



Dr Franz F Birkholtz

MBCHB (Pret) MMED

Plastic & Reconstructive Surgeon

PR NR: 0360000056537

INFORMED CONSENT FOR RHINOPLASTY

Patient's name:

I authorize dr the "Doctor" (and his assistants)) to perform a Rhinoplasty operation on me, or my

The operation known as Rhinoplasty, or commonly called cosmetic surgery to the nose. This may include a procedure on the nasal septum for changing its size, configuration, or alignment in order to alter the breathing pattern.

The nature and effect of the operation, the risks and complications involved, as well as alternate methods of treatment have been fully explained to me by the Doctor and I understand them. The following points among others, have been specifically made clear:

- There will be swelling for an indeterminate period. Much of the swelling will normally disappear in a few days but the remainder may require several weeks, or even months to disappear completely.
- There will be discoloration (black and blue marks) on and about the face, principally around the eyes, for several days. In some cases the discoloration persists for considerably longer periods.
- Infrequently a permanent perforation may result from operation on the septum.
- Because of the nature of the procedure, it is stressed that no exact end result can be predicted or promised.
- The procedure is subject to the same post operative complications as with other surgical procedures such as nausea, pain and bleeding. Deep vein thrombosis of the legs and pelvis can occur, but the incidence is low.
- Blood transfusion is not required in the majority of instances; however, occasionally blood transfusion may be necessary. If a blood transfusion is given, it carries the risk of hepatitis, HIV and/or transfusion reaction.

I authorize the Doctor to perform any other procedure that he may deem desirable in attempting to improve the condition stated in the first paragraph or any unhealthy or unforeseen condition that may be encountered during the operation.

I consent to the administration of general anaesthesia under the direction of the physician responsible for this service.

I recognize that when general anaesthesia is used, it presents additional risks over which the above doctors have no control, and I agree to discuss the risks of general anaesthesia with the Anaesthesiologist before surgery is performed.

I understand that the practice of medicine and surgery is not an exact science and that reputable practitioners cannot



Tel: 012 346 0109
Fax: 086 519 5641
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www.ffbirkholtz.co.za
VAT Nr: 4720204397

✉ 161 Groenkloof 0027
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guarantee results. No guarantee or assurance has been given by the Doctor or anyone else as to the results that may be obtained.

I understand that the two sides of the human body are not the same and can never be made the same.

I give permission to the doctor to take still or motion clinical photographs with the understanding that such photographs remain the property of the practice.

I am not known to be allergic to anything except: (list)

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I certify that I have read the above authorization, that the explanations referred to therein were made to my satisfaction, and that I fully understand such explanations and the above authorization.

Signed Date

(Patient or person authorized to consent for patient)

Witness Date



FREQUENTLY ASKED QUESTIONS

1. Will I have any pain after the surgery?

It is important that you take your pain medication regularly as prescribed. Often combinations of medications are prescribed to work synergistically. Do not alter your dosage schedules, as this could be dangerous. If you have persistent pain after taking your medication correctly, you must notify us about this, without delay. Contact telephone number 012 347 3947 all hours. There will be an emergency number after hours on the voice message.

2. What about bleeding?

It is normal for some bleeding to occur after any surgery. Often local anaesthetic solution with added Adrenaline is used during surgery, for pain control as well as to limit intra-operative bleeding. After 2 or so hours, when the local anaesthetic wears off, a renewed bleeding can occur. This should last only for about 12 hours. In patients with bleeding tendencies or patients taking medication which contain aspirin and other NSAIDs, prolonged bleeding can be expected. This might be bothersome for up to 3 days. Seldom is the bleeding so extensive that further medical care is required. If you are concerned, please notify the rooms about your bleeding. Bleeding that does require immediate attention is active bleeding (more than half a cup) associated with pain, progressive swelling and throbbing. Notify the rooms immediately if this happens.

3. How do I take care of my wounds after surgery?

There will be no visible wound on the outside of your nose but there will be wounds in your nostrils. There will also be dressings inside your nose as well as a splint on your nose that will fall off when the swelling goes down in a few days. Do not be alarmed if this happens. Do not remove any dressings that is in your nose. Your doctor will remove the dressings on your follow-up appointment. Do not blow your nose as this will put pressure on your sinuses and sutures. You will be given antibiotic ointment such as Bactroban™, and external nose bandages that must be replaced when soaked with blood. If your dressings remain clean, dry and not soaked with blood, it is best to keep them on for at least 5 – 6 days. This allows the wound edges to seal off before contamination takes place. Thereafter wounds can be cleaned twice daily using tap water and normal soap. It is not advised to rigorously clean your wounds with Savlon™, Dettol™, or other poison, as this may be toxic to your healing cells in the wounds. It is advisable to use topical antibiotic ointment, Bactroban™, on your wounds, twice daily, after opening the dressings. If your wounds become hot, painful and swollen, with or without a pussy discharge, this could mean an infected wound which warrants antibiotics and an evaluation by your doctor. He can also request a wound care nurse to manage your wound during this period.

Sutures

A variety of suture materials is available for wound closure. Some materials are dissolvable while others are not. The latter will need removal after a period of days to weeks, depending on the location of the wound. There are various different kinds of dissolvable suture materials. The time to dissolve varies between products. Some materials dissolve within a week or so. Others may take longer than 2 years to dissolve. The mechanism by which the materials dissolve also varies. Often this dissolving process is accompanied by an inflammatory response within the tissue. This may cause a generalized redness within the wound. Here your doctor will evaluate to differentiate this redness from infection. However in some patients this inflammatory process leads to small suture abscesses. This can be painful and may need surgical removal. This can be done in your doctor's consulting rooms. Unfortunately this could lead to widened and more conspicuous scarring. Even today the ideal dissolving suture material, free from adverse reactions, does not exist.



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4. Will I have to take any antibiotics?

Antibiotics are prescribed with certain types of surgery/wounds. This course of antibiotics is aimed at preventing wound infections, especially in traumatized tissue. Usually a broad spectrum antibiotic is prescribed, taking your allergic profile into consideration. The duration of this course is for 5 days, sometimes more. It is very important that this course is completed, to prevent organisms forming a resistance to the antibiotics. Unfortunately antibiotics have side effects too. These include diarrhoea, abdominal cramps, female tract fungal infections and skin rashes. To limit this, your doctor often prescribes a probiotic in addition to the antibiotic. It is also advisable to eat natural yoghurts with live cultures during this time. If fungal infection is experienced, your doctor will prescribe a strong broad spectrum antifungal treatment. If, despite taking antibiotics, you develop an infection in your wound, you should inform your doctor at once. This might be due to resistant organisms, necessitating a different antibiotic spectrum.

5. What complications can I expect after the surgery?

General

Even though complications are not planned, they do occur from time to time. Many factors are involved. Some factors can be predicted and thus eliminated e.g. stop smoking before any surgical procedure or treating a skin infection before elective surgery to prevent disseminated infection. However some factors cannot be predicted and lead to serious complications e.g. an unidentified bleeding tendency causing a large haematoma in an operative wound requiring drainage in theatre. During your first consultation your doctor enquires about various medical conditions you might have encountered that could place you in a higher risk for developing a complication. Precautions can then be taken to prevent these complications. However, if complications occur, your doctor is trained as a specialist to deal with these complications. At times your doctor may also acquire the help of a wound care nurse, an occupational therapist, physiotherapist or even a medical colleague. Your full cooperation and patience is truly appreciated.

Constipation

A number of factors during your convalescence can cause constipation. Pain medication containing opioids, lack of movement, anxiety and stress as well as a change of eating habits all contribute. This condition usually lasts only a few days. By walking around more, drinking lots of water and adding fibre to your diet this condition can often be prevented. Your doctor can prescribe medication for the treatment of constipation, however this is seldom required.

6. How soon can I resume normal activity after the surgery?

Pain, as well as being afraid to cause any damage to your operation / wound, prevents patients from mobilizing sufficiently. Although it is correct not to overdo things, it is also essential to walk about. This is especially true in the early post-operative period. Any operation longer than 1 hour places patients at risk for developing a DVT. By mobilizing early, this risk is reduced. It furthermore counters lung alveoli collapse, which happens during general anaesthesia when artificial ventilation is used. Lastly it stimulates endorphin release which is a natural pain killer. Sick leave is usually for a period of 1 – 2 weeks.

7. How do I take care of personal hygiene?

Patients want to bath regularly. This is encouraged. However operation wounds should not get wet for the first 5 – 6 days, as the wounds are not yet sealed. Exceptions to the rule are wounds on the head, neck and groin areas. These areas have excellent blood supply and seldom become infected. When the wounds are washed, normal soap and water is just as good



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as medicinal soap. Showering is preferred to bathing in the early post-operative period, as the organisms and dirt is washed off in this way.

8. Will I experience any swelling and bruising?

All operated wounds undergo a healing process, which is characterized by inflammation in the early stage. This leads to swelling, firmness, loss of sensation in the surrounding tissue. After a few days some redness at the wound edges is visible. Most swelling disappears at 3 - 4 weeks after the operation. However swelling in some areas can persist for more than 1 year! Bruising is also normal during the first week or so. People with bleeding tendencies, or who use medications that inhibit platelet adhesions (aspirin, ibuprofen, Voltaren™ etc) often bleed more than usual during and after the surgery. This may lead to excessive bruising or swelling. Sometimes this bleeding tendency may be responsible for the formation of a haematoma (blood clot) in the operative field. This could be so large as to necessitate surgical removal in theatre.

9. When will I have to see the doctor again after surgery?

After discharge from the hospital / clinic, and you have not received a follow up date yet, you must call the doctor's rooms for your follow up appointment. This is usually scheduled for approximately 1 week after your surgery or discharge date, except where a different arrangement between you and the doctor is made. During this visit wounds are inspected for dehiscence, infection, haematoma or other complications. Drains are mostly removed during this visit, depending on the amounts drained of course. In patients with non dissolvable sutures in the face, during this visit the sutures are removed. Patients who have had skin tumours removed, are also counselled with regards to their final histology reports. Scar management counselling is also given during this visit. If you have any problems requiring your doctor's attention, it is essential to contact your doctor's rooms without delay, to schedule earlier visits.



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