



## RHINOPLASTY (CORRECTION OF NOSE DEFORMITIES) INFORMED CONSENT FORM

The purpose of this form is to raise your awareness in matters concerning your health, and ensure your participation in the decision to be taken. You may refuse to be informed apart from the situations having a legal and medical obligation.

Although this form is defined in a way to meet the needs of most patients under several conditions, it should not be thought of a document involving the risks of all forms of treatment. Your physician can provide you different or additional information based on your personal condition of health.

The diagnosis, agreeing with or not the practices to be held after having learned the benefits and probable risks of the medical therapy and surgery attempts are based on your own decision.

### Information of the Procedure

Nose is an organ located in the center of the face and it is very important for the appearance and the respiration. Nasal interventions should be well-planned with its every aspect and should be meticulously done. Nose deformity correction surgery allows to reduce the size of the nose, to change the shape of the nose tip, to narrow or to enlarge the nostrils or to modify the angle between the upper lip and the nose. This operation may be helpful in the correction of congenital anomalies, nasal injuries and some respiratory problems.

You should explain all the details concerning your complaints about your nose to your physician. You should comprehensively discuss whether you have respiratory complaints, if yes, their relation with the seasons, whether they increase upon exercise and whether they cause the problems such as dry mouth, headache, snoring and nasal discharge. Previously experienced traumas and operations should be reported specifying their time. If the patient's medical history includes important diseases and regularly used drugs, they should be absolutely reported to the physician. The shape problems of which the patient is disturbed and the expectations should be told.

Ideal candidates for this surgery are those who wish to have a better appearance rather than those who want to have a perfect nose. Criteria that are expected from the people who will be operated to correct the nose deformity include realistic expectations, being health and having a robust psychological status. Nose deformity correction surgery may be administered in combination with other surgical methods.

Operations may be done by administering general anesthesia in which the person is completely put to sleep during the procedure or by administering local anesthesia by sedation in which the patient is partially tranquilized and only the operational site is numbed. These methods will be comprehensively explained to you and the decision will be made about which method will be the most suitable for you. The incision may be done in the nose or out of the nose. An intervention that will be done into the inner part of the nose during the operation will facilitate breathing.

As per the details given to you before the operation, the duration of the operation is generally 1,5-2 hours, although it may vary. When you wake up after the operation in your room, there will be a plaster placed on your nose, which will extend to your front and to your cheeks, and tamponades in your nose.

If tamponades are applied, they are generally removed the day after or two days after the operation. Within the first hours after the operation, the pain is not commonly seen but nausea and dizziness are observed. For these conditions, some drugs will be included in your treatment.

Four hours after the operation, you are given liquid foods and you are allowed to walk around. You will be discharged in the afternoon if your operation was done during the morning and the next day if your operation was done in the afternoon. Within the first 48 hours after the operation, resting and applying cold compress to your front and to your cheeks for 15 minutes every two hours will relax you and limit the swelling and bruising. Starting from the 3rd day, swelling and bruising will begin to be rapidly resolved. Daily activities may be slowly resumed.

One or two weeks after the operation, a plaster mould is removed and only a thin band that covers the nose is applied. This aims to control the potential swelling of the nose that may occur after removing the plaster mould. This band is kept on the nose for approximately one week. Although you can generally see your nose's shape when the bands on your nose are opened, the details will be visible over time. Especially during the first months, your nose may be more swollen in the morning and this swelling is reduced within the day. Due to the intensity of the interventions done to the nose tip and the technique used, there may be numbness and hardness of the nose tip that may last for several months.

In the early period after the operation, the nose should be protected against the trauma. Therefore, the sportive activities that require body contact and use of glasses should be avoided within the first 8 weeks. Similarly, sauna, solarium, sunbath and steam bath should be avoided within the first 8 weeks in order to prevent the edema. However, exercise, swimming and individual sports may be exerted starting from the second week.

During the first days and weeks after the operation, the respiration is not very easy due to edema and crusts inside of the nose. In this period, some drops and creams will be recommended; their use will relieve your complaints.

Following the operation, your visits will be done at 1st, 3rd, 6th and 12th months and thereby, your recovery process will be followed-up. The photos taken before and after the operation are compared.

#### Potential Problems and Risks of the Nose Deformity Correction Surgery

Personal preferences that will be applied during the surgical intervention are obtained by comparing the risks and the potential benefit. Although the complications occur in many patients, you have to talk with your physician to ensure that you understood these outcomes that may occur. They are divided into two groups as early and late problems.

## Early Stage Problems

- Leakage from the nostrils is expected to occur after the operation and it is controlled by placing gauze on the nostrils within the first hours. Leakage continues by gradually decreasing (first 24-48 hours), being more marked within the first hours, and its color generally turns from red to yellow. Although the bleeding is an unexpected event, it may be seen during or after the surgery. When there is excessive bleeding after the operation, emergency treatment may be necessary to stop the bleeding and to remove the accumulated blood (hematoma). Discontinue aspirin and similar drugs at least 10 days before the operation because they may increase the risk for bleeding.
- Nausea may be experienced after the operation. There are some drugs that may reduce and control the nausea.
- In the patients with nose tamponade, the wish of sneezing may occur. When the patients have cold, they believe that they are ill. In fact, this feeling is related to the tamponade and it rapidly disappeared upon the removal of the tamponade.
- Another rarely encountered complication during the operations is the infection. Prophylaxis therapy with antibiotics at the beginning of the operation decreases this risk. If you have a nose tamponade and you developed the findings such as fever and tremor at the second day after the operation, tamponade should be immediately removed. In such a case, the physician should be informed. If you have a painful swelling and a sensitivity that increases upon touching in any part of your nose in the following days, you will feel yourself weaker and it may be the messenger of an imminent infection. In this case, you will be examined and your healing is ensured by giving the therapy against the infection.
- Another problem encountered during this period is the unexpected exposure to traumas. While the mild traumas do not create any problem, severe traumas may lead to deformities. In such a case, the physician should be informed.

## Late Stage Problems

- Respiratory problems may occur. It may be caused by this operation or it may result from an uncorrected pre-operational problem or a pre-existing but unnoticed problem that became more marked due to some maneuvers done during the operation. In addition, respiratory problems may be experienced due to allergic reasons. Therapy with drugs or secondary interventions may be considered depending on your complaints and examination findings.
- Appearance problems are another late stage problem. Most commonly encountered of these problems is the problem about the shape of the nose reported in the early post-operational stage before that the swellings have been completely resolved. It is definitively reasonable to expect to see the outcomes of the esthetic operations as soon as possible. However, it should be noted that post-operational healing process is long lasting and there may be the swelling that vary within the day. After that the nose reaches its final shape, secondary interventions called as "revision" may be needed for undesirable events with an incidence of 5-10%. Most important way to decrease the incidence of secondary interventions is a detailed meeting done before the operation to discuss the expectations and the things that may be done. Depending on the structural features of the nose, each case has some limitations and these limitations should be comprehensively discussed. For example, when the nose skin is thick, the final shape of the nose tip is reached at the end of a longer period. Sometimes, in order to accelerate this process, the injection of a small amount of cortisone may be administered to the nose tip.
- Another problem is nasal curvature. Sometimes, cartilage and bone curvature may be in several planes. In this case, even if the operation is comprehensively planned and administered, some curvature may remain or develop over time although it is better than pre-operative status. If there is such a risk, you are warned about this before the operation and you are explained to which extent the curvature will be corrected.

Diagnosis \_\_\_\_\_  
Treatment/procedure to be applied \_\_\_\_\_

Should you not intend to be informed about the purpose, duration, advantages, success ratio, potential risks and complications and alternative options of the treatment to be applied and as well as about the subsequent potential risks in case you do not accept the treatment, please declare so below with your hand writing.

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I hereby declare that;

My attending physician informed me about my disease, the treatment option to be applied, its duration, advantages, success ratio, the fact that it does not necessarily guarantee the recovery of current status, period of healing, potential risks and complications, alternative techniques, the potential situations I will experience on the condition that I reject the treatment and compulsory performance of an additional operation/intervention/procedure if deemed necessary and s/he answered all my questions regarding these matters.

Above mentioned procedure has been disclosed to be performed on myself/patient I legally represent by the physicians, nurses as well as other healthcare professionals under the authority, surveillance and control of my attending physician.

I have been informed that if required, anesthesia will be performed by an anesthetist, sedation will be performed by an anesthetist or another physician competent in sedation and local anesthesia will be performed by my attending physician.

While being entitled to make decision and think straightly, I accept the medical procedure to be performed, and consent that my attending physician and his/her team will carry out any medical treatment option/surgical technique/intervention they deem to be necessary.

I authorize the hospital to examine, inspect, dispose of or keep the tissues or organs removed during the procedure for which I have consented above.

I allow my medical reports to be used for scientific researches provided that my identifying information is kept hidden.

Please fill in the relevant fields by typing "I read, understood" with your handwriting.

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<b>Patient's</b>			
Full Name:	Signature:	Date:	Time:
Date of Birth:			
<b>Legal Representative's</b>			
Full Name:	Signature:	Date:	Time:
Degree of Relationship:			
Reason why the consent is delivered by legal representative of the patient:			
<input type="checkbox"/> Patient is not conscious	<input type="checkbox"/> Patient is under 18		
<input type="checkbox"/> Patient is not entitled to make decision	<input type="checkbox"/> Emergency		
<b>Witness'</b>			
Full Name:	Signature:	Date:	Time:
<b>Informing Physician's</b>			
Full Name:	Signature:	Date:	Time:
<b>Interpreter's (If required)</b>			
Full Name:	Signature:	Date:	Time:

Informed consent is delivered by the patient himself/herself if s/he is older than 18 years old, by the patient himself/herself together with his/her legal representative if the patient is aged between 15 and 18 and by the representative of the patient if the patient is under 15 years old and/or is unconscious and/or is not entitled to make decision and in case of emergency.

## Other Problems

- **Nasal Septum Perforation:** Surgery may lead to the formation of a hole in the nasal septum. This is rarely seen. However, if it occur, an additional surgery may be needed to close the hole in the nasal septum. In some cases, it may be unlikely to correct this complication.
- **Numbness:** After the operation permanent numbness may develop in the nose skin due to the injuries of the nerve fibers resulting from the separation of the nose skin from the underlying bone but this is not always seen.
- **Chronic Pain:** Post-operational chronic pain is a rare complication.
- **Allergic Reactions:** There are few case report concerning the local allergy to the bands used, suturing materials and topical preparations. More serious systemic reactions may change during the operation or may be resolved using the drugs after the procedure. Allergic reactions may require additional therapy.
- **Delayed Healing:** Fracture separation or delayed healing may be seen. Some areas of the nose may show abnormal or slower healing. Some skin regions may be lost. In order to clean the unhealing tissue, frequently administered dressing or surgical intervention may be required.
- **Long-term Effects:** They may result from the changes of the nose appearance that occur later, aging that does not related to nose surgery, effect of the sunlight exposure or other factors. Surgery or other treatments may be required in the future.
- **Unsatisfactory Outcomes:** There is the likelihood of unsatisfaction after the operation. Surgery may lead to displacement of some nasal structures, to the loss of function or to deformities that may be felt upon touching or to unsatisfactory appearance.

## Other Therapeutic Modalities

There is no alternative operation to correct the nose deformity. Some disorders located in the internal part of the nose may be treated without needing for surgery in the outer part of the nose. There are some risks and complications in the operations to correct the nose deformity done along with the treatments including the interventions that aim to correct the airway disorders, such as septoplasty.