

Informed Consent and Instruction Concerning Plastic Surgery Procedure – Labioplasty

Ms:

Birth registration no. (for foreign nationals passport no. and date of birth):

Permanent residence:

Tel./e-mail

(hereinafter also referred to as the “Client”)

Dear Madam,

Following examination and mutual agreement you have been offered the possibility of resolving your request for genital adjustment performed by our Clinic, on the basis of which the best possible aesthetic result should be attained according to the knowledge of contemporary medicine in the case of an uncomplicated course of postoperative healing. We are obliged to provide you with all the relevant information to increase your awareness of the planned healthcare procedure and to enable you to decide in a knowledgeable manner on whether to undergo or reject this procedure.

Principle of operation:

The procedure can be performed under local or general anaesthesia. During the operation, the surgeon indicates the total excess tissue of the genital labia and then infiltrates the operating field with a solution to limit bleeding, if applicable with the addition of local anaesthetic. The surgeon shall remove the excess skin and treat the bleeding vessels, and then perform stitching of the edges of the wound with absorbable or non-absorbable stitches. A urinary catheter is sometimes applied for a brief period after the operation. After the operation it is possible to perform regular personal hygiene. The absorbable stitches are separated within three weeks. During this time swelling and any blood contusions in the operated area also attenuate. The period for which the scars mature persists for a number of months. It is necessary to refrain from sexual intercourse for six weeks after the operation.

Notification:

We are obliged to notify you that no surgical intervention into the integrity of the human body is entirely without risk. No medical facility or doctor can guarantee you an ideal and uncomplicated course of the operation and postoperative healing with 100% certainty. Complications occur during and after the operation in a certain, if small percentage of cases. Their occurrence cannot be objectively prevented and their occurrence cannot be foreseen. This concerns complications which occur despite the fact that the care has been provided in a regular manner, the doctors and other healthcare personnel have not breached any of their obligations and the healthcare has been provided in accordance with the available knowledge of medical science. For this reason it is essential for you to be informed of such complications before the procedure itself. Patients who fail to abide by the instructions of the doctor are exposed to a higher risk of complications. It is also necessary in the case of the occurrence of certain complications to count upon the necessity of repeated and more frequent medical checks at our facility, which may be difficult especially if you live a long distance away. Although the list of possible complications may seem excessively long upon first glance, the probability of their occurrence is very small. We present all of these complications in an endeavour to provide you with the maximum amount of information, because we believe that only a fully informed patient is capable of making the right decision.

General anaesthesia enables safer performance of surgical procedures, which with regard to the area of scope of the procedure or its potential pain factor cannot be performed under local anaesthesia. A desensitising substance is administered intravenously or by inhalation, and the application of a breathing tube into the respiratory tracts (intubation) is frequently necessary. The great majority of general anaesthesia applications take place entirely without complications, especially if the patient is otherwise healthy. However, in every case of general anaesthesia complications may sometimes occur. These also include a deterioration of your current disorders. Before every operation your doctor must always unconditionally be informed about any applicable pregnancy or breastfeeding. Temporary side effects of general anaesthesia include drowsiness, headaches, need to vomit, tiredness, confusion, dizziness, muscle pain (back, stomach etc.) or raised temperature. Less serious complications include inflammation, pain or haemorrhage in area of venous entry, postoperative cough and sore throat, blurred or double vision, light sensitivity, damage or breaking of teeth in case of difficult intubation, injury or contusion of tongue or lips, muscle tremor, inability to urinate, itching of skin, allergic reaction to used anaesthetic, temporary loss of short-term memory or reduced blood pressure. The operation may also be deferred for reasons of impossibility of applying the intubation tube into the respiratory

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Client's signature:

tracts, muscular spasm in respiratory tracts (laryngospasm, bronchial spasm, liver damage, inflammation of windpipe or lungs or blockage of veins of lower limbs, regaining of consciousness during operation, also injury to joints or peripheral nerves during positioning and manipulation. More serious complications which occur in exceptional cases include myocardial infarction, cardiac arrest, cerebrovascular accident (stroke), breathing arrest, pulmonary embolism, inhalation of stomach contents, organ failure, malignant hyperthermia, severe allergic reaction to anaphylactic shock, failure of instruments and medical machines, damage to sight and death. **Complications of local anaesthesia** include above all allergic or toxic reaction to the used anaesthetic. The most frequent manifestation of such a reaction is skin or mucous membrane rash, swelling and nausea. Severe cases are rare and may be manifested in breathing disorders, drop of blood pressure, cramps and disorders of consciousness, as well as disorders of heart activity. Further complications may include nerve damage by the needle during the application of the anaesthetic, in particular this concerns field blocking anaesthesia applied around larger nerve stems. This damage may be manifested in insensitivity or pain in the innervation zone of the nerve, which is mostly temporary, in exceptional cases permanent.

We divide the actual surgical complications into general, which threaten in any operation, and specific complications for the specific type of surgical procedure. **General** complications include haemorrhage in the operation wound. Local haemorrhage is manifested in contusions in the surrounding area, which may prolong the healing time. Heavier bleeding may necessitate immediate reoperation and revision of the operation wound. It is not possible to eliminate the possibility of administering a blood transfusion and the onset of a state of shock due to blood loss. A further possible complication is infection in the operation wound. In lighter cases this is manifested in reddening and swelling, in which administration of antibiotics is sometimes necessary. In severe cases it may lead to widening of the operation wound, necrosis of part of the tissue in the surrounding area or onset of a state of shock. Infection complications are more frequent and more dangerous in patients who are carriers of bacterial strains which are resistant to antibiotics. Another potential complication is ischemia (loss of blood supply) in the tissues surrounding the operation wound, which leads to its further disintegration and necrosis of part of the tissue in the surrounding area. Widening (rupture) of the operation wound may occur also in case of diminished immunity of the organism, the impact of mechanical force (e.g. fall), upon failure to abide by the regime prescribed by the doctor or without determinable cause. In predisposed individuals, allergic reactions to drugs, disinfectant or the stitching and bandaging material may occur. Allergic reaction is usually manifested in local reddening, swelling and itching, but overall allergic reactions accompanied by rash and swelling, disorders of breathing and heart activity or onset of a state of shock cannot be excluded. Every operation procedure leaves scars. The scars are not usually conspicuous, although in predisposed individuals it is not possible to exclude the possibility of hypertrophic scars, keloid scars, or atrophic (sunken) and distended scars. Certain scars may cause functional complaints – itching, pain, limited movement of joints, irritation of surrounding nerves. In rare cases dermoid cysts may occur in the vicinity of the scar, i.e. cysts filled with skin wax and dead skin cells. The skin can also be damaged during operation by electrocoagulator – an instrument used upon electrocoagulation. General complications may also include poor psychological adaptation to the new appearance after aesthetic adjustment. The necessity of further surgical correction can never be entirely excluded in advance in the case of any surgical procedure. The probability of postoperative procedures is higher in smokers. **Specific complications** of labioplasty include haemorrhage and widening of the operation wound, which may require a corrective operation. In addition they include postoperative asymmetry or unevenness of the genital labia or a change in their sensitivity, with possible pain during sexual intercourse. The procedure should not be performed during menstruation with regard to the increased risk of haemorrhage during and after the operation. Before the operation it is also necessary to discontinue use of medicaments which increase bleeding (Anopyrin, Acylpyrin, Brufen etc.).

This information certainly cannot be exhaustive. For this reason please ask your attending physician or surgeon with regard to everything that interests you in relation to the planned surgical procedure. Detailed information is necessary in order for you to determine what result you can expect from the operation. Unrealistic expectations cannot be met even with the best performed procedure. We assure you that we shall do everything possible in order to ensure that your operation takes place without complications.

The above complications may appear even despite our maximum endeavour to prevent them. The postoperative course mostly takes place without complications, but it is not possible to guarantee with 100% certainty that you will not experience them. Nevertheless, the majority of complications are resolvable, and in the case that they do occur, we shall attempt to rectify them together with you as swiftly as possible and ensure the applicable correction if the aesthetic result of the operation has been influenced. In all cases, however, it does not apply that any resulting complications shall always be healed without after-effects.

PLEASE INQUIRE ABOUT EVERYTHING YOU CONSIDER IMPORTANT!

The client is obliged to:

Inform the attending physician – surgeon of all diseases and allergies suffered from in the past or present, as well as medicaments used (primarily medicaments which have an influence on blood coagulation and bleeding).

In the case that your procedure is performed under general anaesthesia, you shall be hospitalised at our Clinic. Please bring the following for hospitalisation:

- Results of preoperative examination, which must be no older than 14 days, without the submission of this examination you cannot be accepted for operation
- Citizen's identification card and health insurance card
- Medicaments you take regularly – upon admission give these medicaments to the ward sister, you will be administered these medicaments in such a manner as not to impair the effect of the medicaments administered in connection with the operation
- Toothbrush, toothpaste, cosmetics you use
- You will receive everything else (food, drinks, clothing, footwear, dressing gown, towel etc.) from us
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Please abide by the following instructions before the procedure under general anaesthesia:

- Report to the clinic with unvarnished fingernails
- Shorten at least one nail (index or middle finger) on the non-dominant hand
- Ensure thorough personal hygiene the evening and morning before the operation
- On the expected day of discharge from the hospital ensure a lift home with a driver, if you are unable to do so we will arrange a taxi for you.

Please abide thoroughly by the instructions before general anaesthesia – see the anaesthetists' "Recommendations before general anaesthesia". In the case of any uncertainty or deviation in the results of the preoperative examination, the Clinic, by means of the attending physician or anaesthetist, reserves the right to withdraw from the procedure, which is aesthetic surgery, including on the day of the procedure. The procedure can be deferred, if possible, until the patient has sufficiently recovered.

Informed consent for operation:

The patient confirms that she informed the doctor precisely and completely about her condition of health before the procedure, and agrees to any further medicinal procedures which shall be required in order to maintain her health in the case of complications. The patient agrees that the described complications, should they occur, shall not be considered to constitute damage to health caused during the described treatment if the treatment is performed in a regular manner (lege artis). The client consents to the archiving of the necessary photographic documentation for the requirements of the surgeon and the Clinic.

I have been familiarised with and agree to the necessity of preoperative examination according to the type of procedure.

From a medical perspective **I agree to the necessary measures**, requiring also a potential further procedure in the case of unexpected complications, the applicable financial cost of which I am able to pay.

At the same time I confirm that in the case of occurrence of unexpected complications requiring the immediate performance of further procedures necessary to save life or health, I agree to the performance of all such essential and immediate procedures necessary to save my life and health, and I also confirm that I agree to the administration of a blood transfusion. In the case that I do not have health insurance in the Czech Republic, I hereby consent from a medical perspective to the necessary measures in the case of unexpected complications such as further hospitalisation in a specialised department and also to full financial payment for this hospitalisation and any other procedures in connection therewith.

I agree / I do not agree that the following persons shall be informed about my condition of health (first name, surname, tel. contact, relationship to Client):

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I agree / I do not agree to the publication of the results of the procedure in the form of photographic documentation for presentation or teaching purposes:

- a) For the internal requirement of the Clinic
- b) Publication on website

The Client also provides explicit consent for the processing and storage of her personal details for the requirements of the Clinic. The Client and the Clinic explicitly arrange that all mutual legal relationships are governed by Czech law. The parties are obliged always to attempt to resolve any potential disputed issues by means of agreement. In the case that the parties fail to resolve these issues by means of agreement, the Client and the Clinic agree that any dispute resolved in court shall be conducted according to the Czech legal order and in a Czech court, with the proviso that the relevant court for the resolution of all disputes on the basis of this agreement or other contractual relationships between the Client and the Clinic is the locally appurtenant general court designated according to the registered seat of the Clinic.

Date:

Client's signature:

Doctor's signature:

Client's signature: