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Queensland Government

Reduction Mammoplasty Consent

Adult (18 years and over)

Facility: .....

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth: Sex: ☐ M ☐ F ☐ I

This consent form and patient information sheet uses the words 'I/you/your/me/my' to mean the patient or another person who is providing consent on behalf of the patient.

A. Does the patient have capacity to provide consent?

☐ Yes ➔ ***GO TO** section B*

☐ No ➔ ***COMPLETE** section A*

You must adhere to the Advance Health Directive (AHD), or if there is no AHD, the consent obtained from a substitute decision-maker in the following order: Category 1. Tribunal-appointed guardian; 2. Enduring Power of Attorney; or 3. Statutory Health Attorney.

Name of substitute decision-maker:

Category of substitute decision-maker:

B. Is an interpreter required?

☐ Yes ☐ No

If *yes*, the interpreter has translated:

☐ in person ☐ over the telephone

A verbal translation is a summary of the form.

Name of interpreter:

National Accreditation Authority for Translators and Interpreters (NAATI) code:

Language:

C. Procedure details

I confirm that the doctor has informed me about the following procedure(s) and I consent to:

Reduction mammoplasty: ☐ Yes

Site/side of procedure; additional information:

D. Risks specific to the patient in having a reduction mammoplasty

(Doctor to document additional risks not included in the patient information sheet)

E. Risks specific to the patient in *not* having a reduction mammoplasty

(Doctor to document specific risks in not having a reduction mammoplasty)

DO NOT WRITE IN THIS BINDING MARGIN

REDUCTION MAMMOPLASTY CONSENT

v7.00
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Clinical check: 12/2025
Published: 11/2026
SW9399

Queensland Government

Reduction Mammoplasty Consent

Adult (18 years and over)

(Affix identification label here)

URN:

Family name:

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F. Alternative procedure options

(Doctor to document alternative procedure not included in the patient information sheet)

G. Acknowledgment and consent

I acknowledge that the doctor has explained and I understand:

- the 'Reduction Mammoplasty' patient information sheet
- the medical condition and proposed procedure, including the possibility of additional treatment
- this procedure requires a general anaesthetic
- the specific risks and benefits of the procedure
- the risks of not having the procedure
- alternative procedure options
- that there is no guarantee the procedure will improve the medical condition
- that tissues/blood may be removed and used for diagnosis/management of the condition
- that if an immediate life-threatening event happens during the procedure, health care will be provided based on my AHD (Advance Health Directive) or ARP (Acute Resuscitation Plan). If no AHD or ARP is in place, health care will be provided in accordance with good clinical practice and the *Guardianship and Administration Act 2000 (Qld)*
- that a doctor other than the consultant/specialist may assist with/conduct the clinically appropriate procedure; this may include a doctor undergoing further training under supervision
- that if the doctor wishes to record video, audio or images during the procedure where the recording is not required as part of the treatment (e.g. for training or research purposes), I will be asked to sign a separate consent form. If I choose not to consent, it will not adversely affect my access, outcome or rights to medical treatment in any way.

I was able to ask questions and raise concerns with the doctor.

I understand I have the right to change my mind regarding consent at any time, including after signing this form.

I have received the following patient information sheet(s):

☐ 'Reduction Mammoplasty'
☐ 'About Your Anaesthesia'
☐ 'Blood and/or Manufactured Blood Products Transfusion'
☐ Other *(specify)*:

Blood transfusion consent

I consent to having a blood and/or manufactured blood products transfusion if required during, or as a result of, the procedure:

☐ Yes ☐ No

If *no*, a 'Blood and/or Manufactured Blood Products Transfusion (Limited Consent)' *OR* 'Refusal to Consent for Blood and/or Manufactured Blood Products' form must be completed.

On the basis of the above statements,

I consent to having a reduction mammoplasty.

Name of patient/substitute decision-maker:

Signature: Date:

H. Doctor confirms

I have explained to you the contents of this form and am of the opinion that the information has been understood.

Name of doctor:

Designation:

Signature: Date:

I. Clinical student involvement

For the purpose of undertaking training, a clinical student(s) may observe medical examination(s) or procedure(s) and may also, subject to my consent, assist with/conduct an examination or procedure on me/the patient while under sedation or anaesthetic.

I consent to a clinical student(s) undergoing training to:

- observe examination(s)/procedure(s): ☐ Yes ☐ No
- assist with examination(s)/procedure(s): ☐ Yes ☐ No
- conduct examination(s)/procedure(s): ☐ Yes ☐ No

Note: you will also have the opportunity to say yes or no to student involvement, on the day of your procedure. For further information please see www.health.qld.gov.au/consent/students

DO NOT WRITE IN THIS BINDING MARGIN

Queensland Government

Reduction Mammoplasty

Adult (18 years and over)
Informed consent: patient information

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth: Sex: ☐ M ☐ F ☐ I

This patient information sheet has been given to you to read carefully and allow time to ask your doctor any questions about this procedure. Your doctor will include the consent form and a copy of this patient information sheet in your medical record.

This patient information sheet uses the words 'I/you/your/me/my' to mean the patient or another person who is providing consent on behalf of the patient.

1. What is a reduction mammoplasty and how will it help me?

Reduction mammoplasty is a procedure to reduce the size and weight of large breasts to create a breast size that is more comfortable.

A reduction mammoplasty is needed when large breasts cause:
- chronic back, neck, and shoulder pain or nerve pain that requires regular pain medication
- difficulty with physical activity
- breathing difficulties due to excessive breast tissue restricting the chest muscles
- chronic skin infections and rashes under the breasts.

This procedure removes extra breast tissue, fat, glandular tissue, and skin from either one or both breasts. It also lifts and reshapes the breasts to be in proportion with your body.

There are different types of mammoplasty procedures which will depend on factors such as breast size and skin elasticity. Each procedure involves making specific types of cuts in the breast. The type of procedure performed will affect the amount and visibility of scarring.

A reduction mammoplasty helps to reduce pain, and makes daily activities easier. Emotional benefits may include increased confidence and a positive body image, however people's experiences vary. Support is available if you find this adjustment difficult.

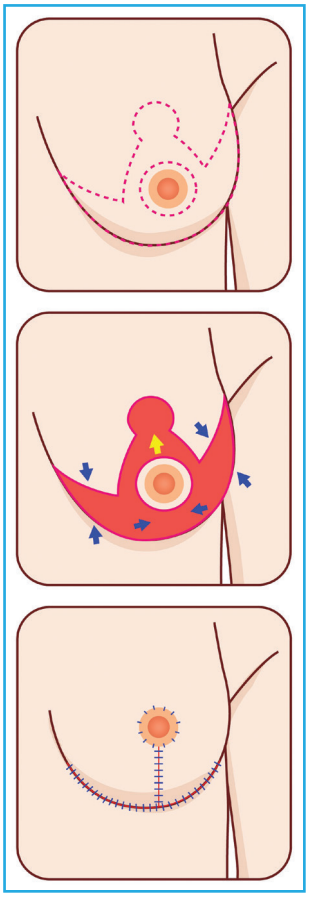


Image: Breast reduction surgery. ID: 1081445255. www.shutterstock.com

Preparing for the procedure

The healthcare team will give you instructions on how to prepare for the procedure. It is important to follow these instructions otherwise your procedure might be delayed.

Please tell the doctor if you:
- are breastfeeding or pregnant, or think that you may be pregnant
- have other medical conditions or health problems
- have allergies
- take prescribed, over the counter, or herbal medications (including blood-thinning medications or weight-loss medications)
- use recreational or illegal drugs.

(Affix identification label here)

URN:

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Do not drink alcohol, smoke, vape or take recreational drugs for at least 24 hours before the procedure as these may alter the effects of the anaesthetic.

Fasting instructions: you will be told when to have your last meal and drink. After this time, **do not** eat (including lollies or gum) or drink. This ensures the stomach is empty and prevents food or fluid from getting into the lungs.

Medication instructions: most medications should be taken as usual. The healthcare team will notify you beforehand if you are required to stop taking any medications, such as blood thinners.

Day procedure: this procedure is commonly performed as a day procedure. If it is clinically safe to do so, you will be discharged on the day of surgery.

During the procedure

An intravenous (I.V.) cannula is a small plastic tube that will be inserted into a vein, usually in your hand or arm. This is for any medications or fluids required during the procedure, including anaesthetic medications.

The doctor will cut the breast/s to remove excess breast tissue, fat, and skin. The breast/s are reshaped and the nipple and the circle of darker skin around the nipple (areola) is repositioned to sit higher in the breast. The cuts are closed using stitches and surgical glue. A sterile dressing is applied, and a temporary small drain may be placed in the breast to remove excess fluid.



2. What are the risks?

In recommending the procedure, the doctor believes that the benefits to you from having the procedure exceed the risks involved. There are risks and possible complications associated with the procedure which can occur with all patients – these are set out below.

Your doctor will discuss any additional risks, specific to your individual condition and circumstances, with you. These should be written on the consent form before you sign it.

Common risks

- swelling and pain in the breast area
- changes in sensation, which can include numbness, tingling, or sensitivity, and can be temporary or permanent
- minor infection or delayed wound healing
- firm lumps may form within the breast/s
- bleeding or bruising; this is more common if you have been taking blood-thinning medications
- fluid build-up under the skin (seroma) which may need to be drained.

Uncommon risks

- infection requiring antibiotics, or further surgery
- collection of blood under the skin (hematoma) that may need to be drained
- partial loss of the nipple/areola due to poor blood supply
- the breast(ss) may not look even or the same size
- breastfeeding outcomes after surgery vary. Some people are unable to breastfeed, while others may be able to breastfeed partially. It is not always possible to predict breastfeeding outcomes before surgery.

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth: Sex: ☐ M ☐ F ☐ I

Rare risks

- long-term (chronic) pain or loss of sensation in the breast area
- severe infection requiring antibiotics, or further surgery
- complete loss of the nipple/areola due to poor blood supply
- large areas of breast tissue may die
- blood clots in the legs or lungs
- death is extremely rare but possible with any surgical procedure.

For more information about the anaesthetic and the risks involved, please read the information sheet '*About Your Anaesthesia*'. Discuss any concerns with the doctor. If you do not have one of these information sheets, please ask for one.

What are the risks of not having a reduction mammoplasty?

There may be adverse consequences for your health if you choose not to have the proposed procedure. You and your doctor should discuss these risks.

Heavy breasts can cause persistent pain in the neck, back, and shoulders due to increased strain on muscles and poor posture. In severe cases, poor posture can lead to a curvature of the upper spine.

Having large breasts can make exercise painful, which may lead to weight gain, and increased risk of cardiovascular disease.



3. Are there alternatives?

Making the decision to have a procedure requires you to understand the options available.

Non-surgical options include using specialty bras and posture supports to help redistribute weight and reduce discomfort.

Physiotherapy can strengthen back and shoulder muscles to improve posture and relieve pain.

Lifestyle changes, such as weight loss and exercise, can reduce breast size if the breast tissue is mainly fatty. Exercise can also strengthen muscles. However, lifestyle changes will not reduce glandular breast tissue.

Your doctor will discuss any alternative procedure options and their risks or benefits with you before signing the consent form.



4. What should I expect after the procedure?

Your healthcare team will talk to you about what to expect after your procedure and upon discharge from hospital.

Recovery varies from person to person. Many people experience a period of reduced activity and may need time away from work or usual responsibilities, including driving and other activities that require upper body movement, while healing occurs.

Keep the dressing on the wound clean and dry to prevent infection. You may need to avoid having a bath or soaking the wound until it is fully healed.

If you have a drain to collect fluid from the surgical site, your healthcare team will tell you how to care for it.

Swelling and discomfort is common and usually improves gradually. Pain management is important for recovery. You may be given medications to manage pain.

Follow up appointments will be made to monitor wound healing.

You will receive a discharge plan and contact details to help guide your recovery after leaving the hospital.

(Affix identification label here)

URN:

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The healthcare team may also contact you to check in with you to see how you are going and answer any questions you may have.

Go to your nearest Emergency department or GP (your local doctor) if you become unwell or have:

- pain unrelieved by simple pain relievers or those prescribed for you
- bleeding, swelling, redness or inflammation at the wound site
- a fever (temperature 38ºC or higher)
- other warning signs the doctor may have asked you to be aware of.

An anaesthetic will affect your judgement for about 24 hours. It is very important that you do not drive a car, travel on public transport alone, operate machinery, sign legal documents, or drink alcohol for 24 hours after the procedure. It is strongly advised that a responsible adult takes you home and stays with you for 24 hours after the procedure.



5. Who will be performing the procedure?

A doctor other than the consultant/specialist may assist with/conduct your procedure. This could include a registered doctor who is undergoing further training. All trainees are supervised according to relevant professional guidelines.

If you have any concerns about who will be performing your procedure, please discuss this with the doctor.

Clinical students

For the purpose of undertaking professional training in this teaching hospital, subject to your consent, a clinical student(s) may observe medical examination(s) or procedure(s).

A clinical student may also, subject to your consent, assist with/conduct a clinically necessary examination or procedure on you while you are under the influence of anaesthetic.

You are under no obligation to agree to an examination(s) or a procedure(s) being observed or undertaken by a clinical student(s) for training purposes. If you choose not to consent, it will not adversely affect your access, outcome or rights to medical treatment in any way.

For more information on student care, please visit www.health.qld.gov.au/consent/students



6. Where can I find support or more information?

For information about going to hospital and your rights as a patient, visit www.qld.gov.au/health/services/hospital-care/going-to-hospital

Queensland Health respects the privacy of patients and their families. To learn more about health records and personal information visit our website www.health.qld.gov.au/system-governance/records-privacy/health-personal

You can see a list of blood-thinning medications at www.health.qld.gov.au/consent/bloodthinner

Further information about informed consent can be found on the Informed Consent website www.health.qld.gov.au/consent. Additional statewide consent forms and patient information sheets are also available.

Staff are available to support patients' cultural and spiritual needs. If you would like cultural or spiritual support, please discuss this with your doctor.

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth: Sex: ☐ M ☐ F ☐ I

Queensland Health recognises that First Nations peoples' cultures must be considered in the patient's clinical care to ensure their holistic health and individual needs are met.

7. Questions

Please ask the doctor if you do not understand any aspect of this patient information sheet or if you have questions about your proposed procedure.

If you have further questions prior to your appointment, please contact the facility where your procedure is booked.

8. Contact us

In an emergency, call Triple Zero (000).

If it is not an emergency, but you have concerns, contact 13 HEALTH (13 43 25 84), 24 hours a day, 7 days a week.

Privacy disclaimer

Queensland Health is collecting your personal information, including sensitive information, to provide healthcare services and manage your treatment. Your information will be handled in accordance with the *Information Privacy Act 2009* (Qld). For more details, please refer to the Queensland Health Queensland Privacy Principles Policy at: www.health.qld.gov.au/system-governance/records-privacy/queensland-health-privacy-policy

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Contact: PSQ_Comms@health.qld.gov.au

Queensland Government

Blood and/or Manufactured Blood Products Transfusion

Informed consent: patient information

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth: Sex: ☐ M ☐ F ☐ I

What is a blood/blood product transfusion?

A blood transfusion is a medical treatment where blood or blood products are given directly into the bloodstream. A blood transfusion may be used during surgery when there is excessive or rapid blood loss, or when severe anaemia (where the body does not have enough red blood cells or haemoglobin, a protein found in red blood cells) affects the body's ability to deliver oxygen to tissues and organs.

Types of blood products

Usually, part of the blood is given rather than the whole blood. These may include fresh blood products, such as red blood cells (these cells carry oxygen throughout the body. They may be given if your levels are low or if you have lost blood), platelets (help your blood form clots to stop bleeding by sticking together at the site of an injury), plasma (contains factors that help blood clot and may be given to help stop bleeding) and cryoprecipitate; or manufactured blood products made from human plasma. Other blood products may be given for other reasons, such as boosting the immune system or replacing clotting factors.

Risks of not having a blood transfusion, if required

If a necessary transfusion is refused or not received during surgery, the main risk is severe anaemia causing a dangerous lack of oxygen to vital organs. This can lead to organ damage, including damage to the heart or brain, shock, and in cases of extreme blood loss, life-threatening complications or loss of life.

Risks of having a blood transfusion, if required

There are risks and possible complications associated with a blood transfusion, and the doctor or clinician will discuss risks specific to the individual's condition and circumstances.

Common risks and complications

- high temperature or chills
- rash, itching and hives.

Rare risks and complications

- shortness of breath due to a blood transfusion reaction
- haemolysis – the abnormal break down of red blood cells
- the development of antibodies that may complicate future transfusions and/or organ and tissue transplants (may potentially cause problems for future babies in some females)
- transfer of viral or other infectious germs including hepatitis virus, HIV and bacteria
- very rarely, the reactions listed above may cause serious harm or possibly death.

Alternatives that may be considered

In some situations, there may be patient blood management options or other treatments besides a blood or manufactured blood products transfusion, although these are not suitable for everybody. Despite these measures, blood products may still be recommended as appropriate treatment.

Further information

Scan the QR code *(right)* for further information on *Blood and/or Manufactured Blood Products Transfusion* or please ask if you would like a printed copy.

Scan the QR code for further information

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