

“MEDICAL INTERVENTION (SURGERY) – RISKS”

Appendix No. 2

INFORMED CONSENT – GYNECOMASTIA SURGERY

Appendix No. 2 “MEDICAL INTERVENTION (SURGERY) – RISKS”: approved by LLC “ARZ EST” on May 2, 2019, by Resolution No. 01/5.

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

INSTRUCTIONS

This informed consent document has been prepared to familiarize you with gynecomastia surgery (male breast reduction), its risks, and alternative treatment methods.

It is important to carefully and completely review this information.

GENERAL INFORMATION

Gynecomastia surgery is intended to remove excess fat, glandular tissue, and/or skin from excessively developed or enlarged male breasts.

In severe cases, the weight of excess tissue may cause breast drooping and stretching of the areola (the darker area surrounding the nipple). In such cases, the position and size of the areola may be surgically adjusted, and excess skin may be reduced, resulting in additional scarring.

Gynecomastia may be caused by hormonal changes, hereditary factors, medical conditions, or the use of certain medications, and may occur on one side (one breast) or both sides.

There are several techniques used by plastic surgeons to treat gynecomastia. Denser tissue is often present beneath the areola and may require removal and biopsy, while additional fatty tissue around the breast is often best removed using liposuction. Male breast cancer occurs much less frequently than in women, but removed dense tissue may require pathological examination.

Gynecomastia surgery may be combined with other body-contouring procedures, including liposuction, or performed simultaneously with other planned surgical procedures.

ALTERNATIVE TREATMENT METHODS

Alternative methods include choosing not to undergo surgery or wearing compression garments to conceal enlarged breasts. In some patients, liposuction has been used to reduce breast size.

Alternative methods also involve risks and possible complications.

RISKS OF GYNECOMASTIA SURGERY

Any surgical procedure involves certain risks. It is important to understand these risks and possible complications, as well as the limitations of the procedure. The patient's decision to undergo surgery is based on comparing the risks with the potential benefits.

Although most patients do not experience complications, all risks should be discussed with the plastic surgeon.

General Surgical Risks

- **Healing Problems:** Certain medical conditions, supplements, and medications may delay healing. Patients who have experienced significant weight loss may have delayed healing, wound separation, infections, and tissue changes requiring additional treatment or hospitalization. Patients with diabetes and those receiving steroid therapy may also experience delayed healing. Smoking slows the recovery process and increases the likelihood of repeat surgery.
- **Bleeding:** Bleeding may occur during or after surgery. Drainage or a blood transfusion may be required. Failure to follow postoperative instructions increases the risk. Do not take aspirin or anti-inflammatory medications for at least 10 days before and after surgery.
- **Infections:** Infections may occur during the early or late postoperative period. If an infection develops, antibiotic treatment or repeat surgery may be required.
- **Scarring:** Every surgical procedure leaves scars, which may be visible, asymmetric, or require surgical correction.
- **Tissue Firmness:** Excessive tissue firmness may occur due to internal scar formation and may require additional intervention.
- **Changes in Nipple and Skin Sensation:** Temporary or permanent loss of sensation may occur and may affect sexual response.
- **Irregularities of Skin Contour:** “Dog ears” or other deformities may develop. These may improve over time or require correction.
- **Changes in Skin Color and Swelling:** Temporary or, in rare cases, permanent changes may occur.
- **Wound Separation and Sutures:** Removal of sutures or repeat surgery may be required.
- **Damage to Deep Structures:** Injuries to nerves, blood vessels, muscles, and lungs (pneumothorax) may occur.
- **Fat Necrosis and Seroma:** Fat tissue may undergo necrosis or fluid may accumulate, requiring intervention.
- **Anesthesia:** Both local and general anesthesia are associated with the risk of complications, injuries, and, in rare cases, death.
- **Pain, Cardiopulmonary Complications, Allergic Reactions, Asymmetry, Lymphedema, and Unsatisfactory Results:** All of these risks are described above and may require additional surgery or treatment.

ADDITIONAL INFORMATION

- Smoking and exposure to nicotine increase the risk of complications.
 - Medications and supplements may affect blood clotting and interact with surgical treatment.
 - Sun exposure may impair healing and increase the visibility of scars.
 - Travel plans and physical activity should be discussed with the surgeon.
 - Breast conditions may develop independently of the surgery.
 - Mental health and expectations should be realistic.
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NEED FOR ADDITIONAL SURGERY

In some cases, repeat surgery may be required to correct the breasts.

PATIENT COMPLIANCE WITH RECOMMENDATIONS

The patient must strictly follow the surgeon's instructions, limit physical activity, and participate in postoperative follow-up to ensure successful recovery.

DISCLAIMER

This informed consent document is intended to provide information about the risks and alternatives to the surgery. It does not cover all possible treatment methods and risks. The surgeon may provide additional information based on the patient's specific circumstances and the current state of medical knowledge.