



AUTHORISATION FOR LIPOSUCTION (BODY SCULPTURING)

Patient's Name

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. Johan van Heerden and his assistant(s) to perform on me an operation known as liposuction/body sculpturing.
2. The nature and effects of this operation, including alternative methods of treatment, have been fully explained.
3. The risks and complications associated with this surgery have been explained to me and I understand them.
The following points about this specific surgery have been made clear to me:
 - a) Areas treated by liposuction can have altered sensation (numbness). This normally disappears in 3 - 4 weeks.
 - b) Infection can occur with any operation. Its incidence is low.
 - c) Pain may be felt in the lateral thighs and ankle area, even several months after the operation. It may be aggravated by jogging or exercise. This discomfort usually disappears.
 - d) Bruising is common and can last for two weeks and occasionally longer.
 - e) Skin loss can occur post-liposuction. This is infrequent.
 - f) Uneven contour, surface irregularities and lumpiness - This usually resolves, or greatly improves, with time, and massage by the patient. Frequently, the skin will have a rippled texture prior to the operation and this usually persists following liposuction.
 - g) Scars are usually minimal. No-one can, however, precisely predict wound healing
 - h) Swelling can last for a prolonged period of time after operation i.e. even up to six months. The ankles and feet tend to stay swollen the longest after liposuction. Results can only really be evaluated at six months.
 - i) Liposuction does not remove cellulite.
4. 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.
5. I consent to the administration of anaesthetics by a suitably qualified doctor.
6. 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.
7. The two sides of the human body are not the same and can never be made the same.

8. I have authorised Dr. Johan van Heerden to take clinical photographs. Such photographs remain the property of Dr. Johan van Heerden.
9. I am allergic to: _____
10. 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.
11. Additional costs may occur should complications result from surgery. These costs would also be the responsibility of the patient.
12. 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.
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 or not to make use of mediation before any other legal action is taken.
It is acknowledge 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

ADVANTAGES:

- Removal of excess fat in the deeper layers of the fat tissue.
- Improvement in body contour.

DISADVANTAGES:

- It is not a weight reduction procedure.
- Scars not more than 1cm long.
- Pain and discomfort.
- Bruising that may last for 6 weeks.

RISKS AND POSSIBLE COMPLICATIONS:

- Medical
 - Seromas (fluid collections).
 - Hematoma (blood collections).
 - Infection (rare).
 - Sensation loss of the skin.
 - Skin necrosis.
 - Fluid imbalance → kidney failure.
 - Local anaesthetic toxicity → heart rhythm problems.
 - Blood clots in the legs → lung problems.
 - Fat particles in bloodstream → lung and brain problems.
 - Remote risk of death.
- Cosmetic
 - Widening of the scars
 - Contour irregularities.
 - Failure of or abnormal skin retraction.
 - Hyperpigmentation & skin irritation.

ADDITIONAL INFORMATION:

- You have to be fasting for 8 hours before the procedure.
- You should not be smoking cigarettes for 4 weeks before and for 4 weeks after the operation.
- You should stop taking vitamins pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure.
- You have to arrive 2 hours before the procedure at the admission desk of the hospital.
- A special garment will be provided to wear for 6 weeks post-operatively.

POST-OPERATIVE CARE:

- Do not remove the dressings.
- You may wash around the dressings, please do not let the dressings get wet.
- Do not wear tight clothing. Wear the prescribed pressure garment.
- Normal daily activities may be resumed after 2 weeks.
- Exercises "Gym" may be resumed after 6 weeks.
- Do not apply "tissue oil" or Bio-oil on the scars, until the wounds have healed completely.
- Wound healing and the final result is a continuous process and will only be completed after 12 – 18 months.