

INSTRUCTIONS

This is an informed consent document that has been prepared to help inform you concerning rhinoplasty surgery, its risks, as well as alternative treatments.

It is important that you read this information clearly and completely. Please initial each page, in the bottom right-hand corner, indicating that you have read the page.

GENERAL INFORMATION

Surgery of the nose (rhinoplasty) is an operation frequently performed by Plastic Surgeons. This surgical procedure can produce changes in the appearance, structure, and function of the nose. Rhinoplasty can reduce or increase the size of the nose, change the shape of the tip, narrow the width of the nostrils, or change the angle between the nose and the upper lip. This operation can help correct birth defects, nasal injuries, and help relieve some breathing problems.

There is not a universal type of rhinoplasty surgery that will meet the needs of every patient. Rhinoplasty surgery is customized for each patient depending on his or her needs. Incisions may be made within the nose or concealed in inconspicuous locations on the nose. In some situations, cartilage grafts taken from within the nose or from other areas of the body may be recommended to help reshape the structure of the nose. Internal nasal surgery to improve nasal breathing can be performed at the time of the rhinoplasty.

The best candidates for this type of surgery are individuals who are looking for improvement, not perfection, in the appearance of their nose. In addition to realistic expectations, good health and psychological stability are important qualities for patients considering rhinoplasty surgery. Rhinoplasty can be performed in conjunction with other surgeries.

ALTERNATIVE TREATMENTS

Alternative forms of management consist of not undergoing the rhinoplasty surgery. Certain internal nasal airway disorders may not require surgery on the exterior of the nose.

Some nasal contour problems may be treated with temporary injectable fillers. Risks and potential complications are also associated with alternative forms of treatments.

RISKS OF RHINOPLASTY SURGERY

Every surgical procedure involves a certain amount of risk, and it is important that you understand these risks and the possible complications associated with them. In addition, every procedure has limitations. 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 these complications, you should discuss each of them with your Plastic Surgeon to make sure you understand all possible consequences of rhinoplasty surgery.

SPECIFIC RISKS OF RHINOPLASTY SURGERY

Damage to Donor Sites:

Occasionally, the procedure will involve using cartilage or bone grafts taken from another site on the body. This adds risk that your surgeon will discuss with you.

Delayed Healing:

Wound disruption or delayed wound healing is possible. Some areas of the nose may not heal normally and may take a long time to heal. Areas of skin may die. This may require frequent dressing changes or further surgery to remove the non-healed tissue. Individuals who have decreased blood supply to tissue from past surgery or radiation therapy may be at increased risk for delayed wound healing and poor surgical outcome.

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

Nasal Septal Perforation:

Infrequently, a hole in the nasal septum will develop. The occurrence of this is rare. Additional surgical treatment may be necessary to repair the nasal septum. In some cases, it may be impossible to correct this complication.

Nasal Airway Alterations:

Changes may occur after a rhinoplasty or septoplasty operation that may interfere with the normal passage of air through the nose.

GENERAL RISKS OF SURGERY

Healing Issues:

Certain medical conditions, dietary supplements and medications may delay and interfere with healing. Patients with massive weight loss may have a healing delay that could result in the incisions coming apart, infection, and tissue changes resulting in the need for additional medical care, surgery, and prolonged hospitalisations. Patients with diabetes or those taking medications such as steroids on an extended basis may have prolonged healing issues. Smoking will cause a delay in the healing process, often resulting in the need for additional surgery. There are general risks associated with healing such as swelling, bleeding, and the length of surgery and anaesthesia that include a longer recovery and the possibility of additional surgery, prolonged recovery, colour changes, shape changes, infection, not meeting goals and expectations, and added expense to the patient.

Patients with significant skin laxity (patients seeking face lifts, breast lifts, abdominoplasty, and body lifts) will continue to have the same lax skin after surgery. The quality or elasticity of skin will not change, and recurrence of skin looseness will occur at some time in the future, quicker for some than others.

There are nerve endings that may become involved with healing scars during surgery such as suction-assisted lipectomy, abdominoplasty, facelifts, body lifts, and extremity surgery. While there may not be a major nerve injury, the small nerve endings during the healing period may become too active producing a painful or oversensitive area due to the small sensory nerve involved with scar tissue. Often massage and early non-surgical intervention resolves this. It is important to discuss post-surgical pain with your plastic surgeon.

Bleeding:

It is possible, though unusual, to experience a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood, or you may require a blood transfusion, though such occurrences are rare. Increased activity too soon after surgery can lead to increased chance of bleeding and

additional surgery. It is important to follow postoperative instructions and limit exercise and strenuous activity for the instructed time.

Do not take any blood thinning medications for at least seven days before or after surgery, as this may increase the risk of bleeding. Non-prescription vitamins and dietary supplements can increase the risk of surgical bleeding. Haematoma can occur at any time, usually in the first three weeks following injury to the operative area.

Please advise the clinic if you are regularly taking any blood thinning medications such as Heparin, Warfarin, Cartia, aspirin, Nurofen or Ibuprofen medications and fish oil products.

Infection:

Subacute or chronic infections may be difficult to diagnose. Should an infection occur, treatment, including antibiotics, or additional surgery may be necessary. Individuals with an active infection in their body should not undergo surgery. Although infection is unusual after this type of surgery, it may appear in the immediate post-operative period or at any time after surgery. It is important to tell your Plastic Surgeon of any other infections, such as ingrown toenail, insect bite, tooth abscess, or urinary tract infection. Remote infections (infections in other parts of the body) may lead to an infection in the operated area.

Firmness:

Excessive firmness can occur after surgery due to internal scarring. The occurrence of this is not predictable. Additional treatment including surgery may be necessary.

Change in Skin Sensation:

You may experience a diminished (or loss) of sensitivity in areas that have had surgery. After several months, most patients have normal sensation. However, diminished (or loss of) skin sensation may not resolved entirely after a rhinoplasty surgery.

Skin Contour Irregularities:

Contour and shape irregularities may occur. Visible and palpable wrinkling of skin may occur. Residual skin irregularities at the ends of the incisions or “dog ears” are always a

possibility when there is excessive redundant skin. This may improve with time, or it can be surgically corrected.

Skin Discolouration / Swelling:

Some bruising and swelling normally occur. The skin in or near the surgical site can appear either lighter or darker than surrounding skin. Although uncommon, swelling and skin discoloration may persist for long periods of time and, in rare situations, may be permanent.

Skin Sensitivity:

Itching, tenderness, or exaggerated responses to hot or cold temperatures may occur after surgery. Usually this resolves during healing, but in rare situations it may be chronic.

Sutures:

Most surgical techniques use deep sutures. You may notice these sutures after your surgery. Sutures may spontaneously poke through the skin, become visible or produce irritation that requires suture removal.

Delayed Healing:

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

Fat Necrosis:

Fatty tissue found deep in the skin might die. This may produce areas of firmness within the skin. Additional surgery to remove areas of fat necrosis may be necessary. There is the possibility of contour irregularities in the skin that may result from fat necrosis.

Seroma:

Infrequently, fluid may accumulate between the skin and the underlying tissues following surgery, trauma, or vigorous exercise. Should this problem occur, it may require additional procedures for drainage of fluid.

Surgical Anaesthesia:

Both local and general anaesthesia involve risk. There is the possibility of complications, injury, and even death from all forms of surgical anaesthesia or sedation. Please advise the clinic and your anaesthetist of any prior adverse reactions or allergies.

Shock:

In rare circumstances, your surgical procedure can cause severe trauma, particularly when multiple or extensive procedures are performed. Although serious complications are infrequent, infections or excessive fluid loss can lead to severe illness and even death. If surgical shock occurs, hospitalization and additional treatment would be necessary.

Pain:

You will experience pain after your surgery. Pain of varying intensity and duration may occur and persist for an undeterminable amount of time following surgery. Chronic pain may occur very infrequently from nerves becoming trapped in scar tissue or due to tissue stretching.

Cardiac and Pulmonary Complications:

Pulmonary complications may occur secondarily to both blood clots (pulmonary emboli), fat deposits (fat emboli) or partial collapse of the lungs after general anaesthesia. Pulmonary emboli can be life-threatening or fatal in some circumstances. 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. Please advise the clinic of any past history of swelling in your legs or blood clots that may contribute to this condition. Cardiac complications are a risk with any surgery and anaesthesia, even in patients without symptoms.

If you experience shortness of breath, chest pain, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.

Allergic Reactions:

In rare cases, local allergies to tape, suture material and glues, blood products, topical preparations or injected agents have been reported. Serious systemic reactions including shock (anaphylaxis) may occur in response to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment. Please advise the clinic of any known allergies.

Unsatisfactory Result:

Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained. You may be disappointed with the results of surgery. The body is not symmetric, and almost everyone has some degree of unevenness, which may not be recognised in advance. Unsatisfactory surgical scar location may occur. In some situations, it may not be possible to achieve optimal results with a single surgical procedure. It may be necessary to perform additional surgery to improve your results.

Smoking, Second-Hand Smoke Exposure, Nicotine Products (Vape, Patch, Gum, Nasal Spray):

Patients who are currently smoking or use tobacco or nicotine products (vape, 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, smoking may have a significant negative effect on anaesthesia and recovery from anaesthesia, with coughing and potentially 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 potential 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.*

___ *I have previously smoked and stopped approximately _____ ago. I understand I may still have the effects and therefore risks from smoking in my system, if not enough time has lapsed.*

___ *It is important to refrain from smoking a minimum of 6 weeks prior to your surgery. I acknowledge that if I continue to smoke within this time frame, I am at risk for a number of significant complications and understand that for my safety, the surgery, if possible, may be delayed.*

Medications and Vitamin Supplements:

There are potential adverse reactions that occur as the result of taking over the counter, vitamin, and/or prescription medications. Aspirin and medications that contain Aspirin interfere with clotting and can cause more bleeding. These include non-steroidal anti-inflammatories such as Ibuprofen and Nurofen. Be sure to check with your GP about ceasing any regular medications and any drug interactions that may exist with medications which 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 and coordination. 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.

Sun Exposure – Fake Tanning:

The effects of the sun are damaging to the skin. Exposing the treated areas to sun may result in increased scarring, colour changes, and poor healing. The damaging effect of sun exposure occurs even with the use sun block or clothing coverage.

Patients are advised to avoid all fake tanning products for a period of 6 weeks from the date of surgery.

Body Piercing / Jewellery:

Individuals who currently wear body piercing jewellery in the surgical region are advised that an infection could develop from this activity. Please remove all body piercing jewellery in applicable areas prior to surgery. Jewellery should not be brought with you at the time of your surgical procedure. Items, such as earrings, wedding rings, and necklaces should be removed prior to surgery.

Nails:

To determine your vitals status during surgery, your anaesthetist may require access to your finger or toenails for monitoring. Make sure to have either full fingernails or toenails free of nail polish, acrylics or gels.

Work Commitments / Travel Plans:

Any surgery holds the risk of complications that may delay healing and delay your return to normal life. Please let the clinic know of any major work commitments, travel plans, important commitments already scheduled or planned, or time demands that are important to you, so that appropriate timing of surgery can occur. There are no guarantees that you will be able to resume all activities in the desired time frame.

Patients are encouraged to take a period of two weeks off work, this includes 'working from home' situations.

Long-Term Results:

Subsequent alterations in the appearance of your body may occur as the result of aging, sun exposure, weight loss, weight gain, pregnancy, menopause, or other circumstances not related to your surgery.

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. Activity that increases your pulse or heart rate may cause additional bruising, swelling, and the need for return to surgery and control bleeding. It is wise to refrain from intimate physical activities until your specialist states it is safe.

FEMALE PATIENT INFORMATION

It is important to inform your Plastic Surgeon if you use birth control pills or estrogen replacement, or if you suspect you may be pregnant. Many medications including antibiotics may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy.

MENTAL HEALTH DISORDERS AND ELECTIVE SURGERY

It is important that all patients seeking to undergo elective surgery have realistic expectations that focus on improvement rather than perfection. Complications or less than satisfactory results are sometimes unavoidable, may require additional surgery and often are stressful. Please openly discuss with your Plastic Surgeon prior to surgery, any history that you may have of significant emotional depression or mental health disorders. Although many individuals may benefit psychologically from the results of elective surgery, effects on mental health cannot be accurately predicted.

DISSATISFACTION WITH COSMETIC RESULTS

It is important to communicate what you are hoping to achieve with your surgery to your Plastic Surgeon so both parties have a clear understanding of your goals. It is important to discuss with your Plastic Surgeon realistic expectations regarding what you are wanting to achieve taking into account your original anatomy and what is possible.

REVISION PROCEDURES

There are many variable conditions that may influence the long-term result of abdominoplasty surgery. Secondary surgery may be necessary to perform additional tightening or repositioning of body structures. Should complications occur, additional surgery or other treatments may be necessary. Even though risks and complications occur infrequently, the risks cited are particularly associated with abdominoplasty. Other complications and risks can occur but are even more uncommon. The practice of 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. In some situations, it may not be possible to achieve optimal results with a single surgical procedure.

PATIENT COMPLIANCE

Follow all specialist 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 and the need for return to surgery. Patients are advised to refrain from strenuous physical activity, including swimming, heavy lifting and resistance work for a period of 6 weeks from the date of surgery. It is important that you participate in follow-up care, return for aftercare, and promote your recovery after surgery.

HEALTH INSURANCE

Most private health insurance companies exclude coverage for cosmetic procedures. If there is an applicable MBS item number for your surgery, please ensure you have checked your coverage with your private health insurance prior to surgery as there may be additional hospital fees. In the absence of private health insurance, patients are

responsible for all costs associated with surgery including any hospital and anaesthetist fees. Cosmetic surgery is not covered by Medicare.

FINANCIAL RESPONSIBILITIES

The cost of surgery involves several charges for the services provided. The total includes fees charged by your Plastic Surgeon, the cost of prostheses if applicable, anaesthesia, laboratory tests, and hospital charges. These fees can vary 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. The fees charged for this procedure do not include any potential future costs for additional procedures that you elect to have or require in order to revise, optimize, or complete your outcome. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day-surgery charges involved with revision surgery will also be your responsibility.

For your Plastic Surgeon's fees (only) please refer to your quotation. Details can also be found in here regarding deposits and payments required and payment dates, and refund of deposits.

The cost of follow-up care is included within your surgical fees. Your Plastic Surgeon may suggest that you purchase some support garments to aid your recovery.

In the event that revision surgery or additional treatment is required, the costs of this will be in addition to your current surgery.

In signing the consent for this surgery/procedure, you acknowledge that you have been informed about its risks and consequences and accept responsibility for the clinical decisions that were made along with the financial costs of all future treatments.

I acknowledge the below points:

___ I understand that with undertaking surgery, I am responsible for the surgical fees quoted to me, as well as additional fees for anaesthesia, hospital, and possibly laboratory, imaging, and pathology fees.

___ *I understand that hospitals often have rules that certain tissue/implants removed during surgery must be sent for evaluation which may result in additional fees.*

___ *I understand that the surgery deposit I have paid to confirm surgery is non-refundable.*

___ *Should I cancel my surgery without an approved medically acceptable reason, submitted in writing to the clinic within 2 weeks of the scheduled surgery date, the surgical fee is forfeited. While this may appear to be a charge for services which were not provided, this fee is necessary to reserve time in theatre and in the clinic, which are done when I schedule.*

___ *I understand and unconditionally and irrevocably accept these conditions.*

PLASTIC SURGEON PERFORMING YOUR SURGERY

Dr Matt obtained his medical degree from the University of Bristol, U.K. He emigrated to Perth, Western Australia in 2008. Having had a passion to work within the paediatric surgical field he worked as a paediatric surgical registrar for a time before beginning specialist training in plastic and reconstructive surgery in 2015. After he finished training in 2020 he gained further training in paediatric plastic surgery at two major childrens' hospitals in the U.K., Alder Hey Children's Hospital in Liverpool, and Great Ormond Street Hospital for Children in London. He has a specialist interest in Rhinoplasty. He completed a fellowship with Enrico Robotti, Rhinoplasty Surgeon, in Bergamo, Italy and undertook an aesthetic fellowship, working at the Weymouth Street Hospital and Harley Street clinics in Marylebone, London. After several years working in the surgical field Dr Matt was selected onto the highly competitive five-year Surgical Education and Training Program in Plastic and Reconstructive Surgery. He completed his training in January 2020 and is now a Fellow of the Royal Australian College of Surgeons (FRACS).

Dr Matt proceeded to spend the next two and a half years developing his surgical skills over four main fellowship positions in the UK and Europe. His fellowships focussed on the areas of paediatric plastic surgery and aesthetic surgery.

Dr Matt undertook two international cosmetic fellowships in Europe. He spent the first 6 months working with Dr Enrico Robotti in Bergamo, Northern Italy. Dr Robotti is the past president of the European Rhinoplasty Society and a globally renowned Plastic Surgeon who practices in aesthetic and functional rhinoplasty.

Dr Matt also undertook further training and fellowships with major European centres and surgeons during his time overseas. This comprised of Teo Rhinoplasty Fellow Programme in Istanbul, Turkey. Dr Matt undertook the fellow programme to study the revolutionary closed scarless rhinoplasty technique mastered by another world renowned surgeon, Dr Teoman Dogan. The programme enables experienced Rhinoplasty Surgeons to perfect the dorsal preservation approach through both lectures and surgeries.

Dr Matt holds consultant posts at Sir Charles Gairdner Hospital and Perth Children's Hospital where he is a passionate leader and teacher of junior Plastic Surgeons.

COMPLAINTS PROCEDURE

Patients who are dissatisfied have the right to make a complaint. There are a range of complaint mechanisms available, including but not limited to:

- Raising and resolving the complaint directly with your Plastic Surgeon who performed the surgery.
- Accessing the complaint process of the clinic's location where you were consulted or hospital where your surgery was performed.
- Making a complaint to The Health and Disability Services Complaints Office (www.hadsco.wa.gov.au).
- Making a complaint to Ahpra is an alternative.

DISCLAIMER

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s), including no surgery. 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 current 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.

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.