

“RISKS OF MEDICAL INTERVENTION (SURGERY)”

Appendix No. 2

INFORMED CONSENT – MEDIAL THIGH LIFT

INSTRUCTIONS

This document is an informed consent form prepared to provide you with information about medial thigh lift surgery, its risks, and alternative treatment methods.

It is important to carefully and completely read this information. 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

Medial thigh lift is a surgical procedure for removing excess skin and fatty tissue from the inner thighs. This procedure is not a treatment for obesity. Patients who are overweight and planning to lose weight are advised to postpone body-contouring procedures until a stable weight has been achieved.

There are several different techniques for performing a medial thigh lift. The procedure may be combined with other types of body-contouring procedures, including liposuction, or performed simultaneously with other planned surgical procedures. In some cases, a blood transfusion may be required; however, this is determined on an individual basis.

ALTERNATIVE TREATMENT METHODS

A medial thigh lift is an elective surgical procedure. An alternative is to decline surgical treatment of excess skin and fatty deposits. In patients with good skin tone and localized fatty deposits who have a normal body weight, liposuction may be an alternative. Diet and physical exercise may help reduce overall body weight and improve body contours.

Alternative surgical methods also carry risks and possible complications.

RISKS OF MEDIAL THIGH LIFT

Any surgical procedure involves certain risks, and it is important to understand the possible complications. The decision to undergo surgery is based on weighing the risks against the potential benefits. Although most patients do not experience complications, these risks should be discussed with your plastic surgeon.

Specific Risks of Medial Thigh Lift

Tightness of the Thigh Skin:

A sensation of skin tightness may occur after surgery. This sensation usually resolves over time. In rare cases, additional surgery may be required.

Deformity of the Pubic Area:

In rare cases, women may experience changes in the shape of the labia or pubic area. If necessary, additional treatment, including surgery, may be required.

GENERAL RISKS OF SURGERY

Healing Problems:

Certain medical conditions, medications, and dietary supplements may slow the healing process. Patients who have experienced significant weight loss may develop delayed healing, wound separation, infection, and may require additional treatment. Smoking significantly impairs healing and may result in the need for repeat surgery. Swelling, bleeding, changes in the shape and color of the skin, infection, failure to meet expectations, and additional expenses may occur.

Bleeding:

Bleeding may rarely occur during or after surgery. Emergency intervention or a blood transfusion may be required. The use of aspirin and anti-inflammatory medications increases the risk of bleeding.

Infection:

If an infection develops, treatment with antibiotics, hospitalization, or repeat surgery may be required.

Scarring:

Every surgical procedure leaves scars. Hypertrophic or asymmetric scars, changes in scar color, and the need for surgical correction may occur.

Tissue Induration:

Firm areas may develop as a result of internal scar formation.

Changes in Skin Sensation:

Temporary or permanent loss of sensation may occur.

Irregularities of Skin Contour:

Folds, irregularities, and excess skin ("dog ears") may occur along the edges of the incisions.

Changes in Skin Color and Swelling:

Bruising and swelling are normal occurrences, but in rare cases they may persist for an extended period.

Increased Skin Sensitivity:

Itching, tenderness, or increased sensitivity to temperature may occur.

Wound Separation:

Additional surgical treatment may be required.

Sutures:

Deep sutures may be palpable or may emerge through the skin, causing irritation.

Delayed Healing:

In some cases, necrosis (death) of areas of skin may occur, requiring additional treatment. Patients who smoke have an increased risk of complications.

Damage to Deep Structures:

Damage to nerves, blood vessels, muscles, or the lungs (pneumothorax) may occur. Such injuries may be temporary or permanent.

Fat Necrosis:

Fat necrosis may result in the formation of firm areas and irregularities that may require removal.

Seroma:

Accumulation of fluid may occur and may require drainage.

Anesthesia:

Any form of anesthesia carries a risk of complications, including severe and extremely rare fatal outcomes.

Shock:

In rare cases, severe complications may develop requiring hospitalization.

Pain:

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

Cardiopulmonary Complications:

Thromboembolism, fat embolism, or lung collapse may occur. If shortness of breath, chest pain, or abnormal heart rhythms occur, urgent medical attention should be sought.

Allergic Reactions:

Local or systemic allergic reactions may occur, including anaphylaxis.

Asymmetry:

Asymmetry may persist or develop after surgery. Additional surgery may be required for correction.

Infiltration Solutions:

The administration of large volumes of fluids containing anesthetics and epinephrine may cause fluid overload or systemic reactions.

Persistent Swelling (Lymphedema):

Prolonged swelling of the legs may occur.

Unsatisfactory Result:

Despite the expectation of good results, no guarantee of the outcome can be provided. Asymmetry, unsatisfactory contour, loss of sensation, poor healing, or improperly positioned scars may occur. Repeat surgery may be required.

ADDITIONAL WARNINGS

Smoking and Nicotine:

Increase the risk of skin necrosis, delayed healing, and anesthesia-related complications.

Medications and Supplements:

Certain medications, such as aspirin and NSAIDs, increase the risk of bleeding. Do not discontinue prescribed medications without consulting your physician.

Sun Exposure:

May impair healing and increase scar pigmentation.

Travel Plans:

Possible complications may delay your return to normal activities.

Long-Term Results:

Changes in appearance may occur as a result of aging, weight changes, pregnancy, or menopause.

Piercings:

Jewelry in the surgical area increases the risk of infection.

Information for Women:

You must inform your physician about the use of hormonal contraceptives or the possibility of pregnancy.

Sexual Activity After Surgery:

Physical activity may cause bleeding or a hematoma. Sexual intercourse should be avoided until authorized by your physician.

Mental Health:

It is important to have realistic expectations. In some cases, unsatisfactory results may occur and require additional surgery.

Metabolic Status Following Significant Weight Loss:

Metabolic disturbances and low protein levels may increase the risk of complications.

NEED FOR REPEAT SURGERY

If complications occur, additional treatment or repeat surgery may be required. In some cases, several surgical stages may be necessary to achieve an optimal result. No guarantee of the outcome is provided.

PATIENT COMPLIANCE WITH RECOMMENDATIONS

Strictly follow your physician's instructions. Limit physical activity and do not remove dressings without authorization. Attend follow-up examinations and follow all postoperative care instructions.

DISCLAIMER

This informed consent document is intended to explain the nature of the surgery, its risks, and alternatives, including the option of declining surgical intervention. It is not an exhaustive list of all possible risks and treatment methods. Standards of medical care may change as science and technology develop.

Please carefully read this information and make sure that you have received answers to all of your questions.