

SUMMARY OF INFORMATION DISCUSSED AND UNDERSTOOD

This document is a list of the potential limits and adverse effects of the treatments that you may be considering including the implications both to your personal health and in terms of lost time, costs and attendance for further treatment.

Please note that by necessity it covers a wide range of complications, but that serious complications are uncommon or rare. Please ensure that you understand aspects that relate to your treatment before signing and undergoing your treatment. If you have any questions or concerns, contact Mr Saeed's secretary to arrange clarification by phone or further consultation – Mr Saeed is happy to do this and encourages you to do this.

General aspects and areas discussed:

General advice on health and well-being including advice on smoking, alcohol consumption, UV exposure and risks, exercise and healthy eating.

General medical advice if applicable re; other health conditions such as cardiorespiratory conditions, hypertension, diabetes, and advice on psychological / social aspects of a condition to the limits of MR Saeed's experience and training. Advice to arrange / referral to other health professionals as required.

Use of photo / video images, diagrams and available literature during consultation as applicable.

The treatment options available including no treatment, non-surgical treatment options and weight loss if applicable.

Unknown risks of oral anti-bruising agents eg arnica. Risks of concurrent medication eg aspirin.

Importance of aftercare and the need to keep all follow-up appointments:

Gentle activity until tissues strong enough to support normal activity (see specifics below)

Non-interference with dressings unless instructed to or complications arise, keeping wounds/dressings dry as instructed. Protecting surgical sites from sources of infection / infective environments / activities that could lead to infection. Scar care advice including massage with non-allergenic lotion / ointment as appropriate and avoidance of UV exposure. Avoidance of 'scar reducing' agents eg Bio-Oil or Arnica due to undocumented effects on scars. Use of ice-packs if applicable and need to protect skin from cold damage.

Taking of medications as instructed.

Importance of timely contact with Mr Saeed / his team in the event of complications.

Cost implications of further treatment if complications arise / out of failure to comply with post-treatment instructions.

FAT TRANSFER SPECIFICS

The procedure, alternatives and extent, site of skin entry points. The risks of lumpiness, swelling, bruising, discomfort and duration which is usually a few days but could be longer or permanent.

Fat survival is governed by many factors including harvest technique, processing, delivery and local environment / aftercare. Mr Saeed's technique is one of several methods and alternatives described. Several top-ups may be required to achieve desired result. Once this has been maintained without top up for more than 6 months it is likely to be permanent but subject to changes with weight change, certain medication or ageing and lifestyle factors. Incomplete absorption leading to asymmetry. Cost implications and recovery time.

No guarantee of number of treatments required or final result.



Methodology may change in the light of emerging studies and personal experience.

Discussion of complications including bleeding, infection, nerve damage resulting in movement / sensory loss which can be permanent. asymmetry, over correction, under correction and the effects of pre-existing asymmetry. Permanent skin discolouration and embolus of product into end arteries which can cause severe complications affecting the skin (skin or soft tissue loss), lips (loss of lip tissue) or optic nerve (loss of sight). Allergic or toxic reactions to local anaesthetics or the product and the implications of these.

Donor site: Area to be harvested and limits to this. Site and scars from entry ports. System used and alternatives. Post-operative leakage, bruising and swelling. Importance of pressure garment if supplied and need to wear this for minimum 6 weeks. The time taken to appreciate results, unpredictability (and hence no guarantee of skin shrinkage / smooth redraping). Postoperative muscle discomfort, recovery time and the need for strict adherence to gentle activity for 2 - 6 weeks minimum (depending on extent of liposuction) after procedure. Risks of tethering, lumpiness, uneven / asymmetric result, seroma, fat necrosis, fat embolism, skin / bowel / other visceral perforation and implications including necrotising fasciitis. Contour changes at donor site and asymmetry.

FAT TRANSFER TO FACE SPECIFIC AFTERCARE

Face:

Gently wash your face daily and apply your usual moisturiser and sun-protection
These creams should be from a tube or pump dispenser as jars can harbour bacteria.

Donor site:

Leave dressing intact for 24 hours

You may shower after this time.

Gently dry area with a clean towel / supplied gauze

Apply a small amount of Sudocrem to the hole.

Re-apply supplied dressing.

Repeat daily or every 2 days.

After 5-7 days this area will usually be healed and you should massage it with a simple moisturiser.

For fat transfer to the breasts please follow the breast and liposuction aftercare sheets

