

## Patient Informed Consent and Instructions on Plastic Surgery – Abdominal Plastic Surgery (Abdominoplasty)

Mrs.:

Birth Number (passport number and date of birth in case of foreigners):

Residence:

Telephone/e-mail

(also referred to as the “Client”)

### Dear Madam, dear Sir,

we are glad you have chosen the Premier Clinic. Our clinic’s entire team is ready to do everything to ensure that you are fully satisfied with the outcome of your surgery. We hope that the combination of the state-of-the-art equipment and procedures, the surgical skills of our doctors and the professionalism and dedication of our nurses will help to transform your aesthetic or health problem into joy from the subsequent results. We wish you a pleasurable stay at our clinic.

### The principle of the surgery:

Abdominoplasty solves the problem of loose and droopy skin, as well as a loose abdominal wall, which is most often caused by pregnancy or significant and rapid weight loss.

### The course of the surgery

Before the surgery itself, we perform excess skin measurements and we draw a line for the future incision, which will allow for symmetrical removal of excess skin and fat. Surgery is performed under general anaesthesia. We make a horizontal incision just above the pubic area and we mobilise (loosen) the abdominal skin along with the fat layer as far as the rib arch. The cut is led around the navel, so that it remains connected to the abdominal wall. Then, the skin is pulled down and its excess is removed. The next step is to potentially strengthen the abdominal wall by sewing and pleating the straight abdominal muscles. This part of the surgery is necessary to achieve good functional results in case of larger separations between muscles. Then we make an incisional hole for locating the navel and stitch the skin in the lower abdomen in several layers. We place vacuum drains underneath the loose abdomen skin to drain blood and tissue secretion. The surgery ends with the attachment of abdominal bandage to ensure perfect compression.

The hospitalisation period after this type of surgery is usually 2-4 days, depending on the extent of the procedure and the patient’s overall post-surgery condition. After release from the clinic, resting at home is for a further 5-7 days is required. We remove the stitches in approximately 14 days. Full physical strain is possible after 6 weeks, if there are no complications. Active sports are possible 3 months after the procedure, if there are no complications. The effect of the procedure is long lasting and unless significant weight changes occur, it is generally unnecessary to repeat the procedure. In case of a significant fat layer on the hips, abdominoplasty can be combined with liposuction of the hips, therefore, achieving an excellent overall effect.

### Potential risks after surgery:

#### Complications can occur with any surgical procedure.

Complications during this type of surgery are very rare, but in spite of great caution and technically correct performance, complications may occur during or after surgery.

- **Bleeding** – may start during the procedure, but also in the post-surgery period, because of the necessary intervention in the blood vessels during the procedure. Bleeding is immediately stopped by electrocoagulation and subsequently, slight capillary bleeding is drained by the above-mentioned vacuum drains. If post-surgery bleeding is more intense, a post-surgery revision under general anaesthesia is required.

- **Bruises** – the occurrence of bruising is possible around the post-surgery wound and they spontaneously disappear within a few weeks, while the extent of the bruising is individual.

- **Seroma** – is a formation of fluid in the surgical wound immediately after the procedure and later, which is manifested by pain and enlargement of the treated area. The most common cause is an early physical strain after surgery, excessive sporting activity or injury.

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Client’s signature:

- **Scar healing disorder** – if the scars are under tension, they can spread; or in rare cases hypertrophic, pigmented and keloid scars may develop.
- **Infection** in the surgical wound is rare and it's most often caused by living bacterial strains in the skin glands. If it's treated early, it won't affect the resultant effect of the procedure.
- **Feeling of tension** in the abdominal wall disappears within a few weeks after the procedure.
- **Deep vein system thrombosis** – occasionally, thrombosis of the deep vein system in the lower limbs, followed by embolism, may occur during this procedure. This is a life-threatening complication, which requires further intensive care in a specialised centre. As a precaution, we apply drugs to all clients before surgery, which reduce this risk, and the entire post-surgery regimen is designed to minimise this risk.
- Potential **necrosis of tissue areas** due to reduced blood flow is very rare after the procedure, this risk is increased in smokers.

**Before the procedure, the client is obliged to:**

inform the attending physician-surgeon about all past and current illnesses, allergies and medication used (especially drugs, which affect blood clotting and bleeding).

**How to behave after the procedure:**

After surgery, regular check-ups and strict adherence to instructions for post-surgery home care are an important part of the treatment and are therefore essential for good healing.

You can have a shower approximately 5 days after surgery, but you can't have a bath! It's necessary to avoid increased physical exertion in the first month after surgery, especially any physical exertion affecting the abdominal area. Participating in sports isn't possible less than 3 months after the procedure, according to the course of post-surgery healing. After the procedure, you will receive special compression underwear, which you must wear 24 hours a day - even at night for at least 6 weeks, and then as recommended by your doctor. It's necessary to avoid sleeping on your sides or on your stomach for the first 3 weeks at minimum. Regular check-ups are required and in case of uncertainty or occurrence of a problem, contact your attending surgeon immediately. Protect the scars from sunlight with high SPF 30 and above for 3-4 months.

We do not recommend flying 5-7 days after surgery.

If you have any problems or questions after surgery, please don't hesitate to contact us immediately. Only your attending doctor can give you the best and most effective advice.

**Please bring the following items for your hospitalisation:**

- The results of a pre-surgery examination, which cannot be older than 14 days and without submitting this examination you cannot be accepted for surgery
- Your identification card and health insurance card
- **Medication that you normally take - hand these medicines over to the nurse on admission to the clinic and they will be administered to you in a way that doesn't interfere with the effect of medications given in connection with the surgery**
- Toothbrush, toothpaste and cosmetic products that you use
- You will receive everything else (meals, drinks, clothes, slippers, bathrobe, towel, etc.) from us

**Please observe the following instructions before the procedure:**

- Arrive with unpolished fingernails
- Perform thorough personal hygiene in the evening and the morning before the procedure
- Arrange for an escort on the expected day of your discharge from the clinic and if this isn't possible, we will arrange a taxi for you.

**Please follow the instructions strictly from anaesthesiologists before general anaesthesia - see "Recommendation before General Anaesthesia". In case of any ambiguity or deviation in the result of the pre-surgery examination, both the surgeon and the anaesthesiologist reserve the right to withdraw from the procedure, which was planned for aesthetic indications, even on the day of the procedure. The procedure can be delayed, if possible, until the patient's health improves.**

**Informed consent with the surgery:**

MUDr....., during the consultation on the date: ....., sufficiently informed me about my planned plastic surgery, the course of the procedure, type of anaesthesia, hospitalisation, course of healing, expected outcome and possible complications, as well as the price of the surgery and other procedures related to the surgery and he/she answered all my questions. I have no additional questions and I feel well informed. After a reasonable period of reflection, I have decided to undergo the planned surgery on a voluntary basis.

**I was informed with regard to the necessity of the pre-surgery examination according to the type of surgery and I am in agreement with it.**

**I agree with the proposed hospitalisation** for the purpose of performing the mentioned surgery.

From a medical point of view, **I agree with the necessary measures** requiring any further medical intervention in case of unexpected complications and I am able and ready to pay the possible financial costs of such intervention.

**At the same time, I confirm that in the event of unanticipated complications** requiring urgent action to save my life or health, I give my consent to all other necessary and urgent procedures, which may be needed to save my life or health, and I also confirm that I agree with the possibility of being given a blood transfusion. If I do not have health insurance in the Czech Republic, I thereby give my consent to measures, which are necessary from a medical point of view, in case of unexpected complications, such as further hospitalisation in a specialised department, and I also agree to pay the full financial reimbursement of this hospitalisation and other related procedures.

**I agree/Disagree** that the following persons (name, surname, telephone contact, relationship with the Client) should be informed of my state of health:

.....

**I agree/Disagree** with publication of the surgery results in the form of photographic documentation for presentation or teaching purposes:

- a) for the Clinic's internal use
- b) publication on the website

At the same time, the Client expressly agrees with processing and storage of his or her personal data for the Clinic's purposes. The Client and the Clinic expressly agree that all mutual legal relationships are governed by Czech law. The participants undertake to always attempt to settle any disputed matters by agreement. In the event that the contracting parties fail to resolve any matter by agreement, the Client and the Clinic have agreed that any litigation is governed by Czech law and is subject to the jurisdiction of the Czech courts, while the competent court for settlement of any disputes arising under this Agreement or other contractual relations between the Client and the Clinic is the municipal court with local jurisdiction, determined according to the Clinic's registered office.

Date:

Client's signature:

Doctor's signature: