

APPENDIX No. 2 – “RISKS OF MEDICAL SERVICES”

INFORMED CONSENT — RHINOPLASTY

Appendix No. 2 “Risks of Medical Services” was approved by “ARZ EST” LLC by Order No. 01/5 dated 02.05.2019. This document constitutes an integral part of the agreement concluded between “ARZ EST” LLC and the Client.

INDICATIONS

This document constitutes an informed consent form prepared to provide you with information about rhinoplasty surgery, the risks associated with it, as well as alternative treatment methods. It is important to read this information carefully and in full.

GENERAL INFORMATION

Nose surgery (rhinoplasty) is one of the most frequently performed procedures by plastic surgeons. This surgical intervention can change the structure, appearance, and function of the nose.

Rhinoplasty can reduce or increase the size of the nose, change the shape of the nasal tip, narrow the width of the nostrils, or change the angle between the upper lip and the nose.

This procedure may help correct congenital defects, the consequences of nasal trauma, and certain breathing problems.

There is no universal type of rhinoplasty that is suitable for all patients. The procedure is adapted to each patient according to their individual wishes.

Incisions may be made inside the nose or, in open rhinoplasty, placed in inconspicuous locations.

In some cases, cartilage grafts taken from the nose or other parts of the body may be recommended to support structural changes to the nose.

During rhinoplasty, an internal nasal procedure may also be performed to improve breathing.

The best candidates for rhinoplasty are individuals who expect improvement in the appearance of their nose rather than perfection. In addition to having realistic expectations, the patient should be in good health and psychologically stable.

Rhinoplasty may be performed simultaneously with other surgical procedures.

3D MODELING

The result of preoperative 3D modeling may not correspond to the result after surgery.

ALTERNATIVE TREATMENT METHODS

Alternative treatment options include declining to undergo the procedure.

Some problems involving the internal nasal airways may not require external nasal surgery.

Alternative treatment methods may also involve certain risks and complications.

Some problems related to the contour of the nose may be treated with temporary injectable products.

SURGICAL RISKS OF RHINOPLASTY

Every surgical procedure involves certain risks, and it is important to understand these risks and the complications associated with them. In addition, every surgical technique has its limitations.

The patient's decision to undergo surgery is based on a comparison of the potential benefits and risks.

Although most patients do not experience these complications, you should discuss each of them with your plastic surgeon in order to understand all possible consequences of rhinoplasty.

RISKS SPECIFIC TO RHINOPLASTY

Injury to the Donor Site

Cartilage or bone grafts taken from other parts of the body are often used during this procedure. This increases the risks, which your surgeon will discuss with you.

Implants

An implant may be used in some rhinoplasty procedures.

Implants may become infected or become visible, requiring their removal. This may occur at any time in the future.

Delayed Healing

Separation of the wound edges or delayed healing may occur.

Some areas of skin may heal abnormally and require additional time to heal.

Areas of skin may die. In such cases, frequent dressing changes or subsequent surgery to remove non-healing tissue may be required.

Smokers are at increased risk of skin loss and wound-healing complications.

Nasal Septal Perforation

A hole may develop in the nasal septum. This complication is rare.

Additional surgery may be required. In some cases, it may not be possible to correct this complication.

Changes in the Nasal Airways

Changes may occur after rhinoplasty or septoplasty that affect the normal passage of air through the nose.

Problems Associated with Substance Abuse

Individuals who abuse drugs and use vasoconstrictive drugs, such as cocaine, are at increased risk of serious complications, including impaired healing and nasal septal perforation.

GENERAL RISKS OF SURGERY

Healing Problems

Certain health conditions, dietary supplements, and medications may slow or otherwise affect the healing process.

Patients with significant weight loss may experience delayed healing, which may result in separation of incisions, infection, tissue changes, and the need for additional medical care, surgical intervention, or prolonged hospitalization.

Patients with diabetes or those who take medications such as steroids for prolonged periods may experience long-term healing problems.

Tobacco smoking causes delayed healing and frequently results in the need for additional surgical intervention.

There are general risks associated with the healing process, such as swelling, bleeding, the duration of surgery and anesthesia. These may result in prolonged treatment and additional surgery, extended recovery, changes in skin color and shape, the possibility of infection, failure to achieve the intended goals and expected result, and additional expenses for the patient.

In patients with significantly reduced skin elasticity, the same degree of skin laxity may remain after surgery.

The quality or elasticity of the skin will not change, and skin laxity may recur at some point in the future, in some patients even earlier.

Some nerves and nerve endings may be affected in areas where scar tissue forms. Even without significant nerve damage, during the recovery period small nerve endings may become highly sensitive, creating painful or hypersensitive areas within the scar tissue associated with small sensory nerves. In most cases, massage and early nonsurgical treatment help resolve this problem.

It is important to discuss postoperative pain with your surgeon.

It is also important to understand that surgery carries certain risks, including the risk of surgical mortality, possible complications, and their consequences.

Bleeding

In rare cases, bleeding may occur during or after surgery.

If postoperative bleeding occurs, urgent treatment may be necessary to remove accumulated blood; in some cases, a blood transfusion may be required, although such situations are rare.

Excessive physical activity too soon after surgery may cause bleeding and increase the likelihood that additional surgical intervention will be required.

It is important to follow postoperative recommendations and restrict exercise and strenuous activity for the prescribed period.

Aspirin or other anti-inflammatory medications should not be taken for ten days before and after surgery, as this may increase the risk of bleeding.

Over-the-counter herbal medications and dietary supplements may increase the risk of surgical bleeding.

A hematoma may occur at any time, most commonly during the first three weeks after trauma to the surgical area.

If a blood transfusion is required to prevent the consequences of blood loss, there is a risk of blood-borne infections, including hepatitis and HIV.

Heparin medications used to prevent venous thrombosis may cause bleeding and a decrease in platelet count.

Infection

The occurrence of infection after surgery is uncommon.

If an infection develops, additional treatment may be required, including antibiotics, hospitalization, or additional surgical intervention.

It is important to inform your surgeon about any other infections, such as ingrown toenails, insect bites, or urinary tract infections.

Remote infections— infections in other parts of the body—may cause infection in the surgical area.

Scarring

Scars remain after every surgical procedure, and some scars are more noticeable than others.

Although normal wound healing is expected after surgery, abnormal scars may develop in the skin and deeper tissues.

Scars may be thick and differ in color from the surrounding healthy skin.

Scars may be asymmetric and appear different on the right and left sides of the body.

Visible scars may develop on the skin at the sites where sutures are placed.

In some cases, scars may require surgical or other treatment.

Firmness

Significant tissue firmness may develop after surgery as a result of internal wounds.

The occurrence of this complication cannot be predicted.

Additional treatment, including surgical intervention, may be required.

Changes in Skin Sensation

Decreased or loss of skin sensation may occur in the surgical area.

Decreased sensation or complete loss of sensation may not fully recover.

Irregularities of Skin Contour

Irregularities of the skin contour and shape may occur.

Visible and palpable folds may be present.

Excess skin, known as “dog ears,” may occur at the ends of the incisions, particularly when there is an excessive amount of loose skin.

This may improve on its own over time or may be corrected surgically.

Changes in Skin Color / Swelling

A certain degree of inflammation and swelling is common.

The skin in or around the surgical area may become darker or lighter compared with the surrounding skin.

In rare cases, inflammation and changes in skin color may persist for a long time and, in exceptional cases, may become permanent.

Skin Sensitivity

Itching and increased sensitivity to high or low temperatures may occur after surgery.

These symptoms usually resolve during recovery; however, in exceptional cases, they may become chronic.

Wound Separation

Wounds may open after surgery.

In such cases, additional treatment, including surgical intervention, may be required.

Sutures

Most surgical techniques involve the use of deep sutures.

You may feel these sutures after surgery.

Sutures may accidentally protrude through the skin, become visible, or cause irritation requiring their removal.

Damage to Deep Structures

There is a possibility of injury to deeper layers and structures, such as nerves, blood vessels, muscles, and lungs, during surgery.

The likelihood of such injury depends on the type of surgery being performed.

These injuries may be temporary or permanent.

Fat Necrosis

Fatty tissue located deep beneath the skin may die.

This may result in firm areas in the skin that may cause pain.

Additional surgery may be required to remove the dead tissue.

Fat necrosis may also result in irregularities of the skin contour.

Seroma

Fluid may occasionally accumulate between the skin and the underlying tissues after surgery, trauma, or strenuous physical activity.

In such cases, a procedure to remove the fluid may be required.

Surgical Anesthesia

Both local and general anesthesia are associated with certain risks.

Complications, injury, and even death may occur as a result of surgical anesthesia.

Shock

In rare cases, surgery may cause severe physical stress or injury to the body, particularly when multiple or prolonged procedures are performed.

Although serious complications are uncommon, infections or excessive fluid loss may lead to a severe condition and even death.

If surgical shock occurs, hospitalization and additional treatment are required.

Pain

You will experience pain of varying intensity and duration after surgery.

In rare cases, chronic pain may occur due to nerves incorporated into scar tissue or tissue stretching.

Cardiovascular and Respiratory Complications

Respiratory complications may occur after general anesthesia, including pulmonary embolism caused by blood clots, fat embolism, or partial impairment of lung function.

Immobility and other circumstances may increase the likelihood of blood clots traveling to the lungs, which may result in a large clot and cause death.

It is important to inform your physician about any previous history of leg swelling or blood clots, as these may contribute to this condition.

Cardiovascular complications are a risk with any surgery performed under anesthesia, even in patients without any previous symptoms.

If you experience difficulty breathing, chest pain, or an unusual heart rhythm, seek immediate medical attention.

Hospitalization and additional treatment may be required if any of these complications occur.

Pulmonary embolism is a life-threatening complication and may result in death.

Allergic Reactions

Rare cases of local allergic reactions to suture materials, surgical adhesive, adhesive tape, various blood components, and injectable medications have been reported.

Serious systemic reactions, including anaphylactic shock, may occur in response to medications used during surgery or prescribed afterward.

Allergic reactions may require additional treatment.

Asymmetry

The body will not have a completely symmetrical appearance after surgery.

Factors such as skin color, fat deposits, skeletal structure, and muscle mass may affect the natural symmetry of the body.

Most patients have some degree of asymmetry between the right and left sides of the body even before surgery.

Additional surgery may be required to reduce asymmetry.

Solutions Used During Surgery

There is a possibility that the administration of large amounts of diluted local anesthetic and epinephrine solutions into the fatty layers during surgery may result in significant fluid overload or a systemic reaction to these medications.

Additional treatment, including hospitalization, may be required.

Persistent Swelling (Lymphedema)

Persistent swelling of the legs may occur after surgery.

Unsatisfactory Result

Although a good result is expected, no express or implied guarantee regarding the final result is provided.

You may be disappointed with the results of the surgery.

Asymmetry, an unexpected size or shape, loss of function, separation of wound edges, poor healing, and loss of sensation may occur after surgery.

The size may be unsuitable.

Unsatisfactory surgical scars or visible deformities may develop.

Additional surgery may be required to improve the result.

ADDITIONAL RECOMMENDATIONS

Smoking, Passive Smoking, and Nicotine Products

Patients who currently smoke, use tobacco, or use nicotine products (patches, chewing gum, nasal drops, electronic cigarettes) are at increased risk of surgical complications, including skin necrosis, delayed healing, and additional scarring.

In addition, smoking may significantly negatively affect anesthesia and recovery from anesthesia, causing coughing and possible elevation of blood pressure.

Individuals who are not exposed to tobacco smoke or nicotine-containing products have a significantly lower risk of such complications.

Medications and Herbal Dietary Supplements

The use of over-the-counter, herbal, and/or prescription medications is associated with the possibility of adverse effects.

Aspirin and aspirin-containing medications affect blood clotting and may result in increased bleeding.

It is very important not to discontinue medications that affect platelets and that may have been prescribed after stent placement.

Consult your physician regarding possible interactions between the medications you are taking.

If an adverse reaction occurs, immediately discontinue the medication and contact your plastic surgeon for further instructions.

If the reaction is serious, seek immediate medical attention at the nearest hospital.

When taking pain medications prescribed after surgery, you should be aware that they may affect thought processes and coordination.

Do not drive, operate complex machinery, make important decisions, or consume alcohol while taking these medications.

Make sure that you take prescribed medications according to the instructions.

Sun Exposure — Directly or in a Tanning Bed

Exposure to sunlight damages the skin.

Sun exposure to operated areas may result in additional damage, changes in skin color, and impaired healing.

Patients who sunbathe should inform their physician and postpone or discontinue sun exposure until the physician considers it safe to resume.

The adverse effects of sun exposure may occur even when appropriate sunscreen or protective clothing is used.

Travel Plans

Any surgery carries a risk of complications that may slow the recovery process and delay the return to normal activities.

Please inform your surgeon of any travel plans, already scheduled or upcoming important events, or time limitations that are important to you, so that the surgery can be scheduled for an appropriate period.

There is no guarantee that you will be able to resume all of your usual activities within your desired timeframe.

Skin Conditions / Skin Cancer

Skin cancer and skin conditions may occur independently of rhinoplasty—nose surgery.

Long-Term Results

In the future, changes in body shape may occur as a result of aging, sun exposure, weight gain or loss, pregnancy, menopause, or other circumstances unrelated to the surgery.

Body Piercing

Individuals with body piercings in the area of the surgical procedure should be aware that this may result in infection.

Information for Female Patients

It is important to inform your plastic surgeon if you use medications for reproductive control, estrogen replacement therapy, or suspect that you may be pregnant.

Many medications, including antibiotics, may neutralize the effect of medications used for reproductive control, making pregnancy possible.

Sexual Activity After Surgery

The procedure involves coagulation of blood vessels, and any intense physical activity may cause these vessels to reopen, resulting in bleeding or a hematoma.

Activity that increases the pulse or heart rate may lead to increased inflammation, swelling, and bruising, as well as the need for repeat surgery and control of bleeding.

It is recommended to refrain from sexual physical activity until your physician informs you that it is safe.

Mental Health and Elective Surgery

It is important that all patients seeking elective surgery have realistic expectations focused on improvement rather than perfection.

Complications or less-than-satisfactory results are sometimes unavoidable, may require additional surgery, and are often a source of stress.

Before surgery, please openly discuss with your surgeon any history of significant emotional depression or mental health problems.

Although the psychological outcomes of elective surgery may be favorable for many people, the effect of surgery on mental health cannot be predicted with certainty.

Need for Additional Surgery (Repeat Surgery)

The long-term results of rhinoplasty are influenced by many factors.

It is impossible to determine in advance how your tissues will respond to surgery or how the healing process will progress.

Repeat surgery may be required.

In the event of complications, additional surgical intervention or other treatment may be required.

Although risks and complications are uncommon, the risks listed above are particularly relevant to this procedure.

Other complications and risks may also occur, but they are less common.

Medicine and surgery are not exact sciences.

Despite the expectation of a good result, no express or implied guarantee that the expected result will be achieved exists.

In some cases, it may not be possible to achieve an optimal result in a single operation.

Patient Compliance with Recommendations

Follow all physician instructions—this is vitally important for a successful outcome.

It is important that surgical incisions not be subjected to excessive pressure, swelling, scratching, movement, or trauma during the healing period.

Personal and professional activities should be restricted.

Protective dressings should not be removed until the surgeon gives appropriate instructions.

A successful postoperative outcome depends both on the surgery itself and on postoperative care.

Activities that increase the pulse or heart rate may cause swelling, inflammation, fluid accumulation, and the need for repeat surgery.

It is recommended to refrain from sexual physical activity until your physician informs you that it is safe.

It is important to participate actively in the recovery process, attend follow-up examinations, and comply with the prescribed postoperative treatment.

NOTICE

Informed consent documents are used to provide information about the recommended surgical procedure for treatment of a medical condition, including the associated risks and alternative treatment methods, including the option of declining surgery.

This process is intended to establish principles for disclosure of risks that generally correspond to the needs of patients under different circumstances.

However, these documents should not be considered exhaustive documents covering all possible treatment methods and associated risks.

Your plastic surgeon may provide additional or different information based on the specifics of your case and current medical knowledge.

These documents are not intended to establish or guarantee standards of medical care.

It is important that you read all of the information provided above in full and receive answers to all questions you may have.