as less as possible.
- No exercise or gym or sweating for 6 weeks after the operation.
- Please make a second 15-minute appointment 3 weeks after the surgery for removal of the sutures. Micropore tape must be worn for 3 weeks to support the suture lines.
- 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.
- Wound healing and the result of the scars can only be judged after 12 – 18 months.
- The shape of the breast will change over the following 12 months from a pyramidal to a teardrop shape.
- The nipple height may also drop with aging. This may need future adjustment with secondary surgery.

- Pain and discomfort for the first few days after the procedure is normal.
- Excessive pain and swelling in the one breast are not normal – please contact Dr. van Heerden's rooms or casualty department if this occurs.
- After approximately 6 weeks the breast size will stabilize from operative swelling.
- If your body mass increase or you fell pregnant, the breast shape and size may change – this is normal. It is perfectly safe to breast feed with implants.