

«Practice_Name»
«Practice_Phone»
«Practice_Website»

Patient Name:
«Person_First_Middle_Last»

CONSENT FOR FACE AND NECK LIFT SURGERY

Facelift, or **rhytidectomy**, is a surgical procedure to improve visible signs of aging on the face and neck. As individuals age, there are many unavoidable changes in appearance. The skin and muscles of the face region begin to lose tone and elasticity. Fat in the lower face descends, creating jowls and loose skin on the neck. Sun exposure, smoking, and a genetic predisposition can speed or worsen this process. A facelift is performed to help return the fat and skin back to the proportions of a more youthful face, but the elasticity of young skin can never be recreated.

A facelift will improve the lower face and neck more than the upper face, and some, but not all of the wrinkles will be decreased. Efforts to remove more wrinkles through facelift alone may lead to a more unnatural post-operative appearance. Options such as laser resurfacing or a chemical peel may need to be performed as an adjunct procedure.

The facelift cannot stop the process of aging. It can improve the most visible signs of aging by tightening deeper structures, re-draping the skin of face and neck, and removing selected areas of fat. A facelift can be performed alone, or in conjunction with other procedures, such as a browlift, liposuction, eyelid surgery, or nasal surgery. The forehead, eyes, and mouth will also not be improved by a facelift alone, but a variety of procedures may be performed simultaneously to help these areas.

Facelift surgery is individualized for each patient. The best candidates for facelift surgery have a face and neck line beginning to sag, but whose skin has elasticity and whose bone structure is well defined. Limitations with this type of surgery include the inability to create younger skin, prevent continued aging, or solve problems in your life that you feel may be due to your appearance. We cannot even tell you how long the results of your facelift will last because of the great degree of individual variation. What we can do is use our skill and best judgment to make you look as good as possible for your age.

Facelift (rhytidectomy) is an elective surgery, which means that it is being performed by choice rather than out of medical necessity. When considering elective surgery, the risks and benefits must be carefully weighed because the only way to avoid the risks entirely is by choosing not to have surgery.

We often describe patients as being “good or poor candidates” for a particular procedure. This decision is made after taking into consideration factors such as physical findings (e.g., skin quality, body weight, degree of deformity), medical health, history of smoking, emotional state, level of expectation, and whether, in our hands, we can achieve a result that will meet your expectations. If you are told you are not currently a good candidate for a particular procedure, be sure to find out what, if anything can be done to change this.

Every surgery we perform has some degree of unavoidable risk. This consent will talk about the more common risks associated with a facelift. 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 facelift surgery (rhytidectomy).

- **Bleeding:** It is possible, though unusual, to experience a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require an emergency treatment to drain the accumulated blood. The face is very vascular and blood flow is affected by fluctuations in your blood pressure, especially with straining or activity. Do not take any aspirin or anti-inflammatory medications for two weeks before or after surgery, as this may increase the risk of bleeding. Non-prescription “herbs” and dietary supplements can increase the risk of surgical bleeding. You must be off all blood thinning medications at least two weeks prior to surgery, and, if you have a history of high blood pressure, be sure it is controlled before your surgery. The risk of bleeding after surgery is greatest for two weeks post-op, so your activity needs to be minimal during this stage. Try to keep excellent posture and don’t twist at the neck. Hematoma can occur at any time following surgery or injury. A hematoma can not only affect healing, it can even be a life threatening problem. A return trip to the operating room is necessary to evacuate the blood.

«Practice_Name»
«Practice_Phone»
«Practice_Website»

Patient Name:
«Person_First_Middle_Last»

- **Skin Discoloration / Swelling:** Some bruising and swelling normally occur following a facelift. This can be decreased by starting Bromelain and Arnica before surgery. After surgery, the skin may appear red or lightly bruised in areas until healing is complete. 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
- **Infection:** Infection is unusual after surgery. Should an infection occur, additional treatment including antibiotics, hospitalization, or additional surgery may be necessary. Antibiotics will be given through your I.V. just prior to surgery and by mouth the week after. Washing your hair the morning of surgery with antibacterial soap (such as Dial) isn't great for your hairstyle, but can help to decrease the bacteria in your hair.
- **Seroma-** Fluid accumulations infrequently occur between the skin and the underlying tissues. Should this problem occur, it may require additional procedures for drainage of fluid.
- **Nerve Injury:** - When the skin is lifted away from the underlying tissue, the fine nerves that provide sensation are divided, leaving large areas of numbness. Injury to sensory nerves of the face, neck and ear regions may cause numbness in these areas. This will gradually improve after surgery, but there may always be some areas of residual numbness. Motor nerves may also be injured during a facelift operation. As a result, weakness or loss of facial movements may occur after facelift surgery. Nerve injuries are usually temporary, but permanent loss of facial movements and feeling can occur. Painful nerve scarring is very rare.
- **Skin Loss:** This problem is more common in those with a history of smoking. The areas of skin loss are usually behind the ears, and, if extensive, may require a skin graft. If you smoke, stop at least 4 to 6 weeks prior to surgery, and do not start again for about one month following surgery.
- **Lumps and Skin Contour Irregularities:** Contour irregularities and depressions may occur after facelift. Visible and palpable wrinkling of skin can occur. Residual skin irregularities at the ends of the incisions or "dog ears" are always a possibility and may require additional surgery. This may improve with time, or it can be surgically corrected. Early in the healing phase there will be palpable (feelable) lumps and irregularities. These may be visible under the skin, but should resolve gradually over time.
- **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.
- **Asymmetry:** The human face is normally asymmetrical. There can be a variation from one side to the other in the results obtained from a facelift procedure. Additional surgery may be necessary to attempt to revise asymmetry. People are rarely perfectly symmetric either before or after surgery.
- **Delayed Healing-** Wound disruption or delayed wound healing is possible. Some areas of the face 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. **Smokers have a greater risk of skin loss and wound healing complications.**
- **Poor Appearing Scars:** All surgery leaves scars, some more visible than others. Although good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. Scars may be unattractive and of different color than the surrounding skin tone. Scar appearance may also vary within the same scar. Scars may be asymmetrical (appear different on the right and left side of the body). In some cases, scars may require surgical revision or treatment. Great care is taken to keep the scars

«Practice_Name»
«Practice_Phone»
«Practice_Website»

Patient Name:
«Person_First_Middle_Last»

as minimal and as hidden as possible. The scars will turn white after about a year. Until they fade, you may want to grow your sideburns longer to help hide them.

- **Hair Loss:** Two things can occur following a facelift which affect the hair. One is that the hairline may be changed or raised, and the other is that you may lose some hair along the scars in the scalp. The occurrence of this is not predictable.
- **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 removal.
- **Ear Lobe Distortion:** Because the incisions travel around the ear there may be some changes to the earlobe (such as pulling down, or a fold in it), or a change in the shape of the cartilage in front of the external auditory canal.
- **Unsatisfactory Result:** Although good results are expected, there is no guarantee on the results that may be obtained. You may be disappointed with the results of facelift surgery. This would include risks such as asymmetry, unsatisfactory surgical scar location, unacceptable visible deformities at the ends of the incisions (dog ears), loss of facial movement, poor healing, wound disruption, and loss of sensation. It may be necessary to perform additional surgery to improve your results.
- **Allergic Reactions:** In rare cases, local allergies to tape, suture materials and glues, blood products, topical preparations or injected agents have been reported. Serious systemic reactions including anaphylaxis may occur to drugs used during surgery and prescription medications. Allergic reactions may require additional treatment.
- **Anesthesia Risks:** Both local and general anesthesia involves risk. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation. Even though this is a long surgery, it can be performed with sedation (or “twilight anesthesia”) if appropriate for the patient. General anesthesia may be preferable for many patients. Each has its own risks that can be discussed with your anesthesiologist. Because of the length of time required to perform the surgery, special stockings are placed on the legs to help prevent the formation of blood clots in the leg (otherwise known as a Deep Venous Thrombosis).
- **Cardiac and Pulmonary Complications-** Surgery, especially longer procedures, may be associated with the formation of, or increase in, blood clots in the venous system. Pulmonary complications may occur secondarily to both blood clots (pulmonary emboli), fat deposits (fat emboli) or partial collapse of the lungs after general anesthesia. Pulmonary and fat emboli can be life-threatening or fatal in some circumstances. Air travel, 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. It is important to discuss with your physician any past history of blood clots or swollen legs that may contribute to this condition. Cardiac complications are a risk with any surgery and anesthesia, even in patients without symptoms. If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.
- **Additional Surgery Necessary:** There are many variable conditions that may influence the long-term result of a facelift. Secondary surgery may be necessary to obtain optimal results. 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 facelift surgery. 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. There will be no charge by the surgeon for corrections due to a problem with the original surgery. Facility or hospital fees cannot be waived.

«Practice_Name»
«Practice_Phone»
«Practice_Website»

Patient Name:
«Person_First_Middle_Last»

ADDITIONAL ADVISORIES:

Skin Disorders / Skin Cancer- A facelift is a surgical procedure for the tightening of skin and deeper structures of the face. Skin disorders and skin cancer may occur independently of a facelift.

Long-Term Results- Subsequent alterations in facial appearance may occur as the result of aging, weight loss or gain, sun exposure, pregnancy, menopause, or other circumstances not related to facelift surgery. Facelift surgery does not arrest the aging process or produce permanent tightening of the face and neck. Future surgery or other treatments may be necessary to maintain the results of a facelift operation.

Previous Surgical Scars- The presence of surgical scars from previous facial surgery may limit the amount of skin tightening that can be produced.

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 sexual activity until your physician states it is safe.

COVID-19 Infection:

If you were to become symptomatic with a COVID-19 infection during your recovery, it could increase your morbidity/mortality and complication rate. There are still many unknowns, and recommendations about COVID-19 do change rapidly. Please follow the updated local health recommendations regarding COVID-19 to protect yourselves and others on: www.denvergov.org/Government/COVID-19-Information.

By signing this consent, I understand I am opting for an elective treatment/procedure/surgery that is not urgent and may not be medically necessary. I understand that possible exposure to COVID-19 before/during/after my treatment/procedure/surgery may result in: a positive COVID-19 diagnosis, extended quarantine/self-isolation, additional tests, emergency room visits or hospitalization that may require medical therapy, Intensive Care treatment, possible need for short or long-term intubation/ventilator support, risk of death, and possible additional risks which may not currently be known at this time.

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

Patients, who are currently smoking, use tobacco products, or nicotine products (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 anesthesia and recovery from anesthesia, with coughing and possibly 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 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.

It is important to refrain from smoking at least 6 weeks before surgery and until your physician states it is safe to return, if desired.

Mental Health 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 surgeon, prior to surgery, any history that you may have of significant emotional depression or mental health issues. Although many individuals may benefit psychologically from the results of elective surgery, effects on mental health cannot be accurately predicted.

Medications- There are many adverse reactions that can occur as the result of taking over-the-counter, herbal, and/or prescription medications. Be sure to check with your physician about any drug interactions that may

«Practice_Name» «Practice_Phone» «Practice_Website»	Patient Name: «Person_First_Middle_Last»
---	--

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.

PATIENT COMPLIANCE

Follow all physician 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 activities need 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. It is wise to refrain from intimate physical activities after surgery until your physician states it is safe. It is important that you participate in follow-up care, return for aftercare, and promote your recovery after surgery.

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 which 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 this consent.

Medicine is not an exact science, so no guarantees can be made regarding complications or outcome. We do everything possible to ensure your safety, and strive for the best result in every case. We hope that you will also do your part by following your post-operative instructions, using good judgment, and letting us know if there are any problems.

Please ask any questions you may have regarding the surgery or potential risks prior to signing this form. Your signature means that you have had a chance to read and discuss the common risks associated with facelift surgery, and that you agree to proceed. A separate consent form from the hospital will also need to be signed for the medical record.

I CONSENT TO THE TREATMENT OF FACELIFT AND I HAVE READ THE ABOVE LISTED ITEMS. I AM SATISFIED WITH THE INFORMED CONSENT PROCESS

Patient or Person Authorized to Sign for Patient

Date

Witness

Date

«Practice_Name»
«Practice_Phone»
«Practice_Website»

Patient Name:
«Person_First_Middle_Last»