

“RISKS OF MEDICAL INTERVENTION”

Appendix No. 2

INFORMED CONSENT – ABDOMINOPLASTY

Indications

“Appendix No. 2 ‘RISKS OF MEDICAL INTERVENTION’ was approved by LLC ‘ARZ EST’ on May 2, 2019, by Order No. 01/5. This document constitutes an integral part of the agreement concluded between LLC ‘ARZ EST’ and the Client.

This informed consent document has been prepared to help you obtain information about abdominoplasty, the risks associated with the procedure, and alternative treatment methods. It is important to read this information carefully and in full. Please sign each page to confirm that you have read the information provided on that page.

General Information

Abdominoplasty is a surgical procedure intended to remove excess skin and fatty tissue from the anterior abdominal wall.

Abdominoplasty is **not a weight-loss procedure**. Individuals who are overweight and planning to lose weight are advised to postpone body-contouring procedures until a stable weight has been achieved.

Various techniques may be used when performing abdominoplasty. The procedure may be combined with other body-contouring procedures, including liposuction in other areas or other planned surgical interventions.

The procedure involves removal of excess tissue, resulting in skin scarring, with or without correction of the abdominal muscles or other contour irregularities of the abdominal area.

Alternative Treatment Methods

Alternative treatment options include choosing not to remove excess skin and fatty deposits in other areas. Liposuction may be an alternative to abdominoplasty; however, it generally does not eliminate excess loose skin.

Weight-loss programs and physical exercise may be beneficial for overall weight reduction and improvement of body contours.

Alternative surgical procedures also involve risks and possible complications.

Surgical Risks of Abdominoplasty

Any surgical procedure involves certain risks, and it is important to understand these risks and possible complications. Each procedure also has limitations. The decision to undergo surgery should be based on weighing the potential benefits against the risks.

Although most patients do not experience complications, you should discuss each potential risk with your plastic surgeon.

Specific Risks of Abdominoplasty

Changes in Skin Sensation

Reduced or complete loss of sensation may occur in the surgical area. These changes may not fully resolve.

Irregularities of Skin Contour

Irregularities in shape and contour, as well as skin folding, may occur after surgery. Residual skin irregularities (“dog ears”) may develop at the ends of the incisions. Over time, these may diminish or may require correction.

Navel

Displacement, scarring, abnormal appearance, or loss of the navel may occur.

Deformity of the Pubic and Perineal Area

Rarely, women may develop deformity of the external genitalia and adjacent tissues. Additional treatment, including surgery, may be required.

General Surgical Risks

Healing Problems

Certain medical conditions, dietary supplements, and medications may delay healing.

Patients who have experienced significant weight loss may have delayed healing, wound separation, infections, and tissue changes that may require additional treatment, surgery, and prolonged hospitalization.

Diabetes and long-term steroid use may also impair healing.

Smoking significantly slows recovery and frequently results in the need for additional surgery.

General risks include swelling, bleeding, prolonged surgery and anesthesia, the need for additional treatment, prolonged rehabilitation, changes in skin color and shape, infection, failure to meet expectations, and additional expenses.

The quality and elasticity of the skin do not change; over time, skin laxity may recur.

Small nerve endings may become incorporated into scar tissue, causing tenderness or increased sensitivity. Massage and conservative treatment are often helpful.

It is important to discuss postoperative pain with your surgeon.

It should be understood that surgery involves risks, including an average surgical risk of death.

Bleeding

Bleeding during or after surgery is possible, although it is rare. In the event of postoperative bleeding, emergency intervention or a blood transfusion may be required (this occurs rarely).

Early physical activity after surgery increases the risk of bleeding.

Aspirin and anti-inflammatory medications should not be taken for 10 days before or after surgery.

Herbal medications and supplements may also increase the risk of bleeding.

A hematoma may occur at any time, most commonly during the first three weeks.

Blood transfusions carry a risk of transmitting infections, including hepatitis and HIV.

Heparin, which may be used to prevent blood clots, can cause bleeding and a decrease in platelet levels.

Infection

Infections are uncommon but may require antibiotics, hospitalization, or repeat surgery.

You must inform your surgeon about any other infections (such as an ingrown toenail, insect bites, urinary tract infections, etc.). Infections in other parts of the body may spread to the surgical area.

Scarring

Scars remain after every surgical procedure. They may be prominent, differ in color, or be asymmetric. Additional correction may sometimes be required.

Induration

Excessive firmness of the tissues may occur due to internal scar formation. Treatment may be required.

Changes in Skin Color / Swelling

Swelling and inflammation are common. Skin pigmentation or discoloration may occur. In rare cases, these changes may be prolonged or permanent.

Increased Skin Sensitivity

Itching and increased sensitivity to temperature usually resolve but may sometimes persist.

Wound Separation

Wounds may open and additional intervention may be required. This occurs more frequently in smokers.

Sutures

Deep sutures may be palpable or become visible and may sometimes require removal.

Delayed Healing

Some areas of the skin may heal slowly or develop necrosis, which may require wound care or repeat surgery.

Smokers and patients with impaired circulation have a higher risk.

Damage to Deep Structures

Damage to nerves, blood vessels, muscles, or lungs may occur. Such damage may be temporary or permanent.

Fat Necrosis

Death of fatty tissue may result in areas of firmness, pain, and the need for surgical removal of the affected tissue.

Seroma

Accumulation of fluid beneath the skin may occur and may require drainage.

Anesthesia

Both local and general anesthesia are associated with risks of complications, injury, and even death.

Shock

Rarely, surgery may cause a severe systemic reaction requiring hospitalization.

Pain

Pain of varying intensity may occur after surgery. In rare cases, chronic pain may develop.

Cardiovascular and Respiratory Complications

Blood clots, pulmonary embolism, and respiratory failure may occur.

These are potentially life-threatening conditions requiring urgent medical attention.

Allergic Reactions

Reactions to suture materials, medications, or anesthesia may occur. In rare cases, anaphylactic shock may develop.

Asymmetry

Asymmetry may occur after surgery. Additional correction may sometimes be required.

Unsatisfactory Result

Despite the expectation of a good result, no guarantee can be given. Unsatisfactory scarring, shape, size, or loss of sensation may occur. Repeat surgery may be required.

Additional Recommendations

Smoking and Nicotine

Smoking and nicotine increase the risk of complications, skin necrosis, and delayed healing.

Medications and Supplements

Aspirin and certain medications increase the risk of bleeding.

Discuss all medications and supplements you are taking with your physician.

While taking pain medication, you must not drive or consume alcohol.

Sun Exposure

Sun exposure may impair healing and cause pigmentation. Sun exposure should be avoided until authorized by your physician.

Travel

Inform your physician about any planned travel. Rapid recovery cannot be guaranteed.

Long-Term Changes

Aging, pregnancy, and fluctuations in weight may affect the result.

Psychological Condition

It is important to have realistic expectations. Complications and repeat surgeries may be emotionally stressful.

Repeat Surgery

Additional procedures may sometimes be necessary.

Patient Responsibilities

Strictly follow all instructions provided by your physician.

Limit physical activity.

Attend all scheduled follow-up examinations.

Notice

This informed consent document is intended to explain the nature of the procedure, its risks, and alternative treatment options.

It is **not an exhaustive list of all possible risks**.

Medicine and surgery are not exact sciences, and no guarantee of the outcome can be provided.

It is important to carefully read all of the information above and obtain answers to all questions you may have.