

Informed Consent and Instructions on Plastic Surgery - Autologous Fat Transfer

Mr /Mrs:

Birth Number (passport number and date of birth for patients from outside Czech Republic):

Residence:

Tel./e-mail

(also referred to as the "Client")

Dear Madam, dear Sir,

we are glad you have chosen the Premier Clinic. Our entire team is ready to do everything, so that you are fully satisfied with the outcome of your surgery. We hope that the combination of state-of-the-art tools and procedures, surgery skills of our doctors and professionalism and dedication of our nurses will help transform your aesthetic or health problem into the joy of excellent results. We wish you a pleasant stay in our clinic.

Important information about autologous fat transfer surgery

When transferring autologous fat, fat cells are removed from one part of your body (the donor spot) and this tissue is then placed into another part of your body (the recipient spot). The first part of the procedure, the collection of fat from the donor spot, is done by means of liposuction. The second part of the procedure, which is the transfer of tissue to the recipient spot, is carried out by means of a cannula and a syringe, which injects the fat into the selected recipient spot. The most common recipient spots and anatomical features for fat transfer are the facial areas: cheekbones, temple areas and the area under the eyes. Fat transfer can also be used in the recipient spots such as the back of your hands, breasts and buttocks.

Risks of autologous fat transfer surgery: Each surgery carries the risk of infection, bleeding, scarring or serious injury. The risks of autologous fat transfer include, among others, infections, skin irregularities, tissue reabsorption, unsatisfactory results, failure to achieve the desired results, need for more fat transfer procedures, bruising and swelling. You can minimize the risk of surgical complications by not taking any medications, over-the-counter medicines or preparations, which could adversely affect your surgery. You should inform the surgeon about all the medicines you take, either regularly or occasionally, including herbal remedies and vitamins.

Risks of skin irregularities: Removal of fat from donor spots is done by micro-cannulas, a technique used to minimize any significant or apparent post-surgery irregularities. It is necessary to consider the loss of volume at the donor spot, which cannot be estimated in advance. Approximately the same amount of dips and irregularities will remain on the skin at the donor spot after the surgery, as there was before fat transfer.

Post-surgery healing: Healing after an autologous fat transfer surgery involves a limited but unavoidable amount of pain, swelling, bruising, surface irregularity and stiffness in both the donor and the recipient spots. Temporary slight skin numbness may last up to several months. There is always a certain amount of fat, which will not "take roots" after fat transfer or which will not hold. Within a few weeks, there will usually be a certain amount of volume loss in the recipient and donor spots, where the fat was removed. Rarely, all transferred fat may be lost and the recipient spot will again have the same appearance as before the surgery. Further fat transfer procedures may be needed to achieve a more successful take-up of the fat transferred to the recipient spot. As post-surgery swelling subsides slowly, it usually takes several weeks for the final results to be achieved after autologous fat transfer.

Realistic expectations: Results of autologous fat transfer may vary and it is not realistic to expect perfection. Patients should have realistic expectations. Although most patients experience improvement due to autologous fat transfer, it is unreasonable to expect a major improvement or near-perfect appearance. If autologous fat transfer involves multiple areas or large areas, the improvement of the result may require a series of interventions, for which additional fees will be charged.

Patients, who will be satisfied with a certain improvement, i.e. an improvement, which is clear and distinct but lacks perfection, after one autologous fat transfer, are relatively good candidates for this procedure.

Long-term results: Fat cells, which are removed by liposuction, will not grow again at the donor spots. It can be expected that after one year there will be no further decrease of the volume in the recipient areas. If the patient gains or loses weight, this change will usually occur evenly throughout the body.

Important information before treatment:

1. Do not take ASPIRIN or IBUPROFEN or NAPROXEN

or any other medication containing these drugs, or any similar anti-inflammatory drugs. These drugs promote bleeding and bruising. Please inform us, if you are taking any medication for arthritis or any blood thinner anticoagulants.

Please check the labels of all your medicines, including those you bought without a prescription, to make sure you are not using any aspirin or similar substance. Consult your doctor before you stop using any prescribed medicines.

Do not use products for reducing blood congestion, which contain pseudoephedrine or any appetite suppressants for at least one week before surgery.

2. Do not take thyroid hormones on the day of surgery. If you are using an "SSRI" antidepressant, you should discontinue its use five days before surgery and recommence two days after surgery. If you are taking any of the following medicines, we recommend that you stop using them at least two weeks before surgery. You can start taking them again two days after surgery: amiodarone, midazolam, triazolam, diazepam, cimetidine, clarithromycin, chloramphenicol, cyclosporine, danazol, dexamethasone, diltiazem, erythromycin, fluconazole, itraconazole, methadone, methylprednisolone, metronidazole, nicardipine, nifedipine, propranolol, quinidine, SSRI antidepressants, tetracycline, terfenadine, thyroxine, verapamil, antiepileptics, valproic acid, verapamil. **THE BEST THING TO DO: Tell your doctor about ALL the medicines you are taking.**

3. Please stop using any dietary supplements at least one week before surgery.

The course of autologous fat transfer surgery:

Upon arrival at the clinic, you will be able to go through and sign your consent forms. Then we'll escort you to a room, where you can change into the surgical coat. We will take your pre-surgery photos, and then we will mark the areas to be treated on your body.

The doctor and the nurse will anesthetize the skin with anaesthetic in places, where longer needles will need to be introduced, in order to desensitize subcutaneous fat. Patients usually feel a slight pricking, as the skin becomes insensitive.

Although there may be differences between individual patients, patients usually have only slightly unpleasant feelings during liposuction.

After the liposuction is finished, an antibiotic ointment is applied to the tiny spots of the cut and the spots are covered with absorbent pads. After obtaining the required amount of fat from the donor spot, the fat is processed and transferred to the syringes, which are used to transfer the fat to the recipient spots. Small cuts are made at the recipient spots to allow access, and small amounts of fat are placed as required to achieve the desired correction. Before completing the procedure, it may be necessary to manually "shape" the transferred fat. A dressing is then placed on the cuts at the recipient spots.

It may take several hours or days since the completion of the liposuction, before the donor spots become painful. The recipient areas may sometimes start to hurt earlier than the donor areas.

Although you may feel good enough to drive a car after your surgery, you should not do this, because of the medications you have been given during the procedure, and because a significant swelling may appear at the reception spot, and if it is on your face, could reduce vision.

Guidelines for post-surgery care:

These instructions only refer to a fat transfer surgery and no other surgery. For other procedures, follow the instructions you received specifically for them.

1. Return home: You should not go home alone by car. It will be necessary for you to be accompanied by another person on the day of your surgery. Diet: Immediately return to your usual diet. Drink plenty of water, fruit juices or non-alcoholic beverages to avoid dehydration.

2. Activity: Rest is recommended immediately after the surgery. Do not drive or operate dangerous machinery for the rest of the day after the surgery. Do not make any important personal decisions within 24 hours after the surgery. After **__ to __** days after the surgery, you can carefully return to exercising and intense physical activity. It is recommended that you start with **__%** of your normal training intensity and then increase your activity every day according to your individual tolerance. Most

people can return to office work after _____ to _____ days after the surgery, however, you need to take into account some pain and more fatigue for a few days.

3. **Body-shaping underwear:** Immediately after the liposuction, you will wear underwear, which holds the absorbent pads in place and exerts a slight pressure, which promotes drainage of fluids. In the morning after the surgery, when you remove your clothes for the first time to take a shower, you may experience slight dizziness for a moment. This feeling of dizziness is similar to what you sometimes feel, when you stand up too quickly. It is the result of a quick decompression of the legs, when the underwear is removed for the first time. If this dizziness appears, simply lie down and wait until it goes away. From the first day after the surgery, the underwear can be removed every day to allow you to shower and to wash and dry the underwear. Outside of this time, body-shaping underwear should be worn during the first _____ hours all day and night. Afterwards, the underwear should be worn until the exudate from the treated areas ceases. When the exudate ceases, you should wear the body-shaping underwear for at least _____ more days. Although wearing the body-shaping underwear for longer than the minimum number of days does not bring any significant advantage, some patients feel more comfortable when wearing the body-shaping underwear for a longer period of time.
4. **How to cope with post-surgery exudate:** It is to be expected that after liposuction, a large volume of fluid slightly coloured with blood will be draining from the cut spots for some time. Generally, the more exudate there is, the less swelling and bruising occurs. During the first hours, you should sit or lie on towels to avoid staining upholstery etc. If the amount of exudation is large, it is recommended to place a plastic wrap under the towel as well. After the first few days, patients should put on the absorbent gauze dressing only on those cut spots, where fluid continues to drain.
5. **Wound care:** Keep the cut spots clean. From the first day after the surgery, wash the cut spots once a day with water and soap, apply Vaseline to them and change the absorbent dressing twice a day. Once the exudate stops, you can stop treating the skin with ointment. **Take oral antibiotics, until you have consumed the prescribed amount.** The antibiotics should be taken with food to minimize the risk of upset stomach.
6. **Discomfort and bruises:** Pain is the worst at the beginning, for a few days after the surgery, and then it should continue to improve almost every day. **Do not take aspirin, ibuprofen, or any medication containing these drugs for 3 days after the surgery, as they may promote bleeding.** The more extensive the liposuction is, the more bruises you can expect.
7. **How to wash yourself:** When taking a shower, it is acceptable to get the cut spots wet. Then gently dry them with a clean and dry towel. Do not rub the cut spots and do not immerse them in a bath, Jacuzzi, swimming pool or any water for 7 days after the surgery.
8. **Check-up visit:** If a check-up has not yet been scheduled, please call our clinic to make an appointment. Please select the day of the visit after 2 weeks after the surgery. If you have any urgent questions, please contact us by phone.

Before the procedure, the client is obliged to:

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

If your surgery is to be performed under general anaesthesia and you are to be hospitalized at our clinic, please bring the following items for your hospitalization:

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

Please observe the following instructions before the procedure:

- Come with unpolished nails on your hands
- Shorten at least one nail (index or middle finger) on the non-dominant hand
- Perform thorough personal hygiene in the evening and in the morning before the procedure
- Arrange for escort on the expected day of your discharge from the clinic, and, if this is not possible, we will arrange a taxi for you.

Please strictly follow the instructions from the anaesthesiologist before general anaesthesia - see "Recommendation before General Anaesthesia". In case of any ambiguity or deviation in the result of the pre-surgery examination, the Clinic, through the surgeon or anaesthesiologist, reserves 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.

PC Healthcare s.r.o.

Jungmannova 26/15, 110 00 Prague 1

IČO: 19822634

Client's signature:

Informed consent with the surgery:

MUDr., during the consultation on the date:, sufficiently informed me about my planned plastic surgery, course of the procedure, type of anaesthesia, hospitalization, course of healing, expected outcome and possible consequences, risks and other complications of the planned surgery, the post-surgery regimen and post-surgery check-ups, as well as the cost of the surgery and other medical or different procedures related to the surgery, he/she answered all my questions and I understood all information that he/she shared with me. I have no additional questions and I feel well informed. I have decided to undergo the planned surgery on a voluntary basis and after a reasonable period of reflection.

I was informed about the necessity of the pre-surgery examination according to the type of surgery and I agree with it.

From the medical point of view, I agree with 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 life or health, I give my consent to all other necessary and urgent procedures, which will be needed to save my life and 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 will be necessary from the medical point of view, in case of unexpected complications, such as further hospitalization in a specialized department, and I also agree to pay the full financial reimbursement of this hospitalization 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 results of the surgery in the form of photographic documentation for presentation or teaching purposes:

- a) for internal use of the Clinic
- 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 purposes of the Clinic. The Client and the Clinic expressly agree that all mutual legal relationships are governed by the 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 registered office of the Clinic.

Date:

Client's signature:

Doctor's signature:

Client's signature: