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AUTHORISATION FOR GYNAECOMASTIA

Patient's Name

INTRODUCTION:

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

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

- 1 I authorise Dr van Heerden and his assistant(s) to perform on me an operation known as gynaecomastia repair. The procedure has been explained and understood.
- 2 Among other points, the following has been made specifically clear:
 - a) The scars are permanent
 - b) Having the breasts match is the surgical objective, however perfect symmetry of nipples, areolae and breasts cannot be achieved
 - c) Complications after gynaecomastia are like those after any surgical procedure i.e. Bleeding, infection, and wound breakdown may occur and may require additional procedure(s) for treatment
 - d) As far as now known, this operation is not known to influence the later development of cancer
 - e) Swelling and bruising take a few weeks to disappear and several months are necessary for the breasts to assume their eventual shape.
 - f) Sensation to the breasts (including nipple and areola) is usually altered and may be permanently decreased. (This includes the nipple and areola)
 - g) There is a possibility that the blood supply to one or both nipples and areolae and skin of the breasts may become impaired, and death of tissue may result. This complication may require later reconstruction.
- 3 I authorise Dr. van Heerden to perform any other procedure that he may deem desirable in attempting to improve the condition stated in paragraph 1 above or any unhealthy or unforeseen condition that may be encountered during the operation.
- 5 The practice of medicine and surgery is not an exact science. I therefore, understand that no guarantee or assurance can be given by Dr. van Heerden as to the results that may be obtained. Even reputable practitioners cannot guarantee results.
- 6 The two sides of the human body are not the same and can never be made the same.

- 7 I have authorised Dr. van Heerden to take clinical photographs. Such photographs remain the property of Dr. van Heerden.
- 8 I am not known to be allergic to anything except: _____
- 9 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.
- 10 Additional costs may occur should complications result from surgery. The patient will be liable for all such additional costs.
- 11 Mediation:
 - a. 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.
 - i. 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.
 - ii. 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 or not to make use of mediation before any other legal action is taken.
 - b. 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 _____
(Patient or person authorised to consent for patient)

Witness _____

Date _____

IMPORTANT INFORMATION

ADVANTAGES:

- Surgical removal of breast tissue in male patient.
- Reduced breast volume and therefore the reduction of the breast size.
- Reducing neck- & back ache if big breast is the cause.

DISADVANTAGES:

- Semi-circular scar around the areola or horizontal/vertical scar combined with a circular scar around the areola depending on the type of procedure.
- Pain and discomfort for the first few days after the operation.
- To prevent "dog ears" it may be necessary to lengthen the horizontal scar to get rid of the excess skin and fat.

RISKS AND POSSIBLE COMPLICATIONS:

- Hematoma (blood collection that needs to be drained in theatre, which will mean additional theatre costs).
- Seroma (fluid collection that needs to be drained in the rooms).
- Sensation loss of the nipple (normally sensation returns within 12 months).
- Skin necrosis and wound breakdown at the suture lines and of the nipple and areola.
- Nipple numbness.
- Hypertrophic scars.
- Infection (rare).
- Nodularity due to calcification and fat necrosis.
- Minor asymmetry: no man's chest is perfectly symmetric before the operation, though we aim to get a symmetrical result, it cannot be guaranteed 100%.

PRE-OPERATIVE INFORMATION:

- Do not eat or drink anything 8 hours before the procedure.
- Do not shave any hair yourself – this will be done in theatre.
- **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.
- Please go to Dr. van Heerden's rooms at 7:30 the morning for marking.
- The excised breast tissue will be sent for histological examination to exclude the presence of malignancy and therefore additional costs will be involved.

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.
- 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, use upper limbs as less as possible.
- 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.
- Wound healing and the result of the scars can only be judged after 12 – 18 months.