

Informed consent

A surgical intervention is planned at /..... /..... at the o2 Clinic / 2pass Clinic (Ringlaan 51, 2600 Berchem, Belgium). The procedures will be sent to the patient in a proposal.

The surgical procedure planned is the same as the one sent to the patient in the proposal:

- Yes
- No: a few minor adjustments have been made, which have been accurately described in the doctor's pre-operative form and discussed with the patient, namely:

.....

- The surgical procedure involves anaesthesia. **(choose: local, local with anaesthesia, general anaesthesia)**
- As a patient, I understand that in addition to the risks of a surgical procedure, anaesthesia can also carry risks. Local anaesthesia with sedation is used to make you feel more comfortable during the procedure and suppresses consciousness. Although many people experience temporary mild side effects, general anaesthesia itself is extremely safe. Very rare complications that may occur more frequently in elderly patients include: temporary mental confusion, lung infections, stroke, heart attack, death. The risks have been explained to me and I feel I have been given enough information to consent.
- The proposed anaesthesia has been clearly explained to me and I have had the opportunity to ask questions about that and other options. I have been informed that I cannot drive a car for one week after a procedure involving anaesthesia.
- **Potential complications of surgery include:**
In facial surgery:
 - Permanent numbness
 - Change in skin sensitivity and feel in a number of areas (around the incisions and on treated areas, especially but not exclusively on the skull and jaw)
 - Infection
 - Hypertrophic scar (= wide, thick scar)
 - Asymmetry
 - Aesthetically unsatisfactory result
 - Over/under correction
 - Partial loss of hair (usually temporary)
 - Chinplasty: fracture of the lower jaw (very rare)
 - Chinplasty: devitalisation of the lower front teeth (very rare)
 - Temporary local facial palsy/muscular weakness (normal)

- Permanent local facial paralysis/muscular weakness (very rare, frequent in older patients)
- Rhinoplasty: difficulty in breathing and/or smelling
- In general, there is a greater risk of damage to nerves and muscles during secondary surgery (previous surgery in the same area), as scar tissue from previous operations can make access to the operating field more difficult.

In body surgery:

- It is possible, though unusual, to experience a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or you may require a blood transfusion, though such occurrences are rare. Increased activity too soon after surgery can lead to increased chance of bleeding and additional surgery. It is important to follow postoperative instructions and limit exercise and strenuous activity for the instructed time.
- Do not take any aspirin or anti-inflammatory medications for at least ten days before or after surgery, as this may increase the risk of bleeding. Non-prescription “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. If blood transfusions are necessary to treat blood loss, there is the risk of blood-related infections such as hepatitis and HIV (AIDS). Heparin medications that are used to prevent blood clots in veins can produce bleeding and decreased blood platelets.
- Certain medical conditions, dietary supplements and medications may delay and interfere with healing.
- Massive weight loss may delay healing that results in the incisions coming apart, infection, and tissue changes resulting in the need for additional medical care, surgery, and prolonged hospitalizations. Diabetes or medications such as steroids may lead to prolonged healing issues.
- Smoking will cause a delay in the healing process, often resulting in the need for additional surgery. 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 outcome. There are general risks associated with healing such as swelling, bleeding, and the length of surgery and anesthesia that include a longer recovery and the possibility of additional surgery, prolonged recovery, color changes, shape changes, infection, not meeting goals and expectations, and added expense to the patient.
- 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, quicker for some than others. • Excessive firmness can occur after surgery due to internal scarring. The occurrence of this is not predictable. Additional treatment including surgery may be necessary. Contour and shape irregularities may occur. Visible and palpable wrinkling of skin may occur. Residual skin irregularities at the ends of the incisions or “dog ears” are always a possibility when there is excessive redundant skin. This may improve with time, or it can be surgically corrected. Some bruising and swelling normally occur.

- The skin in or near the surgical site can appear either lighter or darker than surrounding skin. Although uncommon, swelling and skin discoloration may persist for long periods of time and, in rare situations, may be permanent.
- There are nerve endings that may become involved with healing scars during surgery such as suction-assisted lipectomy, abdominoplasty, facelifts, body lifts, and extremity surgery. While there may not be a major nerve injury, the small nerve endings during the healing period may become too active producing a painful or oversensitive area due to the small sensory nerve involved with scar tissue. Often massage and early nonsurgical intervention resolves this. It is important to discuss post-surgical pain with your surgeon.
- 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.
- Wounds may separate after surgery. Should this occur, additional treatment including surgery may be necessary. 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.
- Infection is unusual 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 ingrown toenail, insect bite, or urinary tract infection. Remote infections, infections in other parts of the body, may lead to an infection in the operated area.
- All surgery leaves scars, some more visible than others. In case of implant use, capsular formation and contraction and infection may lead to implant extrusion or removal. Implants may rupture or break or cause chronic pain. In rare cases, white blood cell diseases may occur in reaction to silicone implants. 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 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 the possibility of visible marks in the skin from sutures. In some cases scars may require surgical revision or treatment.
- There is the potential for injury to deeper structures including nerves, blood vessels, 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. In facial surgery this may lead to facial paralysis.
- Fatty tissue found deep in the skin might die. This may produce areas of firmness within the skin. Additional surgery to remove areas of fat necrosis may be necessary. There is the possibility of contour irregularities in the skin that may result from fat necrosis. In case of per-ocular surgery, blindness, ectropion, loss of eyelashes, corneal exposure and dryness may result.
- Infrequently, fluid may accumulate between the skin and the underlying tissues following surgery, trauma or vigorous exercise. Should this problem occur, it may require additional procedures for drainage of fluid.

- Both local and general anesthesia involve risk. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation. 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 would be necessary.
 - Patients will experience pain after your surgery. Pain of varying intensity and duration may occur and persist after surgery. Chronic pain may occur very infrequently from nerves becoming trapped in scar tissue or due to tissue stretching.
 - Cardiac and Pulmonary Complications: Pulmonary complications may occur secondarily to both blood clots (pulmonary emboli), fat deposits (fat emboli) 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 causing a major blood clot that may result in death.
 - It is important to discuss with your physician 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 pain, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.
 - 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 medicines. Allergic reactions may require additional treatment.
 - Symmetrical body appearance may not result after surgery. Factors such as skin tone, fatty deposits, skeletal prominence, and muscle tone may contribute to normal asymmetry in body features. Most patients have differences between the right and left side of their bodies before any surgery is performed. Additional surgery may be necessary to attempt to diminish asymmetry.
 - There is the 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 systemic reaction to these medications. Additional treatment including hospitalization may be necessary.
 - Persistent swelling in the legs can occur following surgery.
 - Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained. 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.
- As a patient, I realise that the hoped-for results cannot be guaranteed or claimed. The skin tissues need 6 weeks to recover from swelling and bruising. A recovery of one year to two years is needed before an adequate assessment of the result can be made.

- In some cases, revision surgery may be necessary. These amount to € 1000 for operations under anaesthetic and € 500 for operations under local anaesthetic. This includes:
 - Anaesthesia
 - Hospital costs
 - Special materials
- I, the patient, hereby declare that I have been sufficiently informed by Dr Xander Bakker about the surgical procedure and that I give him permission to carry it out. During the interview, I was given the opportunity to express and resolve my doubts and was given all the additional information I wanted. Therefore, I consider myself capable of weighing up the potential risks against the usefulness and benefits that this treatment can offer me. I will follow the strict postoperative instructions that have been recommended to me.
- I authorise Dr Bakker - should a medical emergency arise - to carry out a procedure other than those discussed above.
- I understand the full contents of this agreement and confirm that I have answered all questions regarding my medical history honestly. I have no further questions and agree to this consent.
- The relationship between the patient and the treating physician falls under the jurisdiction of Belgian law. Any possible dispute will be submitted to the court of Antwerp.
- I confirm that I have been given at least 7 days to consider the proposal from the time of the initial consultation and my consent to treatment.

Name patient:

.....

Signature patient:

Current date: / /

Place: Antwerp, Belgium

Payment details surgeon:

Name

Moylandt BV
Tnv XR Bakker

Address (optional)

Binnenweg 67, 2101 JC Heemstede NL
Name bank
ABN AMRO Bank
IBAN NL 63 ABNA 0500092141
BIC ABNANL2A

Memo / payment reference:

xaba/O2clinic/the code on your reservation email + your name
e.g.. xaba/O2clinic/CJRB4IZHeatherJones