



# Informed Consent

Fat Transfer Procedures, Fat Grafts, and Injections

## **INSTRUCTIONS**

This is an informed-consent document that has been prepared to help inform you about the fat transfer (fat grafts or fat injection) procedures, their risks, and alternative treatment(s).

It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page, and sign the consent for surgery as proposed by your plastic surgeon and agreed upon by you.

## **GENERAL INFORMATION**

A person's own fat may be used to improve the appearance of the body by moving it from an area where it is less needed (usually the thighs or abdomen) to an area that has lost tissue volume due to aging, trauma, surgery, birth defects, or other causes. Typically, the transferred fat results in an increase in the volume of the body site being treated. Before the procedure, the areas from which the fat is being removed may be injected with a fluid to minimize bruising and discomfort. The fat may be removed from the body by a narrow surgical instrument (cannula) through a small incision or may be excised (cut out) directly through a larger incision. In some cases, the fat may be prepared in a specific way before being replaced back into the body. This preparation may include the washing, filtering, and centrifugation (spinning) of the fat. The fat is then placed into the desired area using either a smaller cannula or needle, or it may be placed directly through an incision or puncture holes. Since some of the fat that is transferred does not maintain its volume over time, your surgeon may inject more than is needed at the time to achieve the desired end result. Over a few weeks, the amount of transferred fat will decrease. In some cases, more fat may need to be transferred to maintain the desired results. Fat transfer procedures may be done using a local anesthetic, sedation, or general anesthesia depending on the extent of the procedure.

## **ALTERNATIVE TREATMENTS**

Alternative forms of nonsurgical and surgical management consist of injections of man-made substances to improve tissue volume (such as hyaluronic acid and polylactic acid), the use of man-made implants, or other surgical procedures that transfer fat from the body (flaps). Risks and potential complications are associated with these alternative forms of treatment.

## **INHERENT RISKS OF FAT TRANSFER PROCEDURES**

Every surgical procedure involves a certain amount of risk, and it is important that you understand these risks and the possible complications associated with them. In addition, every procedure has limitations. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with your plastic surgeon to make sure you understand all possible consequences of fat transfer procedures.

## **SPECIFIC RISKS OF FAT TRANSFER PROCEDURES**

### **Change in Appearance:**

Typically, the transferred fat loses some of its volume over time and then becomes stable. It is possible that more treatments may be needed to maintain the desired volume of the transferred fat and resulting appearance. Less commonly, if you experience significant weight gain, the transferred fat may increase in volume and cause an undesirable appearance. It is important to understand that more than one treatment may be needed and to discuss with your surgeon the costs associated with repeat treatments.

### **Firmness and Lumpiness:**

While most transferred fat results in a natural feel, it is possible that some or all of the fat may become firm, hard, or lumpy. If some of the fat does not survive the transfer, it may result in fat necrosis (death of transferred fat tissue), causing firmness and discomfort or pain. Cysts may also form at the site of the transferred fat. Surgery may be required to improve such conditions.

**Under- or Over-Correction:**

The transfer of fat may not achieve the desired outcome. The amount of correction may be inadequate or excessive. It may not be possible to control the process of fat transfer due to factors attributable to each patient's situation. If under-correction occurs, you may be advised to consider an additional fat transfer procedure. If over-correction occurs, other surgical procedures such as liposuction or excision of the fat may be required.

**Asymmetry:**

Symmetrical body appearance may not result from a fat transfer procedure. Factors such as skin tone, fatty deposits, bony prominence, and muscle tone may contribute to normal asymmetry in body features. It may not be possible to achieve or maintain exact symmetry following fat transfer.

**Long-Term Effects:**

Subsequent changes in the shape or appearance of the area where the fat was removed or placed may occur as the result of aging, weight loss or gain, or other circumstances not related to the fat transfer procedure.

**Tissue Loss:**

In rare cases, the transferred fat may cause the skin over the treated area to be injured resulting in the loss of skin and surrounding tissue. This may leave scars, cause disfigurement, and require surgery for treatment.

**Fat Transfer to the Breasts:**

Fat transfer has been used to improve the appearance of breasts reconstructed after cancer treatment, to improve the appearance of breast deformities, and to enlarge breasts for cosmetic purposes. While there is limited information regarding the long-term implications of such procedures, there are some potential concerns especially with regard to breast cancer detection. Since the transferred fat may become firm and cause lumps, it may be necessary to undergo radiological studies (mammogram, ultrasound, or MRI) to confirm that these lumps are not due to cancer. It is also possible that the firmness may make it more difficult for you or your doctor to examine the breasts. It is also possible that a biopsy may be needed if there is concern about any abnormal findings in your breasts. However, there is no reason to believe at this time that fat transfer procedures may cause breast cancer.

Fat Transfer to the breast for cosmetic augmentation may require additional surgical procedures to obtain your desired breast size. A limited amount of fat can be injected during each surgical procedure to maintain viability. Sometimes, adjuvant devices (Brava) are recommended to assist in this process.

**Fat Transfer to the Buttock:**

Buttock enhancement surgery potentially improves the buttock shape and increases the volume of the buttock. Large volumes of fat transfer are often required. However, the transferred fat may become firm and cause lumps, in addition to other risks such as infection, bleeding, seroma, and fat necrosis. As previously discussed, fat resorption can also occur.

**Fat Transfer to the Face:**

Fat can be placed throughout the face to give a more youthful appearance. Common areas of fat transfer include the temples, folds around the mouth, cheeks, and chin. This is an alternative to traditional fillers such as hyaluronic acid or hydroxyapatite. Because the fat is living, it is a more permanent solution. Fat transfer to the face may cause complications such as lumps, puffiness, infection, and bleeding. In rare cases, vision abnormalities, including blindness, may occur. In other rare cases, fat transfer to the face may block oxygen supply to the brain, resulting in a stroke.

**Fat Transfer to the Hand:**

Fat can be transferred to the hands to re-contour them, give a more youthful appearance, and hide some of the underlying structures that become more apparent with age. Besides the complications related to fat grafting in general, fat transfer to the hands may cause swelling and bruising that may last for a prolonged period of time.

**Combined Procedures:**

Fat grafting is safe to be performed with other surgical procedures such as breast augmentation, revision breast surgery, and breast reconstruction. There are many other surgical procedures where fat transfer may be incorporated including facelifts, abdominoplasty, liposuction, the treatment of open wounds, scleroderma, ulcers, and scars, to name just a few.

**Seroma:**

Fluid may accumulate between the skin and the underlying tissues following surgery, trauma, or vigorous exercise, which is referred to as a seroma. You may notice an increase in the fat graft area, localized swelling, or a shape change that should alert you that a seroma may have occurred in your postoperative period. Seromas should be addressed to prevent an unfavorable outcome. Should this problem occur, notify your surgeon and additional procedures for the drainage of fluid may be required.

**Donor Sites:**

The removal of fat in the process of fat transfer is often advantageous. The common complications from liposuction can occur at your donor site. Folds, wrinkles, or creases could occur. Some patients may have inadequate donor sites for fat grafting. Typically, these are patients who have had a previous liposuction procedure.

**Fat Necrosis:**

Fat that is transferred may not survive. Fatty tissue found deep in the skin might die. Fat necrosis may produce areas of firmness within the skin, hard lumps, localized tenderness/pain, or skin contracture. Calcifications and oil cysts may occur. Additional surgery to remove areas of fat necrosis may be necessary. There is a possibility that contour irregularities in the skin may result from fat necrosis.

**Accidental Intra-Arterial Injection:**

Extremely rarely, fat may be accidentally injected into arterial structures during the course of injection and produce a blockage of blood flow. This may produce skin necrosis in structures or damage blood flow to the eye, resulting in loss of vision. The risks and consequences of the accidental intravascular injection of fillers are unknown and not predictable.

**Serious Complications:**

Although serious complications have been reported to be associated with fat transfer procedures, these are rare. Such conditions include, but are not limited to, fat embolism (a piece of fat may find its way into the blood stream and result in a serious or life threatening condition), stroke, meningitis (inflammation of the brain), serious infection, blindness or loss of vision, or death.

**Blood Clots:**

Blood clots (deep vein thrombosis; DVT) in the veins of the arms, legs, or pelvis may result from fat transfer if it is done as a surgical procedure. These clots may cause problems with the veins or may break off and flow to the lungs (pulmonary embolism; PE) where they may cause serious breathing problems.

**Pulmonary Complications:**

Pulmonary (lung and breathing) complications may occur from both blood clots (pulmonary emboli) and partial collapse of the lungs after general anesthesia. Should either of these complications occur,

hospitalization and additional treatment may be required. Pulmonary emboli can be life threatening or fatal in some circumstances. Fat embolism syndrome occurs when fat droplets are trapped in the lungs. This is a very rare and possibly fatal complication of fat transfer procedures.

## **GENERAL RISKS OF SURGERY**

### **Healing Issues:**

Certain medical conditions, dietary supplements, and medications may delay and interfere with healing. Patients with massive weight loss may have a healing delay that could result in the incisions coming apart (partial wound dehiscence), infection, and tissue changes resulting in the need for additional medical care, surgery, and prolonged hospitalizations. Patients with diabetes or those taking medications such as steroids on an extended basis may have prolonged healing issues. Smoking will cause a delay in the healing process, often resulting in the need for additional surgery. There are general risks associated with healing such as swelling, bleeding, the possibility of additional surgery, prolonged recovery, color changes, shape changes, infection, unmet patient goals and expectations, and added expense to the patient. There may also be a longer recovery owing to the length of surgery and anesthesia. Patients with significant skin laxity (patients seeking facelifts, breast lifts, abdominoplasty, and body lifts) will continue to have the same lax skin after surgery. The quality or elasticity of skin will not change and recurrence of skin looseness will occur at some time in the future, sooner for some than for others. There are nerve endings that may be affected by healing scars from procedures such as suction-assisted lipectomy, abdominoplasty, facelifts, body lifts, and extremity surgery. While there may not be a major nerve injury, small nerve endings may become too active during the healing period, producing a painful or oversensitive area due to the small sensory nerves involved with scar tissue. Often, massage and early nonsurgical intervention resolve this. It is important to discuss postsurgical pain with your surgeon.

### **Bleeding:**

It is possible, though unusual, to experience a bleeding episode during or after surgery. Should postoperative bleeding occur, it may require emergency treatment to drain accumulated blood or you may require a blood transfusion, though such occurrences are rare. The collection of blood that can occur under your skin following surgery is referred to as a hematoma. Increased activity too soon after surgery can lead to an increased chance of bleeding and additional surgery. It is important to follow postoperative instructions, and to limit exercise and strenuous activity for the instructed time. Nonprescription “herbs” and dietary supplements can increase the risk of surgical bleeding. Hematoma can occur at any time, usually in the first three weeks following injury to the operative area. You could require a blood transfusion. If blood transfusions are necessary to treat blood loss, there is the risk of blood-related infections such as hepatitis and HIV (AIDS). Your surgeon may provide medications after your fat transfer to prevent blood clots. Medications that are used to prevent blood clots in veins can result in bleeding and decreased blood platelets.

### **Infection:**

Although infection following fat transfer is unusual, bacterial, fungal, and viral infections can occur. Herpes simplex virus infections around the mouth can occur following fat transfer around the mouth. This applies to both individuals with a past history of herpes simplex virus infections and individuals with no known history of herpes simplex virus infections in the mouth area. Specific medications must be prescribed and taken both prior to and following the treatment procedure in order to suppress an infection from this virus. Should any type of skin infection occur, additional treatment including antibiotics may be necessary. Infection, although uncommon, can occur after surgery. Should an infection occur, additional treatment including antibiotics, hospitalization, or additional surgery may be necessary. It is important to tell your surgeon of any other infections, such as a history of methicillin-resistant *Staphylococcus aureus* (MRSA) infections, an open wound, recent upper respiratory infection/pneumonia, or urinary tract infection. Infections in other parts of the body may lead to an infection in the operated area. Postoperative infections

often result in scarring, which may require revision surgery at a later date. There can be an expense associated with these revision surgeries.

**Ileus:**

The return of bowel function following surgery is important. An ileus is a disruption in bowel function caused by the failure of peristalsis or by hypomotility of your bowels/gut resulting in a lack of defecation and possibly repeated vomiting. Medications such as the pain medications given to you at the time of surgery can contribute to the development of an ileus in the postoperative period. An ileus can result in abdominal distention, vomiting, inability to absorb oral medications, and possibly hospitalization. Repeated vomiting could result in aspiration pneumonia and respiratory failure. It is essential to regain regular bowel function after your fat grafting.

**Scarring:**

All surgery leaves scars, some more visible than others. Although good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. Scars may be unattractive and of a different color than the surrounding skin tone. Scar appearance may also vary within the same scar. Scars may be asymmetrical (appear different on the right and left side of the body). There is a possibility of visible marks in the skin from sutures. In some cases, scars may require surgical revision or further treatment.

**Firmness:**

Excessive firmness can occur after surgery due to internal scarring. The occurrence of this is not predictable. Additional treatment including surgery may be necessary.

**Skin Sensitivity:**

Itching, tenderness, or exaggerated responses to hot or cold temperatures may occur after surgery. Usually this resolves during healing, but in rare situations, it may be chronic.

**Major Wound Separation:**

Wounds may separate after surgery. Should this occur, additional treatment including surgery may be necessary.

**Sutures:**

Most surgical techniques use deep sutures. You may notice these sutures after your surgery. Sutures may spontaneously poke through the skin, become visible, or produce irritation that requires suture removal.

**Delayed Healing:**

Wound disruption or delayed wound healing is possible. Some areas of the skin may not heal normally and may take a long time to heal. Areas of skin may die. This may require frequent dressing changes or further surgery to remove the non-healed tissue. Individuals who have decreased blood supply to tissue from past surgery or radiation therapy may be at increased risk for delayed wound healing and poor surgical outcomes. Smokers have a greater risk of skin loss and wound healing complications.

**Revision Surgery:**

While every effort is made for you to have a favorable outcome, unforeseen events can occur that may require revision surgery. Patients with multiple medical problems, massive weight loss patients, smokers, patients that develop infections in the postoperative period, and other high-risk patients have a greater propensity to require revision surgery. Issues that could need to be addressed in the postoperative period include, but are not limited to, dog ears, asymmetry, contour irregularities, folds, wrinkles, loose skin, over-correction, and under-correction.

**Damage to Deeper Structures:**

There is the potential for injury to deeper structures including nerves, blood vessels, lymphatics, muscles, and lungs (pneumothorax) during any surgical procedure. The potential for this to occur varies according to the type of procedure being performed. Injury to deeper structures may be temporary or permanent.

**Surgical Anesthesia:**

Both local and general anesthesia involve risk. There is a possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation.

**Shock:**

In rare circumstances, your surgical procedure can cause severe trauma, particularly when multiple or extensive procedures are performed. Although serious complications are infrequent, infections or excessive fluid loss can lead to severe illness and even death. If surgical shock occurs, hospitalization and additional treatment will be necessary.

**Pain:**

You will experience pain after your surgery. Pain of varying intensity and duration may occur and persist after surgery. If you are a chronic pain patient followed by a Pain Therapy Practitioner, you may be asked to see this practitioner preoperatively to assist you in the management of your pain disorder in the postoperative period. Chronic pain may occur very infrequently due to nerves becoming trapped in scar tissue or tissue stretching.

There are nerve endings that may be affected by healing scars from surgery. While there may not be a major nerve injury, small nerve endings may become too active during the healing period, producing a painful or oversensitive area due to the small sensory nerves involved with scar tissue. Often, massage and early nonsurgical interventions resolve this. It is important to discuss postsurgical pain with your surgeon.

**Cardiac and Pulmonary Complications:**

Pulmonary complications may occur secondarily to blood clots (pulmonary emboli), fat deposits (fat emboli), pneumonia, or partial collapse of the lungs after general anesthesia. Pulmonary emboli can be life threatening or fatal in some circumstances. Inactivity and other conditions may increase the incidence of blood clots traveling to the lungs and causing a major blood clot that may result in death. It is important to inform your physician of any past history of swelling in your legs or blood clots that may contribute to this condition. Cardiac complications are a risk with any surgery and anesthesia, even in patients without symptoms. If you experience shortness of breath, chest pains, or unusual heartbeats, seek immediate medical attention. Should any of these complications occur, hospitalization and additional treatment may be required.

**Venous Thrombosis (Clot) and Sequelae:**

Thrombosed veins, which resemble cords, occasionally develop around IV sites and usually resolve without medical or surgical treatment. Abdominoplasty with fat transfer can be associated with an increased risk for DVT and PE. Often, a screening process is conducted to determine if you are at increased risk for DVT/PE. Measures can be taken at the time of your fat transfer to prevent such events from occurring. It is important to discuss with your surgeon if you or your family have a history of DVT/PE. Certain high-estrogen pills, obesity, history of cancer, history of inflammatory bowel disease, etc., may increase your risk of thrombosed veins and the development of DVT/PE.

**Allergic Reactions:**

In rare cases, local allergies to tape, suture material and glues, blood products, topical preparations, or injected agents have been reported. Serious systemic reactions including shock (anaphylaxis) may occur

in response to drugs used during surgery and prescription medications. Allergic reactions may require additional treatment. It is important to notify your physician of any previous allergic reactions.

**Drug Reactions:**

Unexpected drug allergies, lack of proper response to medication, or illness caused by the prescribed drug are possibilities. It is important for you to inform your physician of any problems you have had with any medication or allergies to medication, prescribed or over-the-counter, as well as the medications you now regularly take. Provide your surgeon with a list of the medications and supplements you are currently taking.

**Surgical Wetting Solutions:**

There is a possibility that large volumes of fluid containing dilute local anesthetic drugs and epinephrine that is injected into fatty deposits during surgery may contribute to fluid overload or a systemic reaction to these medications. Additional treatment including hospitalization may be necessary.

**Fat/Air Embolism:**

In rare cases, during or after liposuction and/or fat grafting, fat particles or air can enter the vascular system and can travel to the heart, lungs, or brain. This can result in significant complications including death.

**Persistent Swelling (Lymphedema):**

Persistent swelling can occur following surgery.

**Unsatisfactory Results:**

Although good results are expected, there is no guarantee or warranty, expressed or implied, as to the results that may be obtained. The body is not symmetric and almost everyone has some degree of unevenness, which may not be recognized in advance. One side of the face may be slightly larger, while one side of the face may be droopier. The breast and trunk area exhibits the same possibilities. Many of these issues cannot be fully corrected with surgery. The more realistic your expectations are as to the results, the better your results will appear to you. Some patients never achieve their desired goals or results, at no fault of the surgeon or surgery. You may be disappointed with the results of surgery. Asymmetry, unanticipated shape and size, loss of function, wound disruption, poor healing, and loss of sensation may occur after surgery. Size may be incorrect. Unsatisfactory surgical scar location or appearance may occur. It may be necessary to perform additional surgery to improve your results. Unsatisfactory results may NOT improve with each additional treatment.

**ADDITIONAL ADVISORIES**

**Medications and Herbal Dietary Supplements:**

There are potential adverse reactions that occur as a result of taking over-the-counter, herbal, and/or prescription medications. Aspirin and medications that contain aspirin interfere with the formation of blood clots, and therefore may contribute to bleeding issues. If you have a medical condition (such as heart arrhythmia, heart stent, blood vessels with blockages, or blood clots) and are taking medications to thin your blood and prevent clotting such as Plavix®, Coumadin®, Xarelto®, Effient®, or Pradaxa®, discuss management of these medications around the time of surgery with your plastic surgeon. Your plastic surgeon may sometimes coordinate a plan for these medications with the doctor that prescribed them for your medical condition. If you have been prescribed drugs for a medical condition, do not stop them without discussing it first with your plastic surgeon. Stopping these medications abruptly may result in a heart attack, stroke, or death. Be sure to check with your physician about any potential drug interactions with the medications that you are already taking. If you have an adverse reaction, stop the drugs immediately and call your plastic surgeon for further instructions. If the reaction is severe, go immediately to the nearest emergency room.



When taking the prescribed pain medications after surgery, be aware that they can affect your thought processes and coordination. Do not drive, do not operate complex equipment, do not make any important decisions, and do not drink any alcohol while taking these medications. Be sure to take your prescribed medication only as directed.

**Sun Exposure – Direct or Tanning Salon:**

The effects of the sun are damaging to the skin. Exposing the treated areas to sunlight may result in increased scarring, color changes, and poor healing. Patients who tan, either outdoors or in a salon, should inform their surgeon and either delay treatment, or avoid tanning until the surgeon says it is safe to resume. The damaging effect of sun exposure occurs even with the use of sun block or clothing coverage.

**Travel Plans:**

Any surgery carries the risk of complications that may delay healing and your return to normal life. Please let the surgeon know of any travel plans, important commitments already scheduled or planned, or time demands that are important to you, so that appropriate timing of the surgery can occur. There are no guarantees that you will be able to resume all activities in the desired time frame. Allow at least 10-14 days to travel via air. Medications may be required should you have a long flight/trip in order to prevent DVT/PE in the immediate postoperative period.

**Long-Term Results:**

Subsequent alterations in the appearance of your body may occur as the result of aging, sun exposure, weight loss, weight gain, pregnancy, menopause, or other circumstances not related to your surgery.

**Body Piercing:**

Individuals who currently wear body-piercing jewelry in the surgical region are advised that an infection could develop. Body-piercing jewelry should be removed prior to your surgical procedure.

**Nails:**

To monitor your vitals during surgery, your anesthesia provider may require access to your fingernails. Be sure to have at least two fingernails free of nail polish or acrylic nails on the date of your surgery.

**Jewelry:**

Jewelry should not be brought with you at the time of your surgical procedure. Items such as earrings, wedding rings, and necklaces should be removed and placed in a safe place.

**Future Pregnancy and Breastfeeding:**

This surgery is not known to interfere with pregnancy. If you are planning a pregnancy, your breast skin may stretch and offset the results of surgery. You may have more difficulty breastfeeding after this operation.

**Female Patient Information:**

It is important to inform your plastic surgeon if you use birth control pills or estrogen replacement, or if you suspect you may be pregnant. Many medications including antibiotics may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy.

**Intimate Relations after Surgery:**

Since surgery involves the coagulation of blood vessels, increased activity of any kind may open these vessels, leading to bleeding or hematoma. Activity that increases your pulse or heart rate may cause additional bruising, swelling, and the need for additional surgery to control bleeding. It is wise to refrain from intimate physical activities until your physician states it is safe.

**Mental Health Disorders and Elective Surgery:**

It is important that all patients seeking to undergo elective surgery have realistic expectations that focus on improvement rather than perfection. Complications or less than satisfactory results are sometimes unavoidable, may require additional surgery, and are often stressful. Prior to surgery, please openly discuss any history you may have of significant emotional depression or mental health disorders with your surgeon. Although many individuals may benefit psychologically from the results of elective surgery, its effects on mental health cannot be accurately predicted.

**ADDITIONAL SURGERY NECESSARY (Reoperations)**

Many variable conditions may influence the long-term results of surgery. It is unknown how your tissue may respond or how wound healing will occur after surgery. Secondary surgery may be necessary to perform additional tightening or repositioning of body structures. Should complications occur, additional surgery or other treatments may be necessary. Even though risks and complications occur infrequently, the risks cited are associated with this surgery. Other complications and risks can occur, but are less common. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty, expressed or implied, as to the results that may be obtained. In some situations, it may not be possible to achieve optimal results with a single surgical procedure. You and your surgeon will discuss the options available should additional surgery be advised. There may be additional costs and expenses for such additional procedures, including surgical fees, facility and anesthesia fees, and pathology and lab testing fees.

**PATIENT COMPLIANCE**

Follow all physician instructions carefully; this is essential for the success of your outcome. It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing. Personal and vocational activities need to be restricted. Protective dressings and drains should not be removed unless instructed by your plastic surgeon. Successful postoperative function depends on both the surgery and subsequent care. Physical activity that increases your pulse or heart rate may cause bruising, swelling, fluid accumulation, and the need for additional surgery. It is important that you participate in follow-up care, return for aftercare, and promote your recovery after surgery.

**ATTESTATIONS**

**Smoking, Secondhand Smoke Exposure, Nicotine Products (Patch, Gum, Nasal Spray):**

Patients who are currently smoking or use tobacco or nicotine products (patch, gum, or nasal spray) are at a greater risk for the significant surgical complications of skin loss, delayed healing, and additional scarring. Individuals exposed to secondhand smoke are also at potential risk for similar complications attributable to nicotine exposure. Additionally, smoking may have a significant negative effect on anesthesia and recovery from anesthesia, with coughing and possibly increased bleeding. Individuals who are not exposed to tobacco smoke or nicotine-containing products have a significantly lower risk of these types of complications. Please indicate your current status regarding these items below:

I am a nonsmoker and do not use nicotine products. I understand the potential risk of secondhand smoke exposure causing surgical complications.

I am a smoker or use tobacco/nicotine products. I understand the risk of surgical complications due to smoking or use of nicotine products.

I have smoked and stopped approximately \_\_\_\_\_ ago. I understand I may still have the effects and therefore risks from smoking in my system, if not enough time has lapsed.

I have been advised to stop smoking immediately and have been informed of the risks, benefits, expectations, and alternatives to my surgery if I continue smoking.

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It is important to refrain from smoking at least 6 weeks before surgery and until your physician states it is safe to resume, if desired. I acknowledge that I will inform my physician if I continue to smoke within this time frame, and I understand that for my safety, the surgery, if possible, may be delayed.

Smoking may have such a negative effect on your surgery that a urine or blood test just before surgery may be done to determine the presence of nicotine. If positive, your surgery may be cancelled and your surgery fee, scheduling fee, and other prepaid amounts may be forfeited. Be sure to honestly disclose your smoking status to your surgeon.

### **Sleep Apnea/CPAP:**

Individuals who have breathing disorders such as obstructive sleep apnea and who may rely upon continuous positive airway pressure (CPAP) devices or utilize nighttime oxygen are advised that they are at a substantive risk for respiratory arrest and death when they take narcotic pain medications following surgery. This is an important consideration when evaluating the safety of surgical procedures in terms of very serious complications, including death, that relate to preexisting medical conditions. Surgery may be considered only with monitoring afterwards in a hospital setting in order to reduce the risk of potential respiratory complications and to safely manage pain following surgery.

Please consider the following symptoms of sleep apnea:

- I am frequently tired upon waking and throughout the day
- I have trouble staying asleep at night
- I have been told that I snore or stop breathing during sleep
- I wake up throughout the night or constantly turn from side to side
- I have been told that my legs or arms jerk while I'm sleeping
- I make abrupt snorting noises during sleep
- I feel tired or fall asleep during the day

It is important for you to discuss any of the above symptoms that you have experienced with your surgeon.

### **DVT/PE Risks and Advisory:**

There is a risk of blood clots, DVT, and PE with every surgical procedure. It varies with the risk factors listed below. The higher the number of risk factors, the greater the risk and the more involved you must be in both understanding these risks and, when permitted by your physician, walking and moving your legs. There may also be leg stockings, squeezing active leg devices, and possibly medications to help lower your risk.

Many conditions may increase or affect the risks of clotting. Inform your doctor about any past or present history of any of the following:

- Past History of Blood Clots
- Family History of Blood Clots
- Use of Birth Control Pills
- Use of Hormone Stimulating Drugs
- Swollen Legs
- History of Cancer
- Use of Large Dose Vitamins
- Varicose Veins
- Past Illnesses of the Heart, Liver, Lung, or Gastrointestinal Tract
- History of Multiple Spontaneous Abortions or Miscarriages

\_\_\_\_\_ I understand the risks relating to DVT/PE and how important it is to comply with therapy as discussed with my surgeon. The methods of preventative therapy include:

- \_\_\_ Early ambulation when allowed
- \_\_\_ Compression devices (SCD/ICD)
- \_\_\_ Anticoagulation protocols when allowed

For high-risk patients, the risks of VTE are still high, even in the setting of appropriate chemoprophylaxis. If your surgery is elective and you are a high-risk patient, it is best to consider not proceeding with the surgery.

**COMMUNICATION ACKNOWLEDGEMENT – CONSENT**

There are many ways to communicate with you. It is important to keep appointments and to let us know if problems or issues arise. Methods of communication include by telephone, text, pager, answering service (if available), email, and regular mail. If an emergency arises, keep us alerted as to your progress so that we may aid in any necessary treatments. Please do not leave a message after hours or over the weekend on the office answering machine in the event of an urgent or emergency situation, as there is a delay in retrieving such messages. All attempts will be made to preserve your privacy in accordance with HIPAA rules.

Please confirm below all acceptable ways of communicating with you:

- \_\_\_ Telephone
  - \_\_\_ Home (                -                -                )
  - \_\_\_ Work (                -                -                )
  - \_\_\_ Cell (                -                -                )
- \_\_\_ Text
- \_\_\_ Pager – answering service if available
- \_\_\_ Email – with up-to-date email address (                @                )
- \_\_\_ Regular mail and delivery

**DISCLAIMER**

Informed consent documents are used to communicate information about the proposed surgical treatment of a disease or condition, along with the disclosure of risks and alternative forms of treatment(s), including no surgery. The informed consent process attempts to define the principles of risk disclosure that should meet the needs of most patients in most circumstances.

However, informed consent documents should not be considered all-inclusive in defining other methods of care and the risks encountered. Your plastic surgeon may provide you with additional or different information that is based on all the facts of your particular case and the current state of medical knowledge.

Informed consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance, and as practice patterns evolve.

**It is important that you read the above information carefully and have all of your questions answered before signing the consent on the next page.**

CONSENT for SURGERY/PROCEDURE or TREATMENT

1. I hereby authorize Dr. James Anthony and such assistants as may be selected to perform **Fat Transfer/Fat Grafting**.

I have received the following information sheet: **Fat Transfer/Fat Grafting**.

2. I recognize that during the course of the operation and medical treatment or anesthesia, unforeseen conditions may necessitate different procedures than those described above. I therefore authorize the above physician and assistants or designees to perform such other procedures that are necessary and desirable in the exercise of his or her professional judgment. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.
3. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involve risk and the possibility of complications, injury, and sometimes death.
4. I understand what my surgeon can and cannot do, and I understand that there are no warranties or guarantees, implied or specific, as to my outcome. I have had the opportunity to explain my goals and understand which desired outcomes are realistic and which are not. All of my questions have been answered, and I understand the inherent (specific) risks to the procedures I seek, as well as those additional risks and complications, benefits, and alternatives. Understanding all of this, I elect to proceed.
5. I consent to be photographed or televised before, during, and after the operation(s) or procedure(s) to be performed, including appropriate portions of my body, for medical, scientific, or educational purposes, provided my identity is not revealed by the pictures.
6. For the purposes of advancing medical education, I consent to the admittance of observers to the operating room.
7. I consent to the disposal of any tissue, medical devices, or body parts that may be removed.
8. I am aware that there are potential significant risks to my health with the utilization of blood products, and I consent to their utilization should they be deemed necessary by my surgeon and/or his/her appointees.
9. I authorize the release of my Social Security number to appropriate agencies for legal reporting and medical device registration, if applicable.
10. I understand that the surgeons' fees are separate from the anesthesia and hospital charges, and the fees are agreeable to me. If a secondary procedure is necessary, further expenditure will be required.
11. I realize that not having the operation is an option. I opt out of having this procedure \_\_\_\_\_.
12. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:  
a. THE ABOVE TREATMENT OR PROCEDURE TO BE UNDERTAKEN  
b. THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT  
c. THERE ARE RISKS TO THE PROCEDURE OR TREATMENT PROPOSED

I CONSENT TO THE TREATMENT OR PROCEDURE AND THE ABOVE LISTED ITEMS (1-12).  
I AM SATISFIED WITH THE EXPLANATION.

\_\_\_\_\_  
Patient or Person Authorized to Sign for Patient

Date/Time \_\_\_\_\_ Witness \_\_\_\_\_