

INFORMED-CONSENT – FACELIFT (Rhytidectomy)

INSTRUCTIONS

This is informed consent document that has been prepared to help plastic surgeon inform you concerning facelift surgery, its risks, and alternative treatment.

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.

INTRODUCTION

Facelift, or rhytidectomy, is a surgical procedure to improve visible signs of aging on the face and neck.

As individuals age, the skin and muscles of the face region begin to lose tone. The facelift cannot stop the process of aging. It can improve the most visible signs of aging by tightening the deeper structures, re-draping the skin of face and neck, and removing selected areas of fat. A facelift can be performed alone, or in conjunction with other procedures, such as a brow lift, liposuction, eyelid surgery, or nasal surgery.

Facelift surgery is individualized for each patient. The best candidates for facelift surgery have a face and neckline that has begun to sag, but whose skin has elasticity and whose bony structure is well defined.

ALTERNATIVE TREATMENT

Alternative forms of management consist of not treating the laxness in the face and neck region with a facelift (rhytidectomy). Improvement of skin laxity, skin wrinkles and fatty deposits may be attempted by other treatments of surgery such as chemical face peels or liposuction. Risks and potential complications are associated with alternative forms of treatment.

RISKS of FACELIFT (Rhytidectomy) SURGERY

Every surgical procedure involves a certain amount of risk and it is important that you understand the risks involved in facelift (rhytidectomy). 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 the following complications, you should discuss each of them with your plastic surgeon to make sure you understand the risks, potential complications, and consequences of facelift (rhytidectomy).

Bleeding – It is possible, though unusual, that you may have problems with bleeding during or after surgery. Should post-operative bleeding occur, it might require emergency treatment to drain accumulated blood or require a blood transfusion. Do not take any aspirin or any inflammatory medications for ten days before the surgery, as this contributes to a greater risk of bleeding.

Hypertension (high blood pressure) that is not under good medical control may cause bleeding during or after surgery. Accumulations of blood under the skin may delay healing and cause scarring.

Infection – Infection is unusual after this surgery. Should an infection occur, additional treatment including antibiotics or surgery may be necessary.

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Risks of Rhytidectomy Surgery, continued

Scarring – Although good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. Scars may be unattractive and of different color than the surrounding skin. There is the possibility of visible marks from sutures. Additional treatments may be needed to treat scarring.

Damage to deeper structure – Deeper structures such as blood vessels, muscles, and particularly nerves may be damaged during the course of surgery. The potential for this is to occur varies with the type of facelift procedure performed. Injury to deeper structures may be temporary or permanent.

Asymmetry – The human face is normally asymmetrical. There can be a variation from one side to the other in the results obtained from facelift procedure.

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

Nerve injury – Motor and sensory nerves may be injured during a facelift operation. Weakness or loss of facial movements may occur after facelift surgery. Nerve injuries may cause temporary or permanent loss of facial movements and feeling. Such injuries may improve over time. Injury to sensory nerves of the face, neck and ear regions may cause temporary or more rarely permanent numbness. Painful nerve scarring is very rare.

Chronic pain – Chronic pain is a very rare complication after facelift.

Skin disorder/skin cancer – a facelift is a surgical procedure for the tightening of skin and deeper structures of the face. Skin disorder and skin cancer may occur independently of a facelift.

Unsatisfactory result – There is the possibility of a poor result from the facelift surgery. This would include risks such as unacceptable visible infirmities, loss of facial movement, wound disruption, and loss of sensation. You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results.

Allergic reaction – In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions, which are more serious, may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Hair loss – Hair loss may occur in areas of the face where the skin was elevated during surgery. The occurrence of this is not predictable.

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Risks of Rhytidectomy Surgery, continued

Delayed healing – Wound disruption or delayed wound healing is possible. Some areas of the face may not heal normally or take a long time to heal. Areas of skin may die. Frequent dressing changes or further surgery may be required to remove the non-healed tissue.

Smokers have a greater risk of skin loss and wound healing complication.

Long term effects – Subsequent alterations in facial appearance may occur as a result of aging, weight loss or gain, sun exposure, or other circumstances not related to facelift surgery. Facelift surgery does not arrest the aging process or produce permanent tightening of the face and neck. Future surgery or other treatments may be necessary to maintain the results of a facelift operation.

HEALTH INSURANCE

Most health insurance companies exclude coverage for cosmetic surgical operations such as the facelift or any complications that might occur from surgery. Please carefully review your health insurance subscriber-information pamphlet.

ADDITIONAL SURGERY NECESSARY

There are many variable conditions in addition to risk and potential surgical complications that may influence the long term result from facelift surgery. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with facelift surgery. Other complications and risks can occur but are even more uncommon. Should 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.

FINANCIAL RESPONSIBILITIES

The cost of surgery involves several charges for the services provided.

The total includes fees charged by your doctor, the cost of surgical supplies, laboratory test, anesthesia, and outpatient hospital charges, depending on where the surgery is performed. Depending on whether the cost of surgery is covered by an insurance plan, you will be responsible for necessary co-payments, deductibles, and charges not covered. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day surgery charges involved with revisionary surgery would be your responsibility.

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Risks of Rhytidectomy Surgery, continued

DISCLAIMER

Informed consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure or risks and alternative forms of treatment(s).

This document is based on a thorough evaluation of scientific literature and relevant clinic practice to describe a range of generally acceptable risks and alternative forms of management of a particular disease or condition. The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances. However, informed consent documents should not be considered all inclusive in defining other methods of care and risks encountered.

Your plastic surgeon may provide you with additional or different information that is based on all the facts in your particular case and the state of medical knowledge. Informed consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve. This informed consent document reflects the state of knowledge current at the time of publication.

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

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ADDITIONAL ADVISORIES:

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 blood clots (pulmonary emboli), fat deposits (fat emboli) or partial collapse of the lungs after general anesthesia. Pulmonary and fat emboli 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 or swollen legs 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 pain or unusual heartbeats, seek medical attention immediately.

Should any of these complications occur, you might require hospitalization and additional treatment.

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:

_____ I am a non-smoker and do not use nicotine products. I understand the risk of second-hand smoke exposure causing surgical complications.

_____ I am a smoker or use tobacco/ nicotine products. I understand the risk of surgical complications due to smoking or use of nicotine products.

It is important to refrain from smoking at least 6 weeks before surgery and until your physician states it is safe to return, if desired.

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. Increased activity that increased your pulse or heart rate may cause additional bruising, swelling and the need for return to surgery and control of bleeding. It is wise to refrain from sexual activity until your physician states it is safe.

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 interactions that may exist with medications that 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 these medications. Be sure to take your prescribed medication only as directed.

PATIENT COMPLIANCE

Follow all physician instructions carefully; this is essential for the success of your outcome. It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing.

Personal and vocational activity needs to be restricted. Protective dressings and drains should not be removed unless instructed by your plastic surgeon. Successful post-operative function depends on both surgery and subsequent care.

Physical activity that increases your pulse or heart rate may cause bruising, swelling, fluid accumulation around implants and the need for the return to surgery. It is important that you participate in follow-up care, return for aftercare, and promote your recovery after surgery.

CONSENT FOR SURGERY/PROCEDURE OR TREATMENT

1. I hereby authorize Dr. Roham and such assistants as may be selected to perform the following procedure or treatment:

I have received the following information sheet:

INFORMED CONSENT for FACELIFT SURGERY

2. I recognize that during the course of the operation and medical treatment or anesthesia, unforeseen conditions may necessitate different procedures than those above. I therefore authorize the above physician and assistants or designees to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.

3. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involve risk and the possibility of complications, injury, and sometimes death.

4. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.

5. I consent to the photographing or televising of the operation(s) or procedure(s) to be performed, including appropriate portions of my body, for medical, scientific or educational purposes, provided the pictures do not reveal my identity.

6. For purposes of advancing medical education, I consent to the admittance of observers to the operating room.

7. I consent to the disposal of any tissue, medical devices or body parts that may be removed.

8. I authorize the release of my identity card number to appropriate agencies for legal reporting and medical device registration, if applicable.

9. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:

a. THE ABOVE TREATMENT OR PROCEDURE TO BE UNDERTAKEN

b. THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT

c. THERE ARE RISKS TO THE PROCEDURE OR TREATMENT PROPOSED

I CONSENT TO THE TREATMENT OR PROCEDURE AND THE ABOVE LISTED ITEMS
I AM SATISFIED WITH THE EXPLANATION.

Patient or Person Authorized to Sign for Patient

Date _____ Witness _____

Signature / Name

POSTOPERATIVE INSTRUCTIONS FOR FACE LIFT

1. Keep the bulky dressing around the face until the first postoperative visit.
2. Sleep with the head on a high pillow to reduce swelling.
3. Take pain medication as needed.
4. Take antibiotic pills if prescription was given.
5. Keep all postoperative appointments.
6. You should drink plenty of fluids and eat a light diet the first day. You can resume your normal diet the next day.

NO ASPIRIN OR ASPIRIN CONTAINING PRODUCTS SHOULD BE TAKEN AND NO ALCOHOLIC BEVERAGES ARE PERMITTED.

Bruising will appear on the face and neck areas and will subside from 10 to 14 days.

Check with Dr. Roham before you shower. If allowed, you may shower and shampoo gently in the areas of incisions, use conditioning rinse or detangler to minimize tangling your hair. Remember, the incision sites are to be kept clean at all times.

Removal of stitches and surgical staples will begin 5-6 days after surgery. During your post operative appointments you may be given additional antibiotics. The completion of the removal of all stitches and staples will be approximately ten days to two weeks.

Normal physical activity can be resumed in approximately one week whereas, strenuous exercise should be avoided until further advised by Dr. Roham.

**Call Dr. Roham if there is severe swelling, pain, bleeding or other problems.
Office: 949-248-1900**

• Kindly remove all your jewelry, leave them at home or give to your family to take back.

Advance Laser & Cosmetics will not responsible for any lost of it.

Patient name _____ Date _____

Patient signature _____

ADVANCE COSMETIC AND LASER CENTER

Dr. Tim Roham

629 Camino De Los Mares

Suite 103, San Clemente CA.92673

Phone (949) 248-1900 Fax (949) 248-1956

FACELIFT and NECKLIFT

The following list represents a partial review of the complications, potential complications and sequelae, which have been discussed with me, in consideration of my forthcoming Facelift and Necklift surgery with Dr. Tim Roham. This is not a total and complete list.

LIST OF POSSIBLE COMPLICATIONS

	<u>Patients Initials</u>
1. Bleeding	1. _____
2. Infection	2. _____
3. Anesthetic Reaction	3. _____
4. Swelling	4. _____
5. Pain	5. _____
6. Ecchymosis (Bruising)	6. _____
7. The extent of incisions	7. _____
8. Sensory nerve injury (Facial numbness)	8. _____
9. Motor nerve injury (Facial paralysis)	9. _____
10. Tightness of the face and or neck	10. _____
11. Hair Loss	11. _____
12. Tissue slough	12. _____
13. Hyper tropic scarring (thickened scarring)	13. _____
14. Scarring	14. _____

PATIENTS NAME

DATE

WITNESS

DATE

ADVANCE COSMETIC AND LASER CENTER

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Phone (949) 248-1900 Fax (949) 248-1956**

**FACE and NECK LIFT
POST OPERATIVE INSTRUCTIONS**

Following face and neck lift surgery you will have a large bulky dressing over the head and neck area. This bandage will be removed on your first post operative visit.

When you arrive home you should rest and keep your head elevated to minimize swelling. Swelling will continue for one to two days before it begins to subside.

You should drink plenty of fluids and eat a light diet the first day. You can resume your normal diet the next day.

Continue taking the antibiotic medication you were prescribed and use pain medication only when necessary. **NO ASPIRIN OR ASPIRIN CONTAINING PRODUCTS SHOULD BE TAKEN AND NO ALCOHOLIC BEVERAGES ARE PERMITTED.**

If you notice any sudden pain or swelling, please call our office.

Bruising will appear on the face and neck areas and will subside from 10 to 21 days.

Once your drains are removed, you may shower and shampoo gently in the areas of incisions, use conditioning rinse or detangler to minimize tangling your hair. Remember, the incision sites are to be kept clean at all times.

Removal of stitches and surgical staples will begin 5-7 days after surgery. During your post operative appointments you may be given additional antibiotics. The completion of the removal of all stitches and staples will be approximately ten days to two weeks.

Normal physical activity can be resumed in approximately one week whereas, strenuous exercise should be avoided until further advised by Dr. Roham.

*** Keep all scheduled office appointments ***

PATIENTS SIGNATURE

DATE