

Kaiser Permanente Cosmetic Services

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INFORMED CONSENT – Cosmetic Nasal Surgery (RHINOPLASTY)

INSTRUCTIONS

This is an informed consent document that has been prepared to help inform you concerning rhinoplasty 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 surgeon.

INTRODUCTION

Cosmetic nasal surgery (Rhinoplasty) is a surgical procedure that 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.

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 of the nose in the open tip rhinoplasty procedure. In some situations, cartilage grafts, taken from within the nose or from other areas of the body may be recommended in order to help reshape the structure of the nose. Other techniques of rhinoplasty use irradiated cadaver cartilage grafts, bone grafts or other man-made materials to enhance the projection of the nasal tip. 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 a patient considering rhinoplasty surgery. Rhinoplasty can be performed in conjunction with other surgeries.

ALTERNATIVE TREATMENT

Alternative forms of treatment consist of not undergoing the rhinoplasty surgery. Risks and potential complications are associated with alternative forms of treatment that involve surgery such as a standard rhinoplasty that changes the appearance of the nasal region.

RISKS of RHINOPLASTY SURGERY

Every surgical procedure involves a certain amount of risk and it is important that you understand the risks involved with rhinoplasty surgery. 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 surgeon to make sure you understand all possible consequences of rhinoplasty surgery.

Bleeding – It is possible, though unusual, to have problems with bleeding during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to stop the bleeding or drain an accumulation of blood (hematoma). Do not take any aspirin or anti-inflammatory medications for ten days before surgery, as this contributes to a greater risk of bleeding. Non-prescription "herbs" and dietary supplements can increase the risk of surgical bleeding. Hypertension (high blood pressure) that

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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 quite unusual after surgery. Should an infection occur, additional treatment including antibiotics may be necessary. Cartilage grafts, if used, may require removal should an infection occur.

Scarring – Although good wound healing after a surgical procedure is expected, abnormal scars may occur both within the skin and the 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 including surgery may be needed to treat scarring.

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

Numbness – There is the potential for permanent numbness within the nasal skin after rhinoplasty. The occurrence of this is not predictable. Diminished (or loss) of skin sensation in the nasal area may not totally resolve after rhinoplasty.

Unsatisfactory result – There is the possibility of an unsatisfactory result from rhinoplasty surgery. The surgery may result in unacceptable visible or tactile deformities, loss of function, or structural malposition after rhinoplasty surgery. You may be disappointed that the results of rhinoplasty surgery do not meet your expectations. Additional surgery may be necessary should the result of rhinoplasty be unsatisfactory.

Cartilage grafts – Cartilage grafts may be needed if the goal of surgery is to change the projection of the nasal tip. These grafts can be obtained from donor locations within the nose (nasal septum) or from other parts of the body. Complications including nasal septal perforations may occur from the procurement of cartilage graft material. Although rare donor site complications relative to the ear include scar, hematoma, infection, ear deformity, asymmetry, numbness, less than desired result, requirement for additional surgery and other risks. More than one location may be needed in order to obtain sufficient amounts of cartilage.

Asymmetry – The human face is normally asymmetrical. Variation from one side to the other side may result from a rhinoplasty procedure.

Chronic pain – Very infrequently, chronic pain may occur after tip rhinoplasty.

Skin disorders / skin cancer – Rhinoplasty is a surgical procedure to reshape both the internal and external structure of the nose. Skin disorders and skin cancer may occur independently of a rhinoplasty.

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

Delayed healing – Wound disruption or delayed wound healing is possible. Some areas of the nose may heal abnormally or slowly. Areas of skin may die, requiring frequent dressing changes or further surgery to remove the non-healed tissue.

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Long term effects – Subsequent alterations in nasal appearance may occur as the result of aging, sun exposure, or other circumstances not related to rhinoplasty surgery. Future surgery or other treatments may be necessary to maintain the results of a rhinoplasty operation.

Nasal septal perforation – Rarely, a hole in the nasal septum will develop. 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 tip rhinoplasty or septoplasty operation that may interfere with normal passage of air through the nose.

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.

Substance abuse disorders – Individuals with substance abuse problems that involve the inhalation of vasoconstrictive drugs such as cocaine are at risk for major complications including poor wound healing and nasal septal perforation.

ADDITIONAL SURGERY NECESSARY

There are many variable conditions in addition to risk and potential surgical complications that may influence the long term result from rhinoplasty surgery. Even though risks and complications occur infrequently. The risks cited are particularly associated with rhinoplasty surgery. Other complications and risks can occur but are even more uncommon. Should complications occur, additional surgery or other treatments may be necessary. 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 as to the results that may be obtained. Infrequently, it is necessary to perform additional surgery to improve your results.

FINANCIAL RESPONSIBILITIES

The cost of surgery involves several charges for the services provided. The total includes fees charged for your procedure, the cost of surgical supplies, anesthesia, laboratory tests, medications covered by your health plan, and outpatient surgery center charges. You will be responsible for necessary co-payments, deductibles, and charges not covered by your health plan. Additional costs may occur should complications develop from the surgery. If the complication is felt to be a health risk, for example an infection or hematoma, treatments required including hospitalization, anaesthesia and/or secondary surgery would be covered under your health plan coverage. In the event of a cosmetic complication requiring additional surgery, anaesthesia fees or hospital day-surgery charges involved with revision cosmetic surgery would also be your responsibility.

HEALTH INSURANCE

Services described here are provided on a fee-for-service basis, separate from and not covered under your Health Plan benefits. If the procedure corrects a breathing problem or marked deformity after a nasal fracture, or a birth defect, a portion may be covered. Clinical services are provided by providers or contractors of the Permanente Medical Groups. The Permanente Medical Groups, Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals have a financial interest in the provision of these services. For specific information about your Health Plan benefits please see your *Evidence of Coverage*.

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). 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 surgeon may provide you with additional or different information which 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 pattern 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.