

“MEDICAL INTERVENTION (SURGERY) — RISKS” – APPENDIX No. 2

INFORMED CONSENT – BREAST REDUCTION (REDUCTION MAMMOPLASTY)

“MEDICAL INTERVENTION (SURGERY) — RISKS” – Appendix No. 2: approved by “ARZ EST” LLC on 02.05.2019 by Order No. 01/5.

This document constitutes an integral part of the Contract signed between “ARZ EST” LLC and the Client/Patient.

INSTRUCTIONS

This informed consent document has been prepared to provide you with information about breast reduction surgery (reduction mammoplasty), its risks, and possible alternative treatment methods. It is important to read this information carefully and in full. Please initial each page to confirm that you have read it and sign the consent for the surgery proposed by your plastic surgeon and agreed upon with you.

GENERAL INFORMATION

Women with large breasts may experience various problems associated with breast weight and size, such as back, neck, and shoulder pain and skin irritation. Reduction mammoplasty is generally performed to relieve these symptoms rather than to improve the appearance of the breasts.

The best candidates for surgery are women who are sufficiently mature to understand the procedure and who have realistic expectations regarding the results. There are many different surgical techniques for reducing and reshaping the breasts. Every surgical procedure has its own risks and possible complications.

ALTERNATIVE TREATMENT METHODS

Reduction mammoplasty is an elective surgical procedure. Alternative treatment methods include:

- declining to undergo surgery;
- physical therapy for the treatment of pain;
- wearing supportive garments for large breasts.

Liposuction may also be used in some patients to reduce breast volume. All surgical methods carry their own risks and potential complications.

RISKS OF BREAST REDUCTION SURGERY

Every surgical procedure involves certain risks. It is important to understand these risks and possible complications. Every surgical intervention has limitations. The decision to undergo surgery is based on a comparison of the potential benefits and risks.

Although most patients do not experience complications, you should discuss each risk with your plastic surgeon in order to fully understand the consequences of reduction mammoplasty.

Specific Risks

Changes in Nipple and Skin Sensation: Partial or complete loss of sensation in the nipples and breast skin may occur. This may affect sexual response or the ability to breastfeed. In rare cases, the nipple may completely die.

Irregularities of Skin Contour: Visible or palpable folds, breast asymmetry, and residual skin irregularities (“dog ears” at the ends of the incisions) may occur after surgery. These may improve over time or require corrective surgery.

Asymmetry: Most women have some degree of breast asymmetry before surgery. Differences in breast shape, size, or nipple position may remain or occur after surgery. Additional surgery may be required.

Unsatisfactory Result: Surgical results cannot be guaranteed. Asymmetry, an unpredictable breast shape or size, impaired function, poor healing, and loss of sensation may occur.

GENERAL RISKS OF SURGERY

Healing Problems: Certain medical conditions, medications, and supplements may delay healing. Smoking, diabetes, and steroid use increase the risk of complications.

Bleeding: Although rare, bleeding may occur during or after surgery and may require a blood transfusion or repeat surgery.

Infection: Infections are uncommon after surgery but may require treatment with antibiotics or hospitalization.

Scarring: Every surgical procedure leaves scars, which may sometimes be visible. Surgical correction may be required.

Tissue Firmness, Swelling, and Changes in Skin Color: Excessive tissue firmness, prolonged swelling, or changes in skin color may occur.

Damage to Deep Structures: Damage to nerves, blood vessels, muscles, or the lungs (pneumothorax) may occur.

Fat Necrosis and Seroma: Death of fatty tissue or accumulation of fluid may occur and may require drainage.

Anesthesia and Shock: Any anesthesia carries risks of complications, including the possibility of death.

Pain and Cardiac and Pulmonary Complications: These may occur after surgery, particularly with general anesthesia.

Venous Thrombosis and Allergic Reactions: Blood clots and allergic reactions to medications, materials, or blood may occur.

ADDITIONAL RECOMMENDATIONS

Smoking and Nicotine: Increase the risk of complications and delay healing.

Medications and Supplements: Certain medications may increase bleeding or reduce the effectiveness of contraceptives.

Sun Exposure: Ultraviolet radiation may impair healing and cause scarring.

Travel: Plan surgery taking the recovery period into account.

Breast Conditions: Breast self-examination and mammography are important regardless of surgery.

Long-Term Changes: Breast shape may change with age, after pregnancy, or as a result of weight fluctuations.

Breast Piercing: May cause infection.

Breastfeeding: The ability to breastfeed after surgery is unpredictable.

Intimate Relations: Physical activity should be avoided until permitted by the surgeon.

Mental Health: Realistic expectations are important; complications may cause stress.

ADDITIONAL SURGERY

In some cases, secondary surgery may be required to improve the shape or position of the breasts.

PATIENT COMPLIANCE WITH INSTRUCTIONS

Follow all of your surgeon's recommendations, avoid excessive strain on the incisions and sutures, comply with restrictions on physical activity, and participate in postoperative follow-up.

DISCLAIMER

Informed consent documents do not cover all possible risks and treatment methods. Your plastic surgeon may provide additional information based on your individual circumstances and current medical knowledge.