



Informed Consent

General Risks of Surgery

GENERAL RISKS OF SURGERY

All surgeries have risks. This document will help to inform you of possible risks.

1. Bleeding:

With any procedure, there is a risk of bleeding. This can vary from mild bruising that heals easily to large amounts of blood loss that may require medical aid. This aid may include blood transfusions or other procedures to stop the bleeding and drain any collected blood. Each procedure may have its own risks. For example, a blood transfusion may very rarely transfer a known or unknown infection. Please tell your surgeon about any medications and non-prescription herbs or supplements you are taking, because some may increase the risk of bleeding during or after surgery. Excessive bleeding after surgery may require separate and additional emergency treatment at a hospital.

2. Infection:

With any medical procedure, it's possible for infections to occur. Sometimes these infections aren't directly linked to the part of the body that was operated on, such as pneumonia or a urinary tract infection. The seriousness of an infection can vary from relatively minor to life-threatening. If you get an infection, you may need more treatment including antibiotics, hospitalization, or surgery. It is important to tell your surgeon about any current or previous infections you may have had. Your doctor should be told about serious infections, such as methicillin-resistant *Staphylococcus aureus* (MRSA) infections. They can also be less serious like an open wound, a recent upper respiratory infection or pneumonia, an ingrown toenail, an insect bite, a tooth abscess, or a urinary tract infection. Tell your surgeon about any infection or health issue you've had recently. Infections in other parts of the body may lead to an infection in the area where you've had surgery. If you have a serious infection you may be required to seek outside, separate treatment at an urgent care or emergency department.

Post operative infections of the incision area can contribute to sub-optimal wound healing. It is important to avoid common sources of infections. You should take your antibiotics as prescribed after surgery. You should avoid working in contaminated environments while your incision(s) is/are healing. It is important to sleep in clean bed linens after surgery and do not let animals sleep in/on your bed and/or sit on top of you while you are recovering from surgery. You should avoid handling dirty diapers, soiled linens, or cleaning up pet feces after surgery. If you live in a house that uses well water, you should make sure your water source's quality testing is up to date. You should avoid water immersion activities for up to 6 weeks after surgery. You may ask your provider at your 3 week post op appointment when you can resume water immersion activities in bath tubs or treated water such as chlorinated swimming pools. You should remain out of lakes and oceans for at least 6 weeks after surgery.

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3. Pain:

Having pain after surgery is normal. Your surgeon may recommend taking pain medication to reduce your discomfort. This might include prescription pain medication. If you take medication, follow the instructions carefully. These medications can have serious side effects. They may be dangerous if you take too much or may result in addiction (especially in the case of opioids). Please talk to your doctor if you have a history of trouble with any pain medication. Be honest with your doctor about your history with addiction of any kind. Please also talk to your doctor if you have any questions about medication.

4. Nausea/Vomiting/Constipation

Having nausea, vomiting and/or constipation is normal after surgery. However, if you experience excessive vomiting, contact your surgeon immediately. If you experience extreme constipation, you may be required to go to a hospital emergency department for treatment. It is important to take the stool softeners prescribed. An enema is also an option prior to presenting for emergency care.

5. Scar Formation:

All surgeries leave scars. Some are more visible than others. While your surgeon will try to make sure your scar is small and nearly invisible, everyone heals differently. There is a chance that you may have a more visible scar than others. Some scars may be raised, thick, wide, discolored, uneven, painful, or otherwise not acceptable to you. With some surgeries, scar tissue may form around structures deep in the body and cause other issues in the area that's been operated on. Scars may also stretch out or migrate over time. Your scar(s) may not be positioned where you expected them to be.

6. Wounds:

With any surgery, there is a chance that wounds will form. Depending on the size of the wound, your surgeon may recommend ways to help you heal. These can include wound care with dressing changes, special devices to help the wound close faster, or operations to clean or close the wound. Sometimes, a wound may affect the results of your surgery, both in terms of how it looks and how it performs. Certain health problems and medications may lead to wound formation. Please tell your doctor about all your known or possible medical issues. Also let your doctor know every medication, herb, and supplement you're taking. Tell your doctor about your eating habits and if you're on a specific diet like Atkins or keto. Don't forget to tell your doctor whether you smoke, or you used to smoke. Smoking and nicotine can make it harder for your body to heal, resulting in wound problems. If you have a medical condition such as diabetes or certain auto-immune disorders, you may require separate outside treatment by another provider if you experience poor wound healing.

7. Swelling:

All procedures involve some swelling. The amount of swelling will change depending on the procedure. Your surgeon will recommend ways to reduce swelling. These may include

simply waiting for the swelling to go down. Other ways include using special compression clothing, a drain, or medications. If the swelling increases, fluid may collect in your body (called a “seroma”). To fix this, your surgeon may suggest a procedure to drain the fluid. In rare cases, swelling can be permanent (called “lymphedema”).

8. Change in Skin Sensation:

Many people experience changes in skin sensation after surgery. In other words, touching things may feel different than it used to. Such changes usually involve being less sensitive to touch. However, it’s also possible that you may become more sensitive. While these changes usually go away as you start healing, some changes may be permanent.

9. Injury to Deep Vital Structures:

When you have surgery, there is a risk that other organs and systems may be injured. This is incredibly rare. These important systems are called “deep vital structures,” and they include the bowel or gut, muscles, nerves, blood vessels, and other parts of the body. Injuries to these parts can lead to severe infections, bleeding, trouble breathing, organ failure, or even death. Treating such injuries may require more surgeries or time in the hospital.

10. Blood Clotting Issue that Could be Life-Threatening DVT/PE Risks:

Sometimes surgery can cause issues with your blood vessels, including clotting. In most cases, these fix themselves without needing treatment. However, some procedures have a higher risk of developing blood clots than others, particularly in deeper veins. If a clot forms in a deep vein, it is called deep vein thrombosis (DVT). It can lead to chronic swelling. If the blood clot breaks off and travels to the lungs, it is called pulmonary embolism (PE). PE can be very dangerous. If you experience any symptoms of DVT/PE including but not limited to excessive swelling of arms, hands, legs, or feet and/or shortness of breath, you must seek medical attention immediately. This can be a life-threatening emergency requiring separate treatment at a hospital. If DVT/PE occurs, you may be given medication to “dissolve” the clot. This medication may increase your risk of bleeding. It is important to tell your surgeon if you or your family have a history of DVT/PE. Discuss your medical history with your surgeon, because some issues may increase your risks. These include taking some types of birth control or estrogen pills, obesity, history of cancer, history of inflammatory bowel disease, etc. If you are prescribed a blood thinner after surgery, it is important to take each dose as directed.

Every surgery has a risk of blood clots, DVT, and PE. This varies depending on the risk factors listed below. The higher the risk factors, the greater the chance you’ll experience blood clotting issues during or after surgery. It’s important for you to be aware of these risks and to follow your doctor’s instructions. Be sure to move about when your doctor allows it. Follow all instructions about activity and movement after surgery. In order to lower your risk of clot-related issues, your doctor may also give you other instructions. You may need to wear special leg stockings, use squeezing active leg devices, or take certain medicines as

you heal. If you have a high risk of clotting issues, you may experience some problems even if your doctor uses preventive methods. If your surgery is not medically required (it's "elective") and you are a high-risk patient, it may be safer to not have the surgery. You should talk about these risks with your surgeon. If you have any signs or symptoms of a DVT/PE you should seek emergency treatment immediately.

11. Reactions/Allergies to Medications and Supplies:

All medical procedures use a range of medications and supplies. Your body may react to some supplies, including tape, glue, sutures, or garments. These reactions include allergies. Allergies can be minor (itching), moderate (rash), or severe. Severe allergies may result in death (including shock or swelling in your mouth and throat that prevents you from breathing normally). Tell your doctor about any previous allergic reactions you may have had, no matter how mild they were. Medications can also lead to allergies or other reactions. Certain medications, including those used for local or general anesthesia, may affect the heart, lungs, brain, kidneys, liver, or other body functions. These reactions may be life-threatening.

12. Surgical Anesthesia:

Both local and general anesthesia involve risks. There is a possibility of complications, injury, and even death from all types of surgical anesthesia or sedation. Please let your surgeon know about all health issues you may have, especially those that involve how your heart and lungs work. It's also important to tell your doctor about your overall fitness level, because this can affect how anesthesia works on you.

13. Unsatisfactory Result:

Although good results are expected, there is no guarantee of the final results of the surgery. Everybody is different and nobody is perfectly symmetrical or even. Your surgeon may not know in advance about some of these natural issues. Many issues with unevenness can't be fully corrected with surgery. The more realistic your expectations are, the better your results will be. Some patients never reach their desired goals or results, but this is not the fault of the surgeon or operation. You may be disappointed with the results of surgery. A range of results can happen after surgery. These can sometimes include unevenness unexpected shape and size, loss of function, wounds, poor healing, scars, changes in appearance, or loss of feeling. It is also possible that the issue for which you had surgery could come back. You may choose to have more surgery to get a result you are happy with.

It can be stressful to have a result you don't like. Before surgery, talk with your surgeon about any concerns you have. Also, tell your doctor if you have a history of depression or mental health disorders. Although many people are happy after surgery, it's impossible to predict what effect surgery may have on your mental health.

14. Need for Another Surgery (Reoperation)

Many things may affect the results of your surgery, both now and in the future. You may need to have more surgeries to get your desired results. Future surgeries are considered separate treatments outside of your initial procedure. This can include tightening, moving, shifting, or removing things. The results from surgery are often not permanent and are likely to change over time. In the future, you may want to make more changes to the appearance or function of your body for various reasons. These may include the results of aging, sun exposure, weight loss, weight gain, pregnancy, and menopause. It could also include other circumstances not related to your surgery.

There may be additional costs for additional procedures like this. This would include surgical fees, facility and anesthesia fees, and pathology and lab testing.

15. Inability to Follow Instructions Before and After the Procedure:

With any procedure, your surgeon will give you instructions to follow the surgery. Following these instructions will help you heal faster. It will reduce your risk of complications and increase the chance of a good result. Such instructions may include telling you how to take care of your bandages or dressings. They may limit activities, including exercise, lifting, fast movements, bathing, sun exposure, or traveling. Your doctor may make suggestions about the clothes you wear. You may also get instructions about the medications and supplements to take and what to eat. It is very important for you to follow these instructions. If you can't follow any of the instructions you've been given, it's important to quickly tell your surgeon. Not following your doctor's instructions can cause problems with healing and may affect the results of your surgery. It is critical that the patient keeps follow up visit appointments, failure to return for follow up appointments and failure to come in for a check-up when the patient is advised may result in complications and permanent damage. **If you suspect you are having a medical emergency, you should dial 911.**

16. Smoking, Second-Hand Smoke Exposure, Nicotine Products (Patches, Gum):

If you currently smoke or use tobacco or nicotine products (including a patch, gum, or nasal spray), or if you are exposed to second-hand smoke, you have a bigger risk of problems during and after surgery. These problems may include skin loss, delayed healing, and more scarring. Additionally, smoking may cause problems with anesthesia and recovery from anesthesia. It can also lead to coughing and increased bleeding. People who don't smoke or use any nicotine-containing products and who don't experience second-hand smoke have a much lower risk of these types of problems. The risks associated with smoking and/or vaping other substances such as marijuana, are not fully known at this time.

It is important that you don't smoke for at least 6 weeks before surgery. Don't start smoking again until your doctor tells you it's okay to start. If possible, use this time to help you quit for good. You must tell your doctor if you keep smoking in the 4 weeks before your surgery. For your own safety, your surgeon may move your operation to a later date if you keep smoking during this time. Be honest with your surgeon about whether you smoke or use nicotine products—it's for your own safety.

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17. Sleep Apnea/CPAP:

If you have breathing problems such as “obstructive sleep apnea” and/or use a CPAP device (continuous positive airway pressure), you may have a bigger risk of breathing problems or even death during and after surgery. This also increases the risk involved with taking certain pain medications after surgery. It’s important for your doctor to know about any pre-existing health issues to find out if surgery is safe for you.

18. Risks Associated with Obesity:

Patients who are overweight have a higher rate of many complications and this risk increases the more overweight the patient is. The patient should discuss these risks with their surgeon and discuss ways to decrease these risks.

COMMUNICATION ACKNOWLEDGEMENT – CONSENT

It is important to keep appointments and let us know about any problems or issues you may be having. There are many ways we can communicate. You can communicate with us by telephone, text, email, and regular mail. If you have a concern, tell us immediately so that we can help. **If you suspect you are having a medical emergency, call 911.** Please do not leave a message about an emergency on the office answering machine after hours or on weekends. There may be a delay in us getting such messages. We will do our best to protect your privacy according to HIPAA rules.

DISCLAIMER

Informed consent documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, informed consent documents can’t cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case.

Informed consent documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practice medicine and evolve.

It is important that you read the above information carefully and get all your questions answered before signing the procedure consents in your packet.

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CONSENT AND ACKNOWLEDGEMENT GENERAL RISKS OF SURGERY

1. I permit Dr. Matthew C Camp and the doctor's assistants to do the procedure(s) that appear on my estimate sheet and procedure-specific surgery consents in my packet.
2. I got the information sheet on General Risks of Surgery.
3. I understand that, during the surgery, an unexpected situation may require a different medical procedure than the surgery I consented to. I permit the doctor listed above, the assistants and/or designees to provide any treatment that my doctor thinks is needed or helpful. My permission includes all treatments that my doctor does not plan to do at the start of the surgery.
4. I understand what my surgeon can and cannot do. I understand that no warranties or guarantees have been hinted at or stated outright about the outcome of the surgery. I have explained my goals. I understand which outcomes are realistic and which are not. All my questions have been answered. I understand the surgery's risks. I am aware of other risks and possible issues, benefits, and options. I understand and choose to have the surgery.
5. I agree to the anesthetics that are needed or helpful. I understand that all types of anesthesia have risks and may result in complications, injury, and even death.
6. I am aware of the serious risks to my health when blood products are used. I agree to my doctor using them if my doctor, assistants, and/or designees think they are needed or helpful.
7. I agree to the disposal of any tissue, medical devices, or body parts taken out during or after surgery. I also agree to any additional surgeries or treatment that is needed or helpful.
8. I agree to have parts of my body photographed or televised appropriately before, during, and after the surgery for medical, scientific, or educational reasons, if the pictures do not reveal my identity.
9. For medical education, I agree that onlookers can be in the operating room.
10. I permit my Social Security Number to be given to the right agencies for legal reasons and medical device registration, when necessary.
11. I agree to the charges associated with the procedure(s) or treatment(s) I have selected as outline on my Patient Estimate Sheet. I also understand that there may be additional charges if additional procedures or treatments are necessary or advisable, and I agree to those charges, if any.
12. I understand that not having the surgery is an option and that I can opt-out of having the surgery.
13. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:
 - a. THE RISKS OF SURGERY TO BE PERFORMED
 - b. THERE MAY BE OTHER SURGERIES OR TREATMENT OPTIONS
 - c. THERE ARE RISKS ANY TYPE OF SURGERY

I CONSENT TO THE SURGERY PROCEDURE(S) OUTLINED ON MY PATIENT ESTIMATE SHEET.
I UNDERSTAND THE EXPLANATION OF GENERAL RISKS OF SURGERY AND HAVE NO MORE QUESTIONS.

Patient or Person Authorized to Sign for Patient Date/Time

Witness Date/Time