

INFORMED CONSENT — NIPPLE RECONSTRUCTION SURGERY

Appendix No. 2

“MEDICAL RISKS OF SURGICAL INTERVENTION”

Approved by “ARZ EST” on 02.05.2019, Resolution 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 help you understand nipple reconstruction surgery, its risks, and alternative treatment methods. It is very important to carefully and completely read this information.

GENERAL INFORMATION

Nipple reconstruction involves restoration of the nipple-areolar complex lost as a result of trauma, breast cancer, or other diseases. There are several different methods of reconstructing the nipple and the surrounding areola. These methods include the use of skin grafts taken from other parts of the body, local breast skin flaps that are shaped into a nipple, or tissue taken from the opposite nipple-areolar area. Additional methods, such as tattooing, may be used to add color to the tissue if necessary.

Nipple reconstruction may be performed as a separate surgical procedure or in combination with other breast reconstruction procedures.

ALTERNATIVE TREATMENTS

Nipple reconstruction is an elective surgical procedure. Alternative treatment methods include declining surgical intervention or using external nipple-areolar prostheses.

RISKS OF NIPPLE RECONSTRUCTION SURGERY

Every surgical procedure involves a certain degree of risk, and it is important to understand these risks and the possible complications associated with them. In addition, every surgical procedure has its limitations. The decision to undergo surgery is made by weighing the risks against the potential benefits. Although most patients do not experience these complications, it is important to discuss them with your plastic surgeon in order to fully understand all possible consequences of nipple reconstruction surgery.

Specific Risks of Nipple Reconstruction Surgery

1. Scarring

Every surgical procedure leaves scars, some of which may be more noticeable than others. Although normal healing is expected after surgery, abnormal scars may develop both at the nipple reconstruction site and at the donor site from which tissue was obtained for reconstruction. Scars may be cosmetically undesirable and may differ in color from the surrounding skin. The appearance of scars may vary even within the same scar. Scars may be asymmetric, appearing different on the right and left sides. Suture marks may remain on the skin. In some cases, scars may require surgical correction or treatment.

2. Skin Grafts

Skin grafts are used in some nipple reconstruction techniques. The donor site may develop residual scarring, poor healing, or abnormal coloration. Chronic itching has been reported. Graft loss may occur due to infection or other causes. An additional graft may be required.

3. Hair Growth

The tissue used for nipple reconstruction may contain hair follicles. This may result in unwanted hair growth on the reconstructed nipple, requiring additional treatment to remove the hair.

4. Tattooing

If tattooing is required as an additional procedure, it may not be possible to precisely match the color and texture of the opposite nipple-areolar complex.

5. Changes in Nipple Sensation

Nipple reconstruction does not restore normal sensation of the breast or nipple.

6. Skin Irregularities

Irregularities in the skin contour may occur. The position and shape of the nipple may not be identical on both sides. Residual skin irregularities may occur at the ends of the incisions, including so-called “dog ears” (excess skin). These may improve over time but may also require surgical intervention.

General Risks of Surgery

1. Healing Problems

Certain medical conditions, supplements, and medications may slow the healing process. Patients who have experienced significant weight loss may experience delayed healing, which may result in wound separation, infections, and tissue changes requiring additional medical treatment or surgery. Patients with diabetes or those taking steroids may experience prolonged healing. Smoking slows the healing process and may often require additional surgery.

2. Bleeding

Bleeding may occur during or after surgery, although such cases are rare. If postoperative bleeding occurs, emergency treatment or a blood transfusion may be required.

3. Infection

Postoperative infections are uncommon, but if an infection occurs, additional treatment, including antibiotics or hospitalization, may be required.

4. Pain

Pain of varying intensity and duration may be expected after surgery. Some patients may experience chronic pain due to damage to nerve endings or stretching of tissues.

5. Breathing Problems and Cardiovascular Conditions

Pulmonary complications, such as thromboembolism or fat embolism, may develop following general anesthesia. These complications may be life-threatening.

6. Infections and Bleeding

Harmful infections and hematomas may occur at any stage after surgery.

Additional Recommendations

1. Smoking and Nicotine

Smoking, use of nicotine products, or exposure to secondhand smoke increases the risk of complications such as tissue necrosis and poor healing.

2. Medications and Supplements

Certain medications and supplements, such as aspirin or nonsteroidal anti-inflammatory drugs, may increase the risk of bleeding.

3. Sun Protection

Exposure of the operated areas to sunlight may increase scar formation and impair healing.

4. Travel Planning

Surgery may result in complications that can delay healing; therefore, this should be taken into consideration when planning travel.

5. Medical Conditions

Breast cancer may develop independently of the surgery. Regular breast self-examination is important.

6. Long-Term Results

With aging or changes in body weight, the shape and color of the reconstructed nipple may change.

NEED FOR REPEAT SURGERY

Additional surgery may be required after this procedure to improve the result. It is important to understand that medical practice cannot always guarantee an optimal result after the first procedure.

PATIENT COMPLIANCE

It is important to carefully follow all physician instructions to ensure successful healing. After surgery, excessive physical exertion should be avoided and postoperative care recommendations should be followed.

DISCLAIMER

Informed consent documents provide information about surgical treatment and its risks, as well as possible alternatives. However, this document is not exhaustive and does not include all possible treatment methods. Your plastic surgeon may provide additional information based on your individual situation.

If you have any additional questions or require clarification, please do not hesitate to ask.