

## Informed Consent and Instruction Concerning Plastic Surgery Procedure on Upper and/or Lower Eyelids

Mr/Ms:

Birth registration number (for foreign nationals passport number and date of birth):

Permanent residence:

Tel./e-mail

(hereinafter referred to as the "Client")

**Dear Sir/Madam,**

We are thoroughly appreciative that you have chosen our institution. Our clinic's entire team is prepared to do its utmost in order to ensure that the surgical procedure produces results to your satisfaction. We hope that the combination of modern appliances, the operating skills of our doctors, the professionalism and devotion of our nurses will help transform your aesthetic or health complaint into contentment with the result of the procedure, and we wish you a pleasant stay at our clinic.

### **Principle of eyelid operation:**

The elasticity of the skin and muscles of the eyelids changes during the course of life, and as a result the fat sacs which surround the eye in the eye socket may bulge. This causes a typical fatigued appearance, and wrinkles, skin overhangs and pockets appear on the eyelids. Excess skin and fat sacs can be removed and the eyelids tightened through plastic surgery on the eyelids. If skin elasticity is no longer sufficient, it is appropriate to undergo surgery.

The procedure is most often performed in outpatient care under local anaesthesia, in certain cases, upon request of the patient it is performed under analgosedation or general anaesthesia. Before the procedure we precisely delineate and measure the boundaries of the excess skin or deposit of the fat sacs (prolapses). The lines of the incisions lead along natural skin lines in order to ensure that the resulting scars are as inconspicuous as possible. In addition, following preparation and disinfection of the operating field, we perform local anaesthesia of the eyelids by injection. We remove excess skin and excess fat sacs. We staunch bleeding continuously throughout the period of the procedure by means of fine bipolar electrocoagulation. Towards the end of the procedure the wound is closed by a single continuous skin suture and fixed with sterile plasters. It is essential to keep these plasters on the eyes until the time of removal of the sutures. We remove the sutures as a rule after 7 days. Natural reddening of fresh scars attenuates after approximately 3 – 4 weeks.

**Type of anaesthesia:** local    analgosedation    general

### **Possible complications after procedure:**

#### **No surgical procedure exists in which complications cannot occur**

The eyelid operation is a procedure with very rare occurrence of complications. Nevertheless, certain complications may occur even in the case of a well performed procedure, due to the individuality of the human organism.

Haemorrhage into the skin, muscle tissue and fat sacs is manifested in bruises on the eyelids and potentially also on the cheeks. Only in very rare cases is it necessary for the patient to undergo subsequent treatment. Bruises spontaneously attenuate within a number of days. It is very important to ensure postoperative rest and intensive cooling especially in the first 3 days after the operation.

In very isolated cases, **allergic reactions** to local anaesthesia, drugs or the stitching material may occur, which are manifested as swelling, irritation, burning and stinging on the eyelids. Severe allergic reactions affecting breathing or blood circulation are highly exceptional. Also isolated are **infections in the operation wound**, or the occurrence of an abscess, which subsequently requires surgical treatment.

**Swelling** of the eyelids after the operation is a symptom of the natural course of healing, again it is very important to ensure a regime of rest following the operation, with sufficient cooling and compression.

**Occurrence of hypertrophic scars** on the eyelids is highly exceptional, nevertheless maturing of the scars may take longer than expected and the subsequent scars may remain visible. It is known that the formation of hypertrophic scars occurs most often in smokers. These conspicuous scars can be corrected after a time delay.

Damage to sight after eyelid operation is known only from international medical literature, where it has been described and ranks amongst exceptional complications, which are statistically impossible to evaluate.

**If the procedure is performed under general anaesthesia or analgosedation, please bring the following for hospitalisation:**

- Results of preoperative examination, which must be no older than 14 days, without the submission of this examination you cannot be accepted for operation
- Citizen's identification card and health insurance card
- **Medicaments you take regularly – upon admission give these medicaments to the ward sister, you will be administered these medicaments in such a manner as not to impair the effect of the medicaments administered in connection with the operation**
- Toothbrush, toothpaste, cosmetics you use
- You will receive everything else (food, drinks, clothing, footwear, dressing gown, towel etc.) from us

**Please abide by the following instructions before the procedure:**

**Inform the attending physician – surgeon of all diseases and allergies suffered from in the past or present, as well as medicaments used (primarily medicaments which have an influence on blood coagulation and bleeding), three weeks before the procedure do not use medicaments containing acetylsalicylic acid (Acylpyrin, Aspirin, Anopyrin etc.)**

- report for procedure without make-up and bring dark glasses
- report to the clinic with unvarnished fingernails (does not apply to procedure under local anaesthesia)
- choose suitable clothing which does not require removal over head
- on the expected day of discharge ensure a lift home with a driver

**Please abide thoroughly by the instructions before general anaesthesia – see anaesthetists' "Recommendations before general anaesthesia". In the case of any uncertainty or deviation in the results of the preoperative examination, the Clinic, by means of the attending physician or anaesthetist, reserves the right to withdraw from the procedure, which is aesthetic surgery, including on the day of the procedure. The procedure can be deferred, if possible, until the patient has sufficiently recovered.**

**Instruction after procedure:**

For several days following the operation it is necessary to sleep on your back, advisably with the head in a raised position. Do not exert the eyes, intensive exposure to TV or PC screen or long periods of reading are not advised. For the first three days after the procedure it is very important to ensure constant cooling – application of cold padding on both eyelids, ideally every two hours. Special cooling pads, eye drops and grease will be provided by our clinic.

Perform cooling of the operated area during the course of the week of immediate convalescence.

After the performed procedure you shall have sutures fixed with special plasters, do not remove these, they shall be removed together with the sutures as a rule 7 days after the procedure. During this period perform ocular hygiene using only the eye drops provided as part of the postoperative package, by dripping the eye drops into the inner corner of the eye and removing the deposit which forms here with a brush. The deposit may contain small traces of blood; this is within the norm.

**Plasters must not be soaked! Do not apply any grease or cream to plasters!!**

The main swelling and bruising disappears as a rule within one week. Transitional, slight changes in the shape of the eye, which may persist for up to a month after the procedure are a common postoperative manifestation, caused by swellings in the operated area. According to personal fitness, return to working and social life is usually possible on the 4<sup>th</sup> to 5<sup>th</sup> day after the operation, with the use of tinted glasses. Application of cosmetics to the operated area is possible as a rule one week to 14 days after the removal of the sutures. During the first 14 days after the procedure avoid sport and strenuous physical activities. Protect scars against solar radiation. On the day of removal of the sutures you may apply eye grease to the plasters, which shall then be very easy to remove. **Do not perform this before the day of removal of the sutures!** The eyes cannot be washed with water until after the removal of the sutures. It is subsequently very important to ensure massages and intensive application of the grease provided as part of the postoperative package to the scars, you shall receive an illustrative presentation on how to apply massage. If you have any problems following the procedure, do not hesitate to contact us immediately. Regular check-ups following the application and thorough adherence to home postoperative care are a component of the procedure and as such are essential in order to ensure a good course of healing.

**Informed consent to operation:**

I was sufficiently informed about my planned plastic surgery operation on my eyelids, about the method of performance of the procedure, the type of anaesthesia, hospitalisation, course of healing, expected result and potential complications, as well as about the price of the procedure and further related healthcare and other functions by Dr..... during the course of the

PC Healthcare s.r.o.

Jungmannova 26/15, 110 00 Prague 1

IČO: 19822634

**Client's signature:**

interview which took place on ....., in which the doctor answered all my inquiries and I understood all the information provided to me. I have no further additional inquiries and I feel sufficiently informed. Following a sufficient period for consideration, I have decided voluntarily to undergo the planned procedure.

**I have been familiarised with and agree to the necessary of preoperative examination according to the type of procedure.**

For the purpose of performance of the surgical procedure in question, **I agree to the proposed hospitalisation.** From a medical perspective **I agree to the necessary measures**, requiring also a potential further procedure in the case of unexpected complications, the applicable financial cost of which I am able to pay.

**At the same time I confirm that in the case of occurrence of unexpected complications** requiring the immediate performance of further procedures necessary to save life or health, I agree to the performance of all such essential and immediate procedures necessary to save my life and health, and I also confirm that I agree to the administration of a blood transfusion.

In the case that I do not have health insurance in the Czech Republic, I hereby consent from a medical perspective to the necessary measures in the case of unexpected complications such as further hospitalisation in a specialised department and also to full financial payment for this hospitalisation and any other procedures in connection therewith.

**I agree / I do not agree** to the publication of the results of the procedure in the form of photographic documentation for presentation or teaching purposes:

- a) For the internal requirement of the Clinic
- b) Publication on website

Date:

Client's signature:

Doctor's signature:

**Client's signature:**