Hormone Surgical Consent Form

(WOMEN)

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, authorize Faylene Dancer APRN to perform Hormone Pellet Insertion.

(Print Patient Name).

I understand the season for the procedure is: hormone replacement therapy using Estradiol and/or Testosterone.

**PROCEDURE RISKS**

Anytime the skin is cut, the following complications can occur:

1. **Pain** – At insertion/pellet sight
2. **Scar** – Scars can on occasion occur.
3. **Bleeding** – Bleeding during surgery may be difficult to stop, particularly if the patient is on aspirin or has a bleeding disorder. Occasionally bleeding may occur under the skin after surgery (Hematoma). Hematoma formation can results in bruising, pain, poor cosmetic result and occasionally need to be surgically drained.
4. **Nerve Damage** – Numbness or paralysis can occur in certain areas.
5. **Infection** – Any time the skin is cut, there’s risk of infection

**ESTROGEN & TESTOSTERONE RISKS**

With hormone replacement therapy, you may experience any of the following:

1. **Break through bleeding or full regular period** – It is expected to have a period when replacing hormones to pre-menopausal levels.
2. **Mood Fluctuations**
3. **Acne** – That comes and goes or needs treatment
4. **Weight gain** – 3-5 lbs. (typically water weight)
5. **Swelling of hands/feet** – Usually temporary
6. **Breast tenderness**
7. **Risk of blood clots**
8. **Hair loss or increased hair growth**
9. **Unknown cancer risk** See reverse for more information

**BENEFITS**

***The goal is* improved:**

1. Hot flashes greatly reduced
2. Energy, Endurance
3. Mood Balancing (whether anxiety, depression or irritability)
4. Libido
5. Sleep Improvement
6. Overall feeling of well being
7. Confidence
8. Strength/Toning (if exercise is added)
9. A change is body composition (from fat to muscle)
10. Mental Sharpness, Memory

*Remember*, hormone balancing is just part of your quality of life. Improving your hormones helps improve many areas of our well-being and health.

HRT is approved by the FDA for hot flashes and osteoporosis. Using it for other symptoms or problems is considered “off-label.” When hormone levels are brought back to “normal” for your age, there is much evidence that your overall health benefits. The risk of osteoporosis and fractures decreases. HRT is the most effective treatment for hot flashes. There may be other long-term benefits of treatment. If your (female sex) hormones are already normal, adding additional hormone to address symptoms such as hot flashes may increase you risk of diseases like cancer or problems like blood clotting.

The current medical thinking is always changing, so it’s important to discuss HRT with your practitioner each year to find out what the latest thinking is.

Please read the following and sign:

I have discussed the reason for taking female sex hormones with my nurse practitioner and understand why she is prescribing them and the risks associated with taking hormones, including but not limited to the possibility of increased risk of breast or endometrial cancer, blood clotting, stroke or heart attack.

*I understand that there are different risks if I take progestogens or testosterone and they may be higher or lower than taking estrogen alone*. I have discussed this risk and the reasons for taking them with my nurse practitioner.

I understand that my nurse practitioner will do everything she knows to do to decrease and minimize the risks of HRT, but that there are no guarantees that these measures will be effective at preventing the negative side effects mentioned above or others that we do not yet know about.

I understand that bioidentical hormone pellets and customized topical hormone creams are not FDA approved at this time.

I understand that it is expected that I will have my mammogram and pap with hpv testing at recommended intervals.

I accept the risks and unknowns of taking hormone therapy and wish to have my nurse practitioner prescribe them for me.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_