

## BUTTOCK LIFT SURGERY

### INSTRUCTIONS

This is an informed-consent document that has been prepared to help inform you concerning buttock lift surgery, its risk, as well as alternative treatment(s). It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page and sign the consent for surgery as proposed by your plastic surgeon and agreed upon by you.

### GENERAL INFORMATION

A buttock lift is a surgical procedure to remove excess skin and fatty tissue from the hips outer thighs, back, and buttocks. A buttock lift is not a surgical treatment for being overweight. Obese individuals who intend to lose weight should postpone all forms of body contouring surgery until they have reached a stable weight. There are a variety of different techniques used by plastic surgeons for a buttock lift. A buttock lift can be combined with other forms of body-contouring surgery, including suction-assisted lipectomy, or preformed at the same time with other elective surgeries. Your surgery may require the transfusion of blood products; however, this varies on a case by case basis.

### ALTERNATIVE TREATMENTS

Alternative forms of management consist of not treating the areas of loose skin and fatty deposits. Suction-assisted lipectomy surgery maybe a surgical alternative to a buttock lift if there is good skin tone and localized abdominal fatty deposits in an individual of normal weight. Diet and exercise programs may be of benefit in the overall reduction of excess body fat and contour improvement. Risk and potential complications are also associated with alternative surgical forms of treatment.

### RISK OF BUTTOCK LIFT SURGERY

Every surgical procedure involves a certain amount of risk and it is important that you understand these risk and possible complications associated with them. In addition, every procedure has limitations. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with your plastic surgeon to make sure you understand all possible consequences of a buttock lift.

**Bleeding** It is possible, though unusual, to experience bleeding e during or after surgery. Do not take any aspirin or anti-inflammatory medications for ten days before surgery, as this may increase the risk of bleeding. Non-prescription "herbs" and dietary supplements can increase the risk of surgical bleeding. Hematomas can occur at any time following injury.

**Infection** Although unusual after surgery, should an infection occur, additional treatment including antibiotics, hospitalization, or additional surgery may be necessary.

**Change in Skin Sensation** It is common to experience diminished (or loss) of skin sensation in areas that have had surgery. Diminished (or complete loss of skin sensation) may not totally resolve after a buttock lift.

**Skin Contour Irregularities** Contour & shape irregularities, depressions and visible and palpable wrinkling may occur after a buttock lift. Residual skin irregularities at the ends of the lesions or "dog ears" are always a possibility as is skin pleating, when there is excessive redundant skin. This may improve with time, or it can be surgically corrected.

**Skin Discoloration / Swelling** Bruising and swelling usually occur following a buttock lift. The skin in or near the surgical site can appear either lighter or darker than the surrounding skin. Although uncommon swelling and skin discoloration may persist for long periods of time and, in rare situations, may be permanent.

**Skin Sensitivity** Itching, tenderness, or exaggerated responses to hot or cold temperatures may occur after surgery. Usually this resolve during healing, but in rare situations it may be chronic.

**Sutures** 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 removal.

**Fat Necrosis** Fatty tissue found deep inside the skin may die. This may produce areas of firmness within the skin. Additional surgery to remove areas of fat necrosis may be necessary. There is a possibility of contour irregularities in the skin that may result from fat necrosis.

**Damage to Deeper Structures** 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.

**Pubic Region Distortion** It is possible, though unusual, for woman to develop distortion of their Labia or pubic area. Should this occur, additional treatment or surgery may be necessary.

**Scarring** All surgery leaves scars, some more visible than others. Although good wound healing after surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. Scars may be unattractive and of different color than surrounding skin. Scar appearance may also vary within the same scar, exhibit contour variations and “bunching” due to the excess skin. Scars may be asymmetrical (appear different between 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 revision or treatment.

**Surgical Anesthesia** Both local and general anesthesia involves risk. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation.

**Asymmetry** Symmetrical body appearance may not result from a buttock lift. 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 body before any surgery is performed. Additional surgery may be necessary to attempt to improve asymmetry.

**Delayed Healing** Wound disruption or delayed wound healing is possible. Some areas of the abdomen, flank, back, or buttock may not heal normally and may take a long time to heal. Some areas of the skin may die. This may require frequent dressing changes or future surgery to remove the non-healed tissue. **Smokers have a greater risk of skin loss and wound healing complications.**

**Allergic Reactions** In rare cases, local allergies to tape, suture materials and glues, blood products, topical preparations or injected agents have been reported. Serious systemic reactions including shock (anaphylaxis) may occur to drugs used during surgery and prescription medications. Allergic reactions may require additional treatment.

**Seroma** Fluid accumulations infrequently occur in between the skin and the abdominal wall, legs, flanks, back, or buttocks. Should this problem occur, it may require additional procedures for drainage of fluid.

**Shock** In rare circumstances, your surgical procedure can cause severe trauma, particularly when multiple or extensive procedures are performed. Although serious complications are frequent, infections or excessive fluid loss can lead to severe illness and even death. If surgical shock occurs, hospitalization and additional treatment would be necessary.

**Pain** You will experience pain after your surgery. Pain of varying intensity and duration may occur and persist after a buttock lift. Chronic pain may occur very frequently from nerves becoming trapped in scar tissue after a buttock lift.

**Persistent Swelling (Lymph edema)** Persistent swelling in the legs can occur following buttock lift surgery.

**Surgical Wetting Solutions** 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.

**Deep Venous Thrombosis, Cardiac and Pulmonary Complications** Surgery, especially longer procedures, may be associated with the formation of, or increase in, blood clots in the venous system. Pulmonary complications may occur secondarily to both blood clots (pulmonary emboli), fat deposits (fat embol) or partial collapse of the lungs after general anesthesia. Pulmonary and fat embol can be life threatening or fatal in some circumstances. Air travel, 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 blood clots, swollen legs or the use of high estrogen birth control pills 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 pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur; you may require hospitalization and additional treatment.

**Unsatisfactory Result** 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 buttock lift surgery. This would include risks such as asymmetry, unsatisfactory or highly visible surgical scar location, unacceptable visible deformities, bunching and rippling in the skin near the suture lines or at the ends of the incisions (dog ears), poor healing wound disruption, and loss of sensation. It may not be possible to correct or improve the effects of surgical scars. Additional surgery may be required to improve results.

**Long-Term Results** Subsequent alterations in the appearance of your body may occur as the result of aging, sun exposure, weight gain, pregnancy, menopause or other circumstances not related to your surgery. Future surgery or other treatments may be necessary to maintain the results of a buttock lift.

**Metabolic Status of Massive Weight Loss Patients** Your personal metabolic status of blood chemistry and protein levels may be abnormal following massive weight loss and surgical procedures to make a patient loose weight. Individuals with abnormalities may be a risk for serious medical and surgical complications, including delayed wound healing, infection or even in rare cases, death.

#### **Smoking, Second-Hand Smoke Exposure, Nicotine Products (Patch, Gum, Nasal Spray)**

Patients who are currently smoking, Use tobacco products, or nicotine products (patch, gum, or nasal spray) are at a greater risk for significant surgical complications of skin dying, delayed healing and additional Scarring. Individuals exposed to second hand smoke are also at potential risk for similar complications Attributable to nicotine exposure. Additionally, smokers may have a significant negative effect on anesthesia and recovery from anesthesia, with coughing and possibly increased bleeding. Individuals who are not exposed to tobacco smoke or nicotine-containing products have a significantly lower risk of this type of complication. Please indicate your current status regarding these items below:

**Female Patient Information** It is important to inform your plastic surgeon if you use birth control pills, estrogen replacement, or if you believe you may be pregnant. Many medications including antibiotics may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy.

**Intimate Relations after Surgery** Surgery involves coagulating of blood vessels and increased activity of any kind may open these vessels leading to a bleed, or hematoma. Activity that increases your pulse or heart rate may cause additional bruising, swelling, and the need for return to surgery and control bleeding. It is wise to refrain from sexual activity until your physician states it is safe.

**Mental Health Disorders and Elective Surgery** It is important that all patients seeking to undergo elective surgery have realistic expectations that focus on improvement rather than perfection. Complications or less than satisfactory results are sometimes unavoidable, may require additional surgery and often are stressful. Please openly discuss with your surgeon, prior to surgery, any history that you may have or significant emotional depression or mental health disorders. Although many individuals may benefit psychologically from the results of elective surgery, effects on mental health cannot be accurately predicted.

**Medications** There are many adverse reactions that occur as the result of taking over- the- counter, herbal, and /or prescription medications. Be sure to check with your physician about any drug interaction that may exist with medications which you are already taking. If you have an adverse reaction, stop the drugs immediately and call your plastic surgeon for further instructions. If the reaction is severe, go immediately to the nearest emergency room. When taking the prescribed pain medications after surgery, realize that they can affect your thought process. Do not drive, do not operate complex equipment, do not make any important decisions and do not drink any alcohol while taking medications. Be sure to take your prescribed medication only as directed.

#### **ADDITIONAL SURGERY NECESSARY-**

Should complications occur surgery or other treatments may be necessary. Secondary surgery may be necessary to obtain optimal results. Even though risk and complications occur infrequently, the risks are particularly associated with a buttock lift. Other complications and risks can occur but are even more uncommon. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained. With buttock lift surgery, it may not be possible to achieve optimal results with a single surgical procedure. This may require multiple surgical sessions to produce a final outcome.