Informed Consent

Brachioplasty (Arm Lift)

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INSTRUCTIONS

This is an informed consent document meant to help you learn more about brachioplasty surgery, which is also called an arm lift. You'll learn about the surgery, its risks, and other treatment(s) you might choose.

It is important that you read the whole document carefully. Please initial each page. Doing so means you have read the page. Signing the consent agreement means that you agree to the surgery that you have talked about with your plastic surgeon.

GENERAL INFORMATION

Brachioplasty (arm lift) is a type of surgery to remove extra skin and fat from the armpit (axilla) and upper arm. This is not a surgery to fix being overweight. If you are obese and plan to lose weight, you should put off surgery that will change your body shape till you have reached a stable weight.

Plastic surgeons use many different techniques for arm lifts. This surgery can be combined with other body-shaping surgeries, like suction-assisted lipectomy (liposuction), or other surgeries you may opt for.

ALTERNATIVE TREATMENTS

Having an arm lift is a choice. There may be other ways to get the results you want. These include not having surgery at all. Liposuction surgery may be a surgical option to an arm lift. This might work for you if you have normal weight, good skin tone, and have fat only in certain areas. You may benefit from changing your diet and exercise habits. This can help you lose weight overall. Other types of treatment may have their own risks.

RISKS OF BRACHIOPLASTY SURGERY

All surgeries have some risks. It is important that you understand these risks and the possible problems. Every procedure is limited in what it can do. You must decide whether the possible benefits of having this surgery are better than the possible risks. Most patients do not face problems, but you should talk about them with your plastic surgeon. Make sure you understand all possible outcomes of your arm lift surgery.

SPECIFIC RISKS OF BRACHIOPLASTY SURGERY

Change in Sensation:

Many people experience changes in their sense of touch after an arm lift surgery. You may have less sensation in your upper arm or armpit or lose feeling there. This usually gets better with time. In rare cases, a patient might have permanent changes in their sense of touch in their hands and arms after surgery. Changes in touch often go away, but less or lost sensation may not completely get better. There is a small risk of motor nerve injury, which could change how your upper arms and hands work.

Change in Skin Color/Swelling:

It's normal to have bruising and swelling after an arm lift surgery. The skin near the surgery area may look lighter or darker than the rest of the skin. Although it is rare, swelling of your arms, forearms, or hands, and changes in skin color might last for a long time. In rare cases, these changes might be permanent.

Sensation of Arm Tightness:

After your arm lift, your arm or armpit skin might feel tight. You may also have trouble moving your shoulder like you used to. This usually goes away with time. However, more surgery might be needed to fix this problem.

Pain:

You will have pain after surgery. The pain you feel after a brachioplasty may vary in how strong it is and how long it lasts. In rare cases, some people experience ongoing (chronic) pain. This may happen if some

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nerves are trapped in the scar tissue after surgery (neuromas) or if the skin around your scars does not move easily.

Delayed Healing:
Some areas of your arm or armpit may not heal normally. They may also take a long time to heal. Some areas of skin may die or peel off. You may need bandage changes often or more surgeries for the areas that have trouble healing. If you have less blood supply due to past surgeries or radiation therapy, you may have more trouble healing. Your surgery results may not be as good. Smokers have a greater risk of losing skin and have more trouble healing.

Scars:
All surgeries leave scars. Some scars are seen more clearly than others. Wounds are likely to heal after surgery, but can leave long, visible scars that will not go away. Unusual scars may occur in the skin and in the tissues below. Scars may look bad and be a different color than your other skin. The same scar may look different on the right and left side of your body. The stitches may leave a mark on your skin. These scars may be raised and red in the first few weeks or months. They usually fade over time. However, some patients can have "hypertrophic" or "keloid" scars, which means you can clearly see and feel them. They may be red, and they do not go away. You may need more treatments, like medication and/or surgery to fix this.

Seromas (Fluid Build-Up):
In rare cases, fluid may build up between your skin and the tissues underneath after surgery, trauma, or heavy exercises. If this happens, it may need to be drained. To solve this problem, your surgeon may put in a drain.

Drains:
During your surgery, your doctor may need to put in a drain(s). A drain is a small tube that removes fluid away from the surgery site. You will be told how to use your drain. Putting the drain may require a small separate cut. The drain will be taken out when your doctor feels you don't need it anymore. When the drain site is taken out, your doctor may close the drain area with special tape or stitches. Your doctor may also leave the site open to drain any leftover fluid under the wound.

Re-Loosening of Skin:
Almost everyone who has an arm lift will notice their skin becoming looser with time. This is your body's way of responding to movement and stretching. Patients who have lost a lot of weight have a higher risk of having their skin loosen again. No matter how tight your surgeon makes your skin during the operation, it will re-loosen with time. Each person's skin loosens differently.

Asymmetry:
You may not have a perfectly even (symmetrical) body after surgery. It's normal for the left and right sides of your body to be slightly different, due to your unique skin tone, fat deposits, bone structure, and muscle tone. Most patients have visible differences between the right and left side of their bodies even before surgery. You may need more surgery if you want to make these differences harder to see.

Persistent Swelling (Lymphedema):
After surgery, swelling may remain for a long time.

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DISCLAIMER

Informed consent documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, informed consent documents can't cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case.

Informed consent documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practice medicine.

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

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CONSENT FOR PROCEDURE OR TREATMENT

1. I permit Dr. Thomas Jeneby and the doctor's assistants to do the **Brachioplasty (Arm Lift).**
2. I got the information sheet on Brachioplasty (Arm Lift).
3. I understand that, during the surgery, an unexpected situation may require a different medical procedure than the surgery listed above. I permit the doctor listed above, the assistants and/or designees to provide any treatment that my doctor thinks is needed or helpful. My permission includes all treatments that my doctor does not plan to do at the start of the surgery.
4. I understand what my surgeon can and cannot do. I understand that no warranties or guarantees have been hinted at or stated outright about the outcome of the surgery. I have explained my goals. I understand which outcomes are realistic and which are not. All my questions have been answered. I understand the surgery's risks. I am aware of other risks and possible issues, benefits, and options. I understand and choose to have the surgery.
5. I agree to the anesthetics that are needed or helpful. I understand that all types of anesthesia have risks and may result in complications, injury, and even death.
6. I am aware of the serious risks to my health when blood products are used. I agree to my doctor using them if my doctor, assistants, and/or designees think they are needed or helpful.
7. I agree to the disposal of any tissue, medical devices, or body parts taken out during or after surgery. I also agree to any additional surgeries or treatment that is needed or helpful.
8. I agree to have parts of my body photographed or televised appropriately before, during, and after the surgery for medical, scientific, or educational reasons, if the pictures do not reveal my identity.
9. For medical education, I agree that onlookers can be in the operating room.
10. I permit my Social Security Number to be given to the right agencies for legal reasons and medical device registration, when necessary.
11. I agree to the charges for this surgery. I understand that the doctor's charges are separate from the charges for the hospital and the anesthesia. I understand that there may be more charges if more procedures or treatments are needed or helpful. I agree to those charges, if any.
12. I understand that not having the surgery is an option and that I can opt-out of having the surgery.
13. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:
    a. THE ABOVE SURGERY TO BE PERFORMED
    b. THERE MAY BE OTHER SURGERIES OR TREATMENT OPTIONS
    c. THERE ARE RISKS TO THE SURGERY

I CONSENT TO THE SURGERY AND THE ITEMS THAT ARE LISTED ABOVE (1-13).
I UNDERSTAND THE EXPLANATION AND HAVE NO MORE QUESTIONS.

_____

Patient or Person Authorized to Sign for Patient Date/Time

_____

Witness Date/Time

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