

INFORMED CONSENT FOR MASTOPEXY (BREAST LIFT) SURGERY

INTRODUCTION: While complications are not expected, they can occur with any surgical procedure or treatment.

Wound healing delay and complications – including skin loss – is much more common in smokers.

Do not take any aspirin or anti-inflammatory medications for 10 days before surgery, as these medications increase the risk of bleeding.

Uncontrolled hypertension (high blood pressure) increases the risk of bleeding.

It is not practical or possible to list every known complication for an operation or treatment; this document explains the significant risks usually associated with this operation.

It is important that you have all your questions answered before you sign the consent for surgery.

GENERAL INFORMATION: Breast lift is usually performed to enhance the appearance of the breasts. The best candidates for the surgery are those who are mature enough to understand the procedure, and to have realistic expectations about the results. There are a variety of different surgical techniques used to re-shape the female breast.

RISKS OF BREAST LIFT SURGERY: Every surgical procedure involves a certain amount of risk. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to the potential benefit. Although the majority of women do not experience the following complications, it is important that you understand the risks involved.

BLEEDING: Heavy bleeding is unusual. Should post-op bleeding or hematoma occur, it may require emergency treatment to drain accumulated blood, or even blood transfusion. *Do not take any aspirin or anti-inflammatory medication for 10 days before surgery.*

INFECTION: This is uncommon, but may occur as with any operation. The ducts of the breasts normally harbour germs which may cause infection. If infection occurs, it is usually well localized, and the infected area may be readily treated. Antibiotics may be prescribed. If infection is more severe, it may require surgical treatment.

SCARRING: There are always permanent scars from breast lift surgery. The quality of these scars is unpredictable, but most patients find them acceptable, and consider them a reasonable trade for improvement in symptoms. Scars may widen with time. Occasionally, scars may become thick with prolonged redness (hypertrophic scars), but even these typically improve with time. A woman who is known to scar badly must consider this surgery very carefully. Even with normal healing it is common for the redness in scars to last a long time, more than a year in most cases. Some patients have a permanent discolouration of their scar, which may have a pink or purple colour. Pigmentation is often lighter or darker than normal skin, and scars typically have a slightly different texture than normal skin.

CHANGE IN NIPPLE AND BREAST SENSATION: It is common to have a temporary loss of sensation in areas of the breast skin following breast lift. In the great majority of cases sensation returns. It is possible to have permanent loss of sensation in one or both nipples after breast lift and/or reduction mammoplasty.

SKIN OR NIPPLE LOSS (NECROSIS): Diminished circulation may cause necrosis of the skin and breast tissue. In rare cases, one or both nipples may suffer partial – or very rarely – complete loss. Firm areas are sometimes palpable in the breast after surgery due to internal scarring or fat necrosis. The occurrence of this is not predictable. On occasion excision or biopsy of a firm area may be indicated.

DELAYED HEALING: In most cases healing is quite straightforward. Healing may be delayed for a number of reasons, including wound separation or disruption, sutures coming to the surface, and necrosis as described above.

ASYMMETRY: It is impossible to obtain a perfect match of the shape, volume and position of the breasts and areolas. Perfect natural symmetry in anyone is extremely rare. Sometimes a minor adjustment is recommended after healing takes place.

UNSATISFACTORY RESULT: You may be disappointed with the size and shape of your breasts after surgery. The scars may be wider than you had hoped for. The breasts may not be the size that you had expected. There is no precise way of determining eventual cup size at surgery. If you have strong expectations in this regard, this must be discussed with your surgeon pre-operatively.

Rarely, inversion of the nipple may be present as a result of surgery.

PAIN: Abnormal scarring in skin and deeper tissues of the breast may produce pain.

BREAST FEEDING: There is a variety of breast lift surgery techniques. With the great majority it is expected that a patient would be able to breast-feed subsequently. The volume of milk produced may be reduced. Some women cannot breast-feed whether they have had surgery or not. If you hope to breast-feed in the future following breast lift, it is important that you discuss this with your plastic surgeon prior to undergoing mastopexy.

BREAST DISEASE: Breast disease and breast cancer can occur independently of breast lift surgery. It is recommended that all women perform periodic self-examination of their breasts, and have mammography according to the provincial guidelines. All women planning breast lift surgery should have a mammogram in the year before surgery. If a lump occurs, you should see your doctor or plastic surgeon.

GENERAL RISKS: Both local and general anaesthesia involve risk. There is the possibility of complications, injury and even death from all forms of surgical anaesthesia or sedation. Allergic reactions can occur, and may require additional treatment.

General medical problems can occur, including deep vein thrombosis and pulmonary embolism, a complication which can be fatal. This is very rare in breast surgery. Blood transfusion is rarely necessary as a result of breast lift surgery.

ADDITIONAL SURGERY NECESSARY: Should complications occur, additional surgery or other treatments may be necessary. Other complications and risks can occur but are very uncommon. The practice of medicine and surgery is not an exact science. Good results are expected, but there is no guarantee on the results that may be obtained.

HEALTH INSURANCE: In most cases breast lift surgery is not an insured benefit of the Provincial Medical Plan. This is considered cosmetic surgery, and is done to improve the appearance of the breasts.

It is important that you read the above information carefully, and have all of your questions answered before signing this consent.

Name: _____ X _____
Patient or Person Authorized to Sign for Patient

Date _____ Witness _____