

PLEASE BRING THIS FORM WITH  
YOU TO THE HOSPITAL.



# Mastopexy (Breast Lift)

## Consent Form

### Section 1: Surgery

You have requested Doctor Konrat to perform the following surgery:

---

This is a legal requirement, and Dr Konrat needs to have your consent to operate on you.

To give your consent, you need to be informed of the risks as well as the options & alternatives to surgery. Dr Konrat has explained these during your consultation.

If you are uncertain about anything in this form, please call Brisbane Cosmetic Clinic on 07 3391 5710 to ask a question or make an appointment for another consultation.

### Third Party Consent

A training Doctor or Surgeon or other third party may be required to attend your surgery. You will be informed of this prior to your procedure.

Tick Yes, if you consent for a third-party person to be present.

Tick No if you do NOT wish to have a training Doctor or Surgeon to be present at your surgery.

Yes  No

---

Patient Signature

## Mastopexy (Breast Lift) Procedure

This requires the following procedure, which usually takes between 3-4 hours:

- **Incisions** are carefully placed, with the aim being to treat Ptosis ('drooping') of the breast by moving the nipple-areola complex to a pre-determined elevated position on the chest wall and tightening of the breast and skin surrounding the breast and to improve shape and projection.
- **Drains:** are placed appropriately in the breast wounds to remove unwanted excess fluid.
- **The opening or incision** is then sewn up in layers. The shape of the scar is a "lollipop," around the areolae and straight down the middle of the breast.
- **Scarring:** There is always a scar either partially or completely around the nipple. There may also be a scar that runs from the central point of the areola to the fold beneath the breast. Depending upon the surgical procedure performed, the scars are pink to start with and gradually fade over time. How well the scars heal, and the quality of the scars depends on numerous factors such as how well your skin heals, and whether you are prone to hypertrophic or keloid scars (thickening). Any unnecessary tension or pulling on the scars can widen and thicken the scars, so post-operative care is of utmost importance in the quality of the scars long term.

Dr Konrat has explained to you that to perform this surgery, it must be performed in an accredited and licensed Day hospital under General Anaesthesia. The general anaesthetic will be administered by a doctor who is a specialist Anaesthetist.

## Section 2: Risks and Complications

You should not undertake surgery unless you accept the possibility that you may wish to have, or need to have, further surgery at some time in the future. If further procedures or surgery were required due to complications, there would be out-of-pocket expenses. These would include the hospital and specialist anaesthetist fees.

Further operations may occasionally be requested to achieve the results desired. In this case, the out-of-pocket expenses may include surgical fees, Hospital fees and Anaesthetic Fees.

Dr Konrat has explained that there are specific risks associated with your surgery, and these include:

- **Infection:** Antibiotics are given at the time of surgery and for one week post-operatively. Further surgery may be required to improve scars if severe infection results.
- **Bleeding:** Rarely a blood vessel will start bleeding after the operation and a collection of blood and bruising (haematoma) can occur in the breast tissues and skin. Further surgery to stop the bleeding may be required. Leaving a haematoma can increase the risk of infection and can delay the healing process. If required, return to Hospital may be required to drain the haematoma and stop any remaining bleeding. This is rare.
- **Nerve sensation:** some numbness may occur, nipple sensation may be altered or lost, and there may be increased or decreased sensation to the breasts. It may take 9-12 months for full sensation to return.

## Section 2: Risks and Complications cont'd

- **Nipple Loss:** This is the worst complication and is most common in very large breasts, or in smokers or diabetics. If the nipple blood supply appears to be threatened at the time of surgery, conversion to free nipple graft may be necessary. This is explained to you at the time of initial consultation and separate consent may have been obtained for this if planned pre-operatively.
- **Scars:** The operation always leaves behind a scar in the pre-decided area. Very rarely, additional incisions or longer incisions may have to be used to achieve optimal results. Like all surgical scars, they may be initially noticeable. It may take up to 6 months for the scars to improve. Sometimes the scars may be more thickened than normal and this may be associated with them becoming red, thick and itchy. This is called a keloid scar. The scars can usually be treated medically or if persistent may be excising and re-closing the track. Taping the scar for the first 4-6 weeks after surgery and avoidance of over-activity and straining will provide the best conditions for optimal scar maturation.
- **Dog Ears:** The puckering or a small peak of skin that occurs at the end of a wound where a significant amount of skin has been excised and stitched. They are very common in Breast Lifts, Breast Reductions and Tummy Tucks, but not everyone gets a "dog ear." It depends on many factors. There are many ways to treat them, including a small excision sometimes accompanied by liposuction. It is important to wait until the skin and tissues from the initial surgery have healed – usually about 8 weeks. Once the tissues have healed into their final position, the "dog ear" can be excised under local anaesthetic in the clinic. Returning to hospital is not required for this minor procedure, but a minor surgical fee may be incurred.
- **Asymmetry:** Despite careful planning, occasionally, there may be asymmetry in the scars, levels of the infra-mammary fold, levels of the nipples or breast shape. Frequently some of these may be corrected by judicious use of compression supporting bras or straps. Occasionally, if obvious, they may need further surgery at a later date.
- **Breast feeding:** During the procedure, damage may occur to some of the milk ducts, which may cause disturbance of milk secretion during pregnancy, and prevent breast feeding.
- **Seroma formation:** Seroma is a collection of fluid that occurs in the first 3 weeks post-operatively.
- Your body produces this fluid to help you heal. Some people produce a little and some produce a lot. If you produce too much seroma, then this fluid is drained or aspirated during your post-operative visits at the clinic. Too much protein-rich seroma can increase the risk of infection, so is better if drained. This is not a painful procedure and takes approximately minutes at your post-operative visit.
- **Wound breakdown or dehiscence:** Very occasionally there may be a breakdown or opening of part of the wound or scar, particularly near the junctions of the vertical and horizontal scars. This is a temporary nuisance and requires regular dressings, but rarely makes any difference to the overall result. If the breakdown in wounds is larger, then PICO or V.A.C. Therapy will be commenced to promote fast healing and to decrease the potential for infection.
- **V.A.C. Therapy:** This is a special dressing applied to the surgical wound to prevent post-operative complications after surgery. This special dressing is attached to a small portable battery-operated unit that provides negative pressure to the wound to promote greatly increased healing and also to remove excess fluid or blood.

## Section 2: Risks and Complications cont'd

- **The therapeutic benefits** of negative pressure wound therapy include reduction in bacterial load, an increase in blood flow to the surgical wound and stimulation of new tissue formation. The negative pressure device has a discreet and ergonomic design allowing patients to continue treatment while carrying on with their daily life. If, in the unusual circumstance that V.A.C. therapy is required AFTER the first week post operatively due to infection or wound problems, there is a fee of \$450 per week for the hire of the equipment and the required specialised surgical dressings.
- **Revision Surgery:** Further operations may occasionally be required to improve the results. This is particularly true if any of the above-named complications develop.

You should not undertake Mastopexy (Breast Lift) surgery unless you accept the possibility that you may wish to have, or need to have, further surgery at some time in the future. If further surgery were required due to complications, there will be out of pocket expenses. This will include the hospital and specialist anaesthetist fees.

Further operations may occasionally be requested to achieve the results desired. In this case, the out-of-pocket expense will include surgical fees.

### Risks related to Anaesthesia & Sedation

Dr Konrat has also explained that there are general risks associated with any operation, including the following:

- Aspiration
- High temperature
- Incomplete anaesthesia
- Rash
- Anaphylaxis
- Unknown reaction to medications
- Allergy
- Difficulty breathing.
- Lung secretions causing chest infection post- operatively.
- **DVT:** Clot in leg veins. May cause leg swelling and pain in the calf muscles. Clots may travel to the lungs causing severe breathing difficulty and rarely, death. With adequate precautions, which are routinely taken, including medications, compression stockings and early mobilisation, these complications are extremely uncommon.

## Section 3: Patient Consent

### Consent for Mastopexy (Breast Lift)

- **Disclosure:** Dr. Konrat and her staff have fully informed me regarding my surgery. I have also read, and I understand the Pre/ Post-Operation Instruction sheet.
- **Procedure:** I understand what procedure I am having and the extent of the surgery that has been planned.
- **Questions:** I have had a chance to ask all the questions I have requested and have been satisfied with the answers given. I am free to ask questions at any time. I have no further questions at this time.
- **Options:** The options have been fully disclosed and I fully understand them.
- **Risks:** The risks have been fully disclosed and I completely understand and accept these risks, including, but not limited to those in Section 2.
- Dr Konrat has explained to me that sometimes during surgery it is discovered that additional or other surgery is needed to achieve the desired results. Life-threatening incidents will be treated at my doctor's discretion.
- I understand that every individual heals differently.
- I understand that variable blood supply may hamper proper healing.
- I understand that activities I perform may damage the procedure performed and that strict adherence to my post-op instructions is critical.
- I understand that scarring from reaction to stitches, infections, and/or Keloids may occur and that all scars may not be hidden from view, or may be more prominent, depending on the healing process.
- Revision surgery may be needed to achieve the desired look and appearance and may incur further operating theatre or surgical fees. I understand that revision may not be able to accomplish the cosmetic goals I am seeking.
- I understand that consultations and revisions performed by other surgeons are my financial responsibility.
- I understand that Dr Konrat does not guarantee that she will be able to achieve the results I am seeking. No guarantees have been implied or given.
- I understand that I must be discharged into the care of a responsible adult, and that this person must stay with me overnight.
- Since this is an elective procedure, I have had the chance to research other surgeons and surgical approaches.
- The options of care have been fully discussed, such as outside consultations and surgery, no surgery, expectant management (wait and see), medical management, or to proceed with the agreed-upon procedure. I have chosen to proceed with the elective procedure willingly and without hesitation at the time frame of my choosing.

## Photography / Video Film Release

- I understand that Dr Konrat needs to take photographs of the treatment area from several angles as part of evaluating the outcome of the surgery. I consent to the taking of these pictures.

Initial here: \_\_\_\_\_

- In addition, I voluntarily consent to the publication and use of my pre and post-surgery pictures and/or video footage by Dr Konrat for the following purposes: educational, medical publications, journals, research papers and medical conference presentations. In the case of Mastopexy (Breast Lift) surgery, this will not include my face.

Initial here: \_\_\_\_\_ (Please put a line through any exclusions.)

I acknowledge that I have been informed about the surgery's risks and consequences and accept responsibility for the clinical decisions that were made, along with the financial costs of all future treatments.

By signing this form, I undertake to keep any post-operative appointments deemed necessary. Not doing so might result in my not receiving the correct treatment and therefore may adversely affect the result of my surgery.

## Financial Consent

I understand that the cost of surgery involves several charges for the services provided, and these have been itemised in the formal quotation I received prior to booking this surgery. I am aware that the total includes fees charged by Dr Konrat as my surgeon, the Day Surgery fees (if that is applicable), the specialist Anaesthetist fees, and in some instances, laboratory tests.

The fees charged for this procedure do not include any potential future costs for additional procedures that I might elect to have or require to revise, optimise or complete my outcome. Additional costs may occur, should complications develop from the surgery. Secondary surgery or hospital day surgery charges involved with revision surgery will be my responsibility.

## Declaration by Patient

I acknowledge that Dr Konrat has provided me with information concerning the procedure, the likely results, available alternative treatments, including the option of no treatment at all, and has answered all my specific queries and concerns about my surgery.

I understand that some of the above risks are more likely if I smoke, am overweight, diabetic, have high blood pressure or have had previous heart disease.

I undertake to keep any post-operative appointments deemed necessary. Not doing so might result in my not receiving the correct treatment and therefore may adversely affect the result of my surgery.

I acknowledge that no guarantee has been made that the surgery will improve the condition. Improvement is the aim, not perfection. Complications may develop and a further operation may be required to improve the result.

---

Patient Name

---

Patient Signature

---

Date

## Section 4: Declaration by Dr Konrat

I declare that I have personally explained the nature of the patient's condition, the need for treatment, the operation to be performed and the risks and alternatives outlined above.

I have given the patient, or the person named above an opportunity to ask questions which I have answered as comprehensively as possible to the best of my knowledge.

---

Dr Georgina Konrat  
Bsc (Melb), Bsc Syd (Hons), MBBS (Syd) FACCSM

---

Date