

Patient Name: _____

Out-Patient Anesthesia Consent

I, _____, hereby authorize the anesthesia department physicians and/or CRNA associates to administer anesthesia for my surgery. I have read, understood and will comply with all post operative and post anesthesia written instructions.

I will not drive home or use public transportation after my anesthesia for at least 24 hours. Someone I know will take me home and stay with me for at least 24 hours. I realize that impairment of full mental alertness may persist for several hours in the post anesthesia period and I will avoid any decision or activity post operatively which depends upon full concentration or mental judgment to insure safe completion of that activity. I will not drive a car, operate machinery, or ingest alcohol for twenty-four hours after leaving the surgical facility. I will have supportive postoperative care arranged prior to surgery.

The common problems that sometimes occur in anesthesia such as nausea, vomiting, sore throat, etc, have been explained to me and I understand them. I am advised that though problems are not expected, complications cannot be anticipated and that there can be no guarantee, expressed or implied, that there will be no complications.

Patient is a minor below 18 years of age, and we, the undersigned, are the parents or legal guardian of the patient and do hereby have legal authority to consent and do consent for the patient.

Print Name _____ Date _____
Signature _____
Witness _____

Patient Initials: _____

Patient Name: _____

Financial Policy Regarding Revision and Complications

Every surgeon has a few patients who will require revision or have some unforeseen complications requiring additional surgery. As you have been told, one cannot guarantee any results. In cosmetic procedures there are certain problems that will happen statistically, no matter how good the care or how careful the doctor and team. Some examples of problems that may be encountered are bleeding, infection, unfavorable healing, or scarring after a surgical procedure. In such cases, it may be necessary to return the patient to surgery, either on an emergency basis (as in the case with bleeding) or an elective basis (as in the case of scarring). While we may waive the surgeon's fee for elective minor revision surgery within 12 to 18 months from the original surgery date, patients are expected to pay any and all other expenses that arise as a result of treatment in hospital or outpatient settings such as anesthesia fees, hospital fees, medications, lab test, or X-rays, etc. Sometimes the patient will have insurance that will cover these revisions or complications. It depends upon the individual policy and how it is written. When a person does have insurance, the insurance company is billed for the surgeon's fee as well as the facility fees.

The vast majority of patients do not require additional surgery and we hope that no complication arises and no revision surgery is necessary in your case. However, no surgeon can guarantee this to patients. It is important for the patient undergoing an elective surgical procedure to understand this reality, risk and financial policy. If you have any questions regarding this policy, the office staff would be happy to discuss it with you.

My signature below, indicates that I understand and agree to the above policy.

Patient is a minor below 18 years of age, and we, the undersigned, are the parents or legal guardian of the patient and do hereby have legal authority to consent and do consent for the patient.

Print Name: _____

Signature: _____

Date _____

Witness: _____

Patient Initials: _____

Patient Name: _____

CONSENT FOR SURGERY / PROCEDURE or TREATMENT

1. I hereby authorize Dr. Shervin Naderi and such assistants as may be selected to perform the following procedure(s) or treatment(s):

2. I recognize that during the course of the operation and medical treatment or anesthesia, unforeseen conditions may necessitate different procedures than those above. I therefore authorize the above physician and assistants or designees to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.
3. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involves risk and the possibility of complications, injury, and sometimes death.
4. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.
5. I understand risks include but are not limited to Bleeding, Infection, Scarring, Distortion &/or Asymmetry, Pain, Numbness, Allergic reactions, need for further procedures or surgeries, dissatisfaction with results, mental distress, etc
6. I consent to the disposal of any tissue, medical devices or body parts which may be removed.
7. I authorize the release of my Social Security number to appropriate agencies for legal reporting and medical-device registration if applicable.
8. I agree to discuss any and all of my concerns with The Naderi Center and not discuss my experience on the internet.
9. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:
 - a. THE ABOVE TREATMENT OR PROCEDURE TO BE UNDERTAKEN
 - b. THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT
 - c. THERE ARE RISKS TO THE PROCEDURE OR TREATMENT PROPOSED

SIGN A OR B

A. I CONSENT TO THE TREATMENT OR PROCEDURE AND THE ABOVE LISTED ITEMS (1-9). I HAVE BEEN ASKED IF I WANT A MORE DETAILED EXPLANATION, BUT I AM SATISFIED WITH THE EXPLANATION, AND DO NOT WANT MORE INFORMATION.

Patient **or** Person Authorized to Sign for Patient (PRINT NAME & SIGN)

Date _____ Witness _____

B. I CONSENT TO THE TREATMENT OR PROCEDURE AND ABOVE LISTED ITEMS (1-9). I REQUESTED AND RECEIVED, IN SUBSTANTIAL DETAIL, FURTHER EXPLANATION OF THE PROCEDURE OR TREATMENT, OTHER ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT AND INFORMATION ABOUT THE MATERIAL RISKS OF THE PROCEDURE OR TREATMENT.

Patient **or** Person Authorized to Sign for Patient (PRINT NAME & SIGN)

Date _____ Witness _____

Patient Initials: _____

Patient Name: _____

Healing Body & Mind

“Once you have undergone the procedure you waited a long time for, it is time to be patient and wait, again, for your body to heal. Unfortunately, a surgeon’s scalpel is not a magic wand and healing will occur at different rates for different people. You must allow yourself to heal and be aware it is natural to be impatient for the results and a little anxious because you often look worse before you look better. Being aware this can happen will help you understand these normal feelings and changes.

Sharing your experience with friends and family can help give you a support system during your recovery, but realize they may unwisely make you question your decision with concerns during your recovery. While you may think that you are looking pretty rough around the edges, we may reassure you that you are healing beautifully. Trust us. We will share with you if there is a concern, so if we tell you that everything is healing normally, it is. **Do not let negative or critical comments from “friends” or family bring you down. They often do not comprehend the healing process and may make you feel more self conscious.** Do not judge early results based on casual photographs. Camera lenses may create unflattering artifact and distortion.

Your healing will depend on many things such as your general health, your willingness to follow instructions, and your mental attitude toward recovery as well as your genetic predisposition. **While I can perform the surgery, I cannot “heal” you and I cannot control how you heal.** It is up to you to be an active participant in your recovery process to help your body heal the best that it can. A certain degree of unpredictability or variability in results are inherently due to each patient’s genetics and healing process. I operate on living tissue and not a stationary block of granite. Your body will heal and will change over time and results change too with time.

Following all of our instructions is very important, as is working with us to address any issues that may arise. Even surgeries that are done exactly right, can have issues during recovery. It has to do with the human factor. We are not machines and every person can react differently and heal differently even when the surgery is done exactly the same. Every surgery has unexpected results from time to time since every patient is different.

It is important you approach your surgery and especially your recovery with the mindset that we are a team, and you are an integral part of that team. We must trust each other to be working for a common goal - your successful results. As the surgeon, I enjoy my work and strive to achieve an ideal result during every surgery for every patient. I have rigorous standards that my staff must meet in order to be involved in your care. I am looking forward to working with you to achieve a great result.

In the unlikely event that you have a complication, I am committed to working with you to resolution.

I need you to be just as committed to working with me under these circumstances.”

Shervin Naderi, MD, FACS

PRINT NAME: _____ Date: _____

SIGN: _____

Patient Initials: _____

THE NADERI CENTER FOR COSMETIC SURGERY & SKIN CARE, PLLC

Patient Name: _____

Today's Date: _____

Important General Surgical Risks

COMMON SYMPTOMS

Swelling and Bruising, Discomfort and Pain, Crusting Along the Incision Lines, Numbness, Itching, and Tingling, Nausea, Slight Bleeding, Changes in Smell and Nasal Drainage, Redness of Scars.

**** Some of these normal symptoms can also occur with infection or allergic reaction so always check with us when in doubt.*

COMMON RISKS

Hematoma; Bleeding; Inflammation and Infection; Thick, Wide, or Depressed Scars; Wound Separation or Delayed Healing; Sensitivity or Allergy to Dressings or Tape; Increased Risks for Smokers; Injury to Deeper Structures; Asymetric healing.

RARER COMPLICATIONS

Medical complications such as pulmonary embolism, severe allergic reactions to medications, cardiac arrhythmias, heart attack, and hyperthermia are rare but serious and life-threatening problems. Failure to disclose all pertinent medical data and medications before surgery may cause serious or fatal problems.

UNSATISFACTORY RESULTS & POSSIBLE NEED FOR REVISION SURGERY

All Cosmetic Surgery treatments and operations are performed to improve a condition, a problem or appearance. While the procedures are performed with a very high probability of success, disappointments may occur and results are not always acceptable to patients or the surgeon. Secondary procedures or treatments may be indicated. Occasionally, problems may occur that are permanent.

Possible Unsatisfactory Results: Asymmetry, unhappiness with the result, poor healing, etc. may occur. Minimal differences and asymmetries are usually acceptable and part of normal healing and human visage. Larger differences may require revision surgery.

_____ I understand that significant improvement is the goal but "perfect results" are subjective and often unrealistic.

_____ I understand that while symmetry is the goal, perfect symmetry is unrealistic.

_____ I understand that the healing process is different for each patient and it is out of Dr. Naderi's control.

_____ I understand that the goals of the surgery are improvement, not perfection.

_____ I understand that complete healing may take months to years and I have to be patient and occasionally minor touch-ups may be needed to account for variable healing.

_____ I understand that satisfaction and happiness with surgical results is subjective.

Signature: _____

Date: _____

Patient Name: _____

“Medications” to Avoid

If you are taking any medications on this list, they should be **discontinued 2 weeks prior to surgery - if it is OK'ed by your initial prescribing doctor or your primary care doctor. Only acetaminophen products, such as Tylenol, should be taken for pain.** All other medications, prescriptions (over-the-counter and herbal), that you are currently taking must be specifically cleared by Dr. Naderi prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by Dr. Naderi &/or your prescribing physician and the nursing staff. Many protein shakes, power bars or energy drinks may contain substances that may increase risk of bleeding as well.

Aspirin Medications to Avoid: *Affect blood clotting.*

| | | | |
|----------------------------------|-----------------------|-------------------------|--------------------------------|
| 4-Way Cold Tabs | Buffex | Gensan | Orphengesic products |
| 5-Aminosalicylic Acid | Butal/ASA/Caff | Goody's Extra Strength | Orudis products |
| Acetilsalicylic Acid | Butalbital Compound | Headache Powders | Oxycodone |
| Actron | Cama Arthritis Pain | Halfprin products | Pabalate products |
| Adprin-B products | Reliever | IBU | P-A-C |
| Aleve | Carisoprodol Compound | Indomethacin products | Pain Reliever Tabs |
| Alka-Seltzer products | Cataflam | Isollyl Improved | Panasal |
| Amigesic Argesic-SA | Cheracol | Kaodene | Pentasa |
| Anacin products | Choline Magnesium | Lanorinal | Pepto-Bismol |
| Anexsia w/Codeine | Trisalicylate | Ibuprohm | Percodan products |
| Arthra-G | Choline Salicylate | Lodine | Phenaphen/Codeine #3 |
| Arthriten products | Cope | Lortab ASA | Pink Bismuth |
| Arthritis Foundation products | Coricidin | Magan | Piroxicam |
| Arthritis Pain Formula | Cortisone Medications | Magnaprin products | Propoxyphene Compound products |
| Arthritis Strength BC Powder | Damason-P | Magnesium Salicylate | Robaxisal |
| Arthropan | Darvon Compound-65 | Magsal | Rowasa |
| ASA | Darvon/ASA | Marnal | Roxeprin |
| Asacol | Diclofenac | Marthritic | Saleto products |
| Ascriptin products | Dipenturn | Mefenamic Acid | Salflex |
| Aspergum | Disalcid | Meprobamate | Salicylate products |
| Asprimox products | Doan's products | Mesalamine | Salsalate |
| Axotal | Dolobid | Methocarbarnol | Salsitab |
| Azdone | Dristan | Micrainin | Scot-Tussin Original 5-Action |
| Azulfidine products | Duragesic | Mobidin | Sine-off |
| B-A-C | Easprin | Mobigesic | Sinutab |
| Backache Maximum Strength Relief | Ecotrin products | Momentum | Sodium Salicylate |
| Bayer Products | Empirin products | Mono-Gesic | Sodol Compound |
| BC Powder | Equagesic | Motrin products | Soma Compound |
| Bismatrol products | Etodolac | Naprelan | St. Joseph Aspirin |
| Buffered Aspirin | Excedrin products | Naproxen | Sulfasalazine |
| Bufferin products | Fiorgen PF | Night-Time Effervescent | Supac |
| Buffetts 11 | Fiorinal products | Cold | Suprax |
| | Flurbiprofen | Norgesic products | Synalgos-DC |
| | Gelpirin | Norwich products | |
| | Genprin | Olsalazine | |

Patient Initials: _____

**The Naderi Center for Cosmetic Surgery
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| | | | |
|-------------|-------------------|---------------|----------------------|
| Talwin | Trilisate | Ursinus-Inlay | Willow Bark products |
| Triaminicin | Tussanil DH | Vanquish | Zorprin |
| Tricosal | Tussirex products | Wesprin | |

Ibuprofen Medications to Avoid

Affect blood clotting.

| | | | |
|---------------------|------------------|---------------------|-------------------|
| Acular (ophthalmic) | Haltran | Nabumetone | Rhinocaps |
| Advil products | Indochron E-R | Nalfon products | Sine-Aid products |
| Anaprox products | Indocin products | Naprosyn products | Sulindac |
| Ansaid | Ketoprofen | Naprox X | Suprofen |
| Clinoril | Ketorolac | Nuprin | Tolectin products |
| Daypro | Ibuprin | Ocufen (ophthalmic) | Tolmetin |
| Dimetapp Sinus | Ibuprofen | Oruvail | Toradol |
| Dristan Sinus | Meclofenamate | Oxaprozin | Voltare |
| Feldene | Meclomen | Ponstel | |
| Fenoprofen | Menadol | Profenal | |
| Genpril | Midol-products | Relafen | |

Avoid ALL Diet Aids – Including Over-the-Counter & Herbal

Intensify anesthesia, serious cardiovascular effects.

Tricyclic Antidepressants to Avoid

Intensify anesthesia, cardiovascular effects.

| | | | |
|---------------|--------------------|---------------|--------------|
| Adapin | Doxepin | Maprotiline | Tofranil |
| Amitriptyline | Elavil | Norpramin | Triavil |
| Amoxapine | Endep | Nortriptyline | Trimipramine |
| Anafranil | Etrafon products | Pamelor | Vivactil |
| Asendin | Imipramine | Pertofrane | |
| Aventyl | Janimine | Protriptyline | |
| Clomipramine | Limbitrol products | Sinequan | |
| Desipramine | Ludiomil | Surmontil | |

Other Medication to Avoid: Affect blood clotting.

| | | | |
|---------------------|----------------------|---------------------|----------------|
| 4-Way w/ Codeine | Dalteparin injection | Macrochantin | Sinex |
| A.C.A. | Dicumerol | Mellaril | Sofarin |
| A-A Compound | Dipyridamole | Miradon | Soltice |
| Accutrim | Doxycycline | Opasal | Sparine |
| Actifed | Emagrin | Pan-PAC | Stelazine |
| Anexsia | Enoxaparin injection | Pentoxifylline | Sulfinpyrazone |
| Anisindione | Flagyl | Persantine | Tenuate |
| Anturane | Fragmin injection | Phenylpropanolamine | Tenuate Dospan |
| Arthritis Bufferin | Furadantin | Plavix | Thorazine |
| BC Tablets | Garlic | Prednisone | Ticlid |
| Childrens Advil | Heparin | Protarnine | Ticlopidine |
| Clinoril C | Hydrocortisone | Pyrroxate | Trental |
| Contac | Isollyl | Ru-Tuss | Ursinus |
| Coumadin (Warfarin) | Lovenox injection | Salatin | Virbamycin |

Patient Initials: _____

**The Naderi Center for Cosmetic Surgery
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Salicylate Medications, Foods & Beverages to Avoid

Affect blood clotting.

| | | | |
|-------------------------------|---|---------------------|--------------|
| Amigesic (salsalate) | Pabalate | Almonds | Garlic |
| Disalcid (salsalate) | Pepto-Bismol (bismuth subsalicylate) | Apples | Ginger |
| Doan's (magnesium salicylate) | Salflex (salsalate) | Apricots | Grapes |
| Dolobid (diflunisal) | Salsalate | Blackberries | Pickles |
| Magsal | Salsitab (salsalate) | Boysenberries | Prunes |
| Pamprin (Maximum Pain Relief) | Trilisate (choline salicylate + magnesium salicylate) | Cherries | Raspberries |
| Mobigesic | | Chinese Black Beans | Strawberries |
| | | Cucumbers | Tomatoes |
| | | Currants | Wine |

Vitamins and Herbs to Avoid

Affect blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage. Note: Just because it is not of this list does not mean that it is safe to take while preparing for surgery.

| | | | |
|----------------|-----------------|----------------|------------------------|
| Ackee fruit | Devil's club | Goldenseal | Muwort |
| Alfalfa | Dong Quai root | Gotu Kola | Nem seed oil |
| Aloe | Echinacea | Grape seed | Onions |
| Argimomy | Ephedra | Guarana | Papaya |
| Barley | Eucalyptus | Guayusa | Periwinkle |
| Bilberry | Fenugreek seeds | Hawthorn | Selenium |
| Bitter melon | Feverfew | Horse Chestnut | St. John's Wort |
| Burdock root | Fo-ti | Juniper | Valerian/Valerian Root |
| Carrot oil | Garlic | Kava Kava | "The natural Viagra®" |
| Cayenne | Ginger | Lavender | Vitamin E |
| Chamomile | Gingko | Lemon verbena | Willow bark |
| Chromium | Gingko biloba | Licorice root | Yellow root |
| Coriander | Ginseng | Ma Huang | Yohimbe |
| Dandelion root | Gmena | Melatonin | |

If you are taking anything not on this list, please call the office at (703) 481-0002 or (301) 222-2020 to notify us and make sure that it is okay.

Patient Initials: _____

Patient Name: _____

Today's Date: _____

**Informed Consent: Cosmetic & Functional Nasal Surgery –
(Rhinoplasty; Revision Rhinoplasty; Septoplasty; Turbinate Reduction;
Nasal Trauma Repair)**

INSTRUCTIONS

This is an informed-consent document that has been prepared to help inform you about Cosmetic & Functional Nasal Surgery, its risks, and alternative treatments.

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 facial plastic surgeon.

GENERAL INFORMATION

Surgery of the nose (Cosmetic & Functional Nasal Surgery) is an operation frequently performed by facial plastic surgeons. This surgical procedure can produce changes in the appearance, structure, and function of the nose. Cosmetic & Functional Nasal Surgery 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. This operation can help correct birth defects, nasal injuries, and help relieve some breathing problems.

There is not a universal type of Cosmetic & Functional Nasal Surgery that will meet the needs of every patient. Cosmetic & Functional Nasal 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" Cosmetic & Functional Nasal Surgery procedure. In some situations, cartilage grafts, taken from within the nose or from other areas of the body (ear, ribs, frozen rib, etc) may be recommended in order to help reshape the structure of the nose. Fascia or Alloderm may also be needed during surgery. Internal nasal surgery to improve nasal breathing can be performed at the time of the Cosmetic Nasal Surgery.

The best candidates for this type of surgery are individuals who are looking for improvement, not perfection, in the appearance and function of their nose. In addition to realistic expectations, good health and psychological stability are important qualities for a patient considering Cosmetic & Functional Nasal Surgery. Cosmetic & Functional Nasal Surgery can be performed in conjunction with other surgeries.

ALTERNATIVE TREATMENT

Alternative forms of management consist of not undergoing the Cosmetic & Functional Nasal Surgery. Certain internal nasal airway disorders may not require surgery on the exterior of the nose. Risks and potential complications are associated with alternative surgical forms of treatment. Occasionally fillers may be injected to the nose for a "non surgical Rhinoplasty." Medical management of sinus disorders and allergies may be necessary by your general Otolaryngologist or Primary Care doctor.

Patient Initials: _____

Patient Name: _____

Today's Date: _____

RISKS OF COSMETIC & FUNCTIONAL NASAL SURGERY SURGERY

Every surgical procedure involves a certain amount of risk and it is important that you understand these risks and the possible complications associated with them. In addition, every procedure has limitations. 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 facial plastic surgeon to make sure you understand the risks, potential complications, and consequences of Cosmetic & Functional Nasal Surgery.

Bleeding- It is possible, though unusual, to experience a bleeding episode during or after surgery. Intra-operative blood transfusions may be required. Should post-operative bleeding occur, it may require an emergency treatment to drain the accumulated blood or blood transfusion. Hypertension (high blood pressure) that 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. Do not take any aspirin or anti-inflammatory medications for ten days before or after surgery, as this may increase the risk of bleeding. Non-prescription "herbs" and dietary supplements and drinks can increase the risk of surgical bleeding. Hematoma can occur at any time following injury. If blood transfusions are necessary to treat blood loss, there is the risk of blood-related infections such as hepatitis and HIV (AIDS). Heparin & Coumadin and Plavix medications that are used to prevent blood clots in veins can produce bleeding and decreased blood platelets. Control of bleeding may require packing, cauterization, embolization or further surgical treatments.

Infection- Infection is unusual after surgery. Should an infection occur, additional treatment including antibiotics, hospitalization, or additional surgery may be necessary. Toxic Shock is a very rare type of life threatening infection, usually as a result of Nasal Packing.

Scarring- All surgery creates and 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. Your body creates scar tissue. 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. There is the possibility of visible marks in the skin from sutures. In some cases scars may require surgical revision or treatment. Scars are permanent.

Damage to Deeper Structures- There is the potential for injury to deeper structures including nerves, tear ducts, blood vessels, muscles, brain, and lungs (pneumothorax) during any surgical procedure. The potential for this to occur varies according to the type of Cosmetic & Functional Nasal Surgery procedure being performed. Injury to deeper structures may be temporary or permanent &/or life threatening.

Change in Skin Sensation- It is common to experience diminished (or loss) of skin sensation in areas that have had surgery. There is the potential for permanent numbness within the nasal skin after Cosmetic & Functional Nasal Surgery. The occurrence of this is not predictable. Diminished (or loss) of skin sensation in the nasal area may not totally resolve after Cosmetic & Functional Nasal Surgery.

Patient Initials: _____

**The Naderi Center for Cosmetic Surgery
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Today's Date: _____

Asymmetry- The human face is normally asymmetrical. There can be a variation from one side to the other in the results obtained from Cosmetic & Functional Nasal Surgery. Additional surgery may be necessary to attempt to revise asymmetry but perfect symmetry is often unrealistic and impossible. Your body will create scar tissue which will change the symmetry of the nose with time.

Skin Discoloration / Swelling- Some bruising and swelling normally occurs following Cosmetic & Functional Nasal Surgery. 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.

Seroma- Fluid accumulations infrequently occur in between the skin and the underlying tissues. Should this problem occur, it may require additional procedures for drainage of fluid.

Pain- You will experience pain after your surgery. Pain of varying intensity and duration may occur and persist after Cosmetic & Functional Nasal Surgery. Chronic permanent pain may occur very infrequently from nerves becoming trapped in scar tissue.

Allergic Reactions- In rare cases, local allergies to tape, suture materials and glues, blood products, topical preparations or injected agents have been reported. Serious life threatening systemic reactions including shock (anaphylaxis) may occur to drugs used during surgery and prescription medications. Allergic reactions may require additional treatment.

Delayed Healing- Fracture disruption or delayed wound healing is possible. Some areas of the nose may not heal normally and may take a long time to heal. Areas of skin may die or necrose. This may require frequent dressing changes or further surgery to remove the non-healed tissue. **Smokers and Revision patients have a greater risk of skin loss and wound healing complications.**

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.

Nasal Septal Perforation- Infrequently, a hole in the nasal septum will develop. The occurrence of this is rare. Additional surgical treatment may be necessary to repair the nasal septum. In some cases, it may be impossible to correct this complication. Crusting, whistling or nasal collapse may occur with varying side holes.

Nasal Airway Alterations- Changes may occur after a Cosmetic &/or Functional Nasal Surgery that may interfere with normal passage of air through the nose. "Runny nose" or "dry nose" may be a side effect of nasal surgery. Sometimes these problems become psychologically and physically overbearing.

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 vaso-constrictive drugs such as cocaine or Afrin are at risk for major complications including poor healing and nasal septal perforation.

Patient Initials: _____

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Today's Date: _____

Skin Contour Irregularities- Contour irregularities may 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. Occasionally this is permanent.

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. "Permanent sutures" may need to be removed surgically.

Unsatisfactory Result- Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained. You, &/or your friends and family, may be disappointed with the results of your Cosmetic &/or Functional Nasal Surgery. This would include risks such as asymmetry, loss of function, structural malposition, unacceptable visible or tactile deformities, unsatisfactory surgical scar location, poor healing, wound disruption, and loss of sensation. It may be necessary to perform additional surgery to attempt to improve your results.

Shock- In rare circumstances, your surgical procedure can cause severe trauma, particularly when multiple or extensive procedures are performed. Although serious complications are infrequent, infections or excessive fluid loss can lead to severe illness and even death. If surgical shock occurs, hospitalization and additional treatment would be necessary.

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 life threatening complications occur, you may require hospitalization and additional treatment. A dropped lung can occur as a risk of anesthesia &/or rib harvest from your chest wall.

ADDITIONAL ADVISORIES

GRAFTS, etc- During Cosmetic & Functional Nasal Surgery the surgeon may require additional graft material. Septal cartilage is usually the first choice but ear cartilage, rib cartilage, Frozen rib cartilage, Temporalis fascia, Alloderm, etc, are some other potentially necessary grafts or materials for your surgery. **Additional scars, risks and costs may be associated with these but they are used only if needed for the best possible results.**

Skin Disorders / Skin Cancer- Cosmetic & Functional Nasal Surgery is a surgical procedure to reshape of both internal and/or external structure of the nose. Skin disorders and skin cancer may occur independently of a Cosmetic & Functional Nasal Surgery.

Patient Initials: _____

Patient Name: _____
Today's Date: _____

Long-Term Results- Subsequent alterations in nasal appearance do occur as the result of healing after Cosmetic & Functional Nasal Surgery, or as a result of aging, weight loss or gain, sun exposure, exercise, pregnancy, menopause, or other circumstances not related to Cosmetic & Functional Nasal Surgery. Future surgery or other treatments may be necessary.

Female Patient Information- It is important to inform your facial plastic surgeon if you use birth control pills, estrogen replacement, or if you believe you may be pregnant. Many medications including antibiotics may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy.

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.

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 Disorders 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 disorders. Although many individuals may benefit psychologically from the results of elective surgery, effects on mental health cannot be accurately predicted. Happy and optimistic patients often do better after elective surgery.

Patient Initials: _____

**The Naderi Center for Cosmetic Surgery
& Skin Care, PLLC**

Patient Name: _____

Today's Date: _____

MEDICATIONS- There are many adverse reactions that 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 exist with medications which you are already taking. If you have an adverse reaction, stop the drugs immediately and call your doctor 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. Patients who are or have taken Accutane for treatment of acne or any other reason cannot undergo elective surgery for at least 6-12 months after stopping the medication. Serious scarring may result otherwise.

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 activity needs to be restricted. Protective dressings and splints should not be removed unless instructed by your facial plastic surgeon. Successful post-operative function and outcome depends on both surgical technique, your body's healing course, and subsequent care. Physical activity that increases your pulse or heart rate may cause bruising, swelling, scar tissue, fluid accumulation and the need for return to surgery. It is wise to refrain from intimate physical activities &/or exercise 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. It is important to discuss your concerns with your surgeon rather than ignore them, or discuss them with others who do not know the details of your surgery and intra-operative findings.

HEALTH INSURANCE

Most health insurance companies exclude coverage for cosmetic surgical operations or any complications that might occur from cosmetic surgery. If the procedure corrects a breathing problem or marked deformity after a nasal fracture, a portion may be covered. **Many insurance plans exclude coverage for secondary or revisionary surgery.** Please carefully review your health insurance subscriber-information pamphlet. You may be responsible for fees not covered by your insurance.

FINANCIAL RESPONSIBILITIES

The cost of surgery involves several charges for the services provided. The total includes fees charged by your doctor, the cost of surgical supplies, anesthesia, laboratory tests, and hospital charges, depending on where the surgery is performed. Depending on whether the cost of surgery is covered by an insurance plan, you will be responsible for necessary co-payments, deductibles, and charges not covered. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day surgery charges involved with revisionary surgery would also be your responsibility. Your facial plastic surgeon or his/her practice is not responsible for any such fees.

Patient Initials: _____

Patient Name: _____

Today's Date: _____

ADDITIONAL SURGERY NECESSARY

There are many variable conditions that may influence the long-term result from Cosmetic & Functional Nasal Surgery. Secondary surgery may be necessary to obtain improved 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 Cosmetic & Functional Nasal 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 or even multiple surgical procedure. Your body's healing is out of your or your surgeon's control and contributes significantly to your final outcome.

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 facial 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 the consent on the next page.

Patient Signature: _____

(Parent Signature – if under 18): _____

Print Name: _____

Date: _____ **Witness:** _____

Patient Initials: _____

PHOTOGRAPHIC AUTHORIZATION AND RELEASE

I, _____, authorize The Naderi Center for Cosmetic Surgery & Skin Care, PLLC, Shervin Naderi, MD, FACS, and/or his representative(s), to take photographs, slides or videotapes of me or parts of my body for medical purposes to be used for my care, medical presentations, marketing, literature, case presentation. These photographs will **not** be sold by The Naderi Center or used for other purposes by The Naderi Center. I authorize the use of these images, without compensation to me. I understand that photography is an integral part of cosmetic surgery and important for patient care. **I understand that no surgery or procedure may be done unless I consent to photography**; This is to be able to review before and after results of the surgery or procedure for comparison.

I understand that:

1. Such photographs, slides or videotapes may be published by Dr. Naderi and/or The Naderi Center for Cosmetic Surgery & Skin Care, PLLC in any print, visual, or electronic media including, but not limited to, medical journals and textbooks, scientific presentations and teaching courses, and Internet web sites, for the purpose of informing the medical profession or the general public about plastic surgery methods. I understand that such uses may also include marketing on behalf of Dr. Naderi, for which Dr. Naderi may receive direct or indirect remuneration.
1. **I will not be identified by name in any of the media described above**; however, I also understand that in some circumstances the photographs, slides, or videotapes may display features that identify me.
2. **I CAN CHOOSE TO HAVE MY EYES BLOCKED OR SHADED**: Please check here
3. **I CAN CHOOSE TO ONLY HAVE MY NOSE, LIPS, or NECK VISIBLE**: Please check here
4. **I CAN CHOOSE TO ONLY HAVE MY PICTURE TAKEN FOR IMAGING PURPOSES**: Please check here
5. I have the right to revoke this authorization in writing at any time and, if I decide to do so, I must present my written revocation to The Naderi Center. A revocation shall not affect any release of information made prior to revocation in reliance upon this Authorization. If I do not revoke this authorization, it shall not expire.
6. I may refuse to sign this authorization without such refusal affecting the medical treatment I receive from Dr. Naderi and/or The Naderi Center for Cosmetic Surgery & Skin Care, PLLC.
7. The information disclosed under this Authorization, or some portion thereof, is protected by state law and/or the federal Health Insurance Portability and Accountability Act of 1996 ("HIPAA"). Any disclosure of information carries with it the potential for an unauthorized redisclosure and the information may not be protected by applicable federal and/or state confidentiality rules.
8. A copy of this Authorization is valid as the original. I have received a copy of this Authorization. I may inspect or copy information to be used or disclosed under this authorization, as provided by federal and/or state law.
9. By consenting I agree to discuss any and all of my concerns with The Naderi Center and not discuss my experience on the internet.

I release and discharge Dr. Naderi and/or The Naderi Center for Cosmetic Surgery & Skin Care, PLLC from all liability that in any way arises out of:

- any and all rights that I may have or may have had in the photographs, slides or videotapes of me that I have authorized to be used and disclosed in this Authorization; and
- any claim that I may have or may have had relating to such use and disclosure of those photographs, slides or videotapes of me, including any claim for payment in connection with any distribution or publication of them in any medium.

This Authorization is made as a voluntary contribution in the interest of public education and I certify that I have read this Authorization and Release carefully and fully understand its terms.

If I have questions about the use or disclosure of my photographs, slides, or videotapes, I can contact **The Naderi Center** at (703) 481-0002 or 301-222-2020. If under 18, guardian or parent must sign.

Print Name _____

Date _____

Signature _____

Witness _____

Dr. Naderi's Pre and Post Operative Instructions

- Make sure all your questions & concerns are answered by Dr. Naderi &/or his staff prior to the actual surgery.
- Arrange your post-operative appointment time before your surgery. Most major surgeries will need to be seen in the office for follow-up the very next day after surgery and again in 5 to 7 days later.
- Fill all your prescriptions prior to surgery. Start taking your antibiotics 24 hours before your surgery **if your surgery will be under local anesthesia**. For other types of anesthesia, you will start your antibiotics immediately after your surgery.
- You may take your blood pressure, seizure & heart medicines with a small sip of water the morning of your surgery.
- Stop taking Aspirin 2 weeks prior to surgery. Ibuprofen, Motrin, Alleve, Advil and all NSAIDs will make you bleed excessively as well. Only take Tylenol for aches & pain within 2 weeks of your surgery if OK'ed by your family doctor.
- High dose Vitamin E, Fish oil, Herbal supplements and health food store products, drinks or power-bars often make you bleed excessively as well. Avoid these 2 weeks prior to surgery. If in doubt, check with your doctor.
- If you Take Coumadin or Plavix or Aspirin, check with your family doctor to make sure these are OK to be stopped with enough time prior to surgery. (5 days to 2 weeks depending on medication type)
- Drink plenty of fluids the afternoon prior to surgery as well as after your surgery to avoid dehydration and fainting spells.
- Make sure you are well nourished. You need energy and protein to heal properly. This is no time to diet! A simple Multi-vitamin is a good supplement as is extra Vitamin C.
- Make sure you do not eat or drink past midnight the night before surgery IF YOU ARE being sedated or being put to sleep for surgery.
- Take a shower the morning of your surgery and wash your face and hair with an antibacterial soap & mild shampoo. **DO NOT USE ANY MAKE-UP** or products on your face or hair after your shower or after your surgery until cleared by Dr. Naderi.
- Wear loose fitting & comfortable clothes with a shirt that buttons down the front. (No tight or crew – neck collared shirts)
- Make sure you have someone drive you to your surgery and pick you up afterwards. Make sure you have a friend or relative stay with you for at least 24 hours after your surgery. (You cannot drive or stay alone). You may choose to stay at the Hospital the night of your surgery.
- Use Hydrogen Peroxide on a Q-tip to **clean all** your incisions and suture lines then cover the area with a thick layer of antibiotic ointment. Do this at least 4 times a day for 14 days on all areas that are NOT covered by brown tape or dressing, or if the tape should fall off before your follow-up appointment.
- You may have certain incisions covered with brown 3M Micropore tape or "Steri-strip" tape for up to 3-4 weeks. You will use 3 layers of tape on the incisions as instructed. This usually applies to skin lesion or mole excision sites. If using tape, do not use ointment as this will make the tape slip off. But do the cleaning with Hydrogen Peroxide before re-taping.
- **Use Cool Compresses** to decrease swelling: Purchase new baby washcloths (or gel packs.) Make an ice-water bath in a clean bowl. Soak the washcloths, then drench them out till moist and cold and use these on your face as "cool compresses." 20 minutes on and 20 minutes off. **DO NOT** place actual ice-packs or frozen peas on your face. Do not get your splint or dressing wet.
- No lifting over 10 lbs and no bending over for 10 days. You may NOT exercise for 2 weeks. Refrain from intense sexual activity for 2 weeks. No contact sports for 3 months.
- Sleep with your head up on 2-3 pillows or on a recliner for at least 1 week after surgery to reduce swelling. Also sleep by yourself so your partner does not inadvertently hit your face while asleep.
- **When in doubt - call!** Call with any questions or any signs of allergic reaction (redness, indurations, itching) or infection (redness, swelling, pain, pus, discharge, blisters, or fever) or excess bleeding or broken sutures. **(703-481-0002 or 301-222-2020)**

- Always check with your family physician, psychiatrist, neurologist, heart, or diabetes doctors as well as eye doctor if it's OK for you to have surgery and anesthesia. We require a clearance letter from them most of the time prior to scheduling surgery.
 - You **will** have bruising. It may take up to 3 weeks or longer for complete resolution but after 10 days you can cover the areas with water-based make-up. **YOU WILL HAVE SWELLING. THIS IS A NORMAL PART OF THE HEALING PROCESS.** About 70% of the swelling will usually be gone by one month and 90% should be gone by 6 months. BE PATIENT and feel free to ask questions. You will have 'lumps & bumps' and irregularities and slight asymmetries. These should even out with time as the swelling resolves. **IT IS ALSO NORMAL to get depressed or anxious before and especially after your surgery.** Understanding this will help you get through it. Sometimes an anti-depressant or Valium prescribed by your family physician can help you get through this period. Do not feel ashamed or frustrated. Everyone goes through this to different degrees. The end results are what counts. Avoid being affected by negative comments from ill-advised "friends" or relatives.
-

SPECIFIC PROCEDURES:

- ***For Nose Surgery:*** Do not get your splint wet! The splint must stay on for one full week. You will have some bloody discharge from your nose for several days. This is normal. Do not wipe your nose. Change the small gauze dressing under your nose as needed. **DO NOT BLOW** your nose or **SNIFF** forcefully for 2 weeks. (You will have swelling inside your nose as well as outside, which will make breathing out of your nose difficult). Clean the inside of your nostrils with hydrogen peroxide soaked Q-tips and apply antibiotic ointment at least 4 times a day. (Place the entire cotton tip head gently inside your nose but no deeper! This correlates to about 1/4 inches inside the nose). Use the Q-tip to "paint" the peroxide into the nose and allow it to dissolve the blood scabs. Do not scrub aggressively. Purchase "Nasal Saline Spray" and start gently spraying every 2-3 hours, starting about 5 days after your surgery, to soften up the dry blood and crusts inside your nose. Keep a stiff upper lip. Avoid excess smiling for one week. Brush your teeth with a baby toothbrush. Take frequent sips of water **through a straw** to avoid your throat drying out due to the constant mouth-breathing. Use Vaseline on your lips to avoid chapping. **If you have to sneeze, do it with your mouth open.** **Do not wear glasses on your nose for at least 4 weeks.** If you develop a brisk nose bleed, sit in a recliner....take a pain pill....put cool compress cloths across your face and eyes and hold pressure on each side of the **base** of your nostrils for 10 minutes. You may use 2-3 sprays of **Afrin or Neosynephrine spray** in your nose and repeat in 10 minutes if necessary. Call if the bleeding is excessive or concerning. Go to the nearest Emergency Room when in doubt. You will usually be seen the next day and then again 5-7 days after your surgery to get sutures and the splint removed. Routine follow-ups are usually at 1, 3, 6 and 12 months after surgery. Please visit www.VirginiaRhinoplasty.com for more instructions.
- ***For Resurfacing patients (Laser, Chemical peel, Dermabrasion...):*** Clean the areas 4 - 6 times a day with tap-water soaked cotton balls. Pad dry, then cover with a **THICK** layer of **Vaseline ointment**. Also get in the shower and let plain cool water clean your face another 2 times a day. Do not use soap or products on your face. **Do not let your face dry or scab.** Call if you have excess pain, or individual ulcers or pustules on your face as this may be signs of infection or a herpes outbreak. Take your antibiotic and antiviral medicines as prescribed. Stay out of the sun completely. For the next 3 months you must use sun-block and a hat. Most of the time you will be using a "**bleaching**" cream skin preparation for 4 weeks prior to your **procedure**. Stop this the day before your procedure and do not restart until 4 weeks after your procedure as instructed by Dr. Naderi. Stop Retin-A products 1 week prior to the procedure. **Start your Anti-viral medication 72 hours prior** to the procedure and continue for the full 10 day course.

- ***For Eyelid Surgery patients:*** You may have swelling, blurry vision, excess tearing or dry eyes for several weeks. Pain, burning, or scratchy eyes may be a sign of inadequate lubrication and require immediate attention. **LUBRICATE, LUBRICATE, LUBRICATE** using the antibiotic eye ointment prescribed for the first week then use **Artificial Tears** and **Lacrilube** thereafter. Use cool compresses as described above. Clean your incisions as described above 4 times per day but apply antibiotic EYE OINTMENT instead of regular antibiotic ointment. Do not get Peroxide in your eyes! Also place the prescribed eye ointment & eye drops inside your eye **WITHOUT** pulling down on the lower eyelid. **DO NOT** use contacts, false lashes, or makeup until instructed by Dr. Naderi. Call immediately if you have excessive pain or sudden swelling or change in vision.
- ***For Facelift & Neck lift patients:*** Empty the drain bulbs as shown by recovery room nurses. You will have a dressing with drains for the first night. These will be removed on your one-day follow-up appointment. You will be instructed to wear a chin-strap for an additional few days. Watch for 'goose egg' shaped areas of swelling as these may be fluid collection. Clean your incisions around the ears and apply ointment as described above 4 times per day without pulling on the ear. Get in the shower at least once a day starting 2 days after your surgery and wash your hair with baby shampoo. Make sure you also do this prior to your one-week appointment to help make your suture & staple removal more comfortable. Wear shirts that button down the front to prevent tearing your earlobes. **DO NOT** rub your face or neck, or turn your head from side to side to allow the lifted skin to adhere to the underlying muscle. Turn your head, neck and shoulders as one unit. **For men: DO NOT SHAVE for 3 days before and 10 days after your surgery.** You may not drive for at least one week. **Call immediately if there is excess pain or swelling** as this may be a sign of acute fluid or blood collection under the skin. Five to 8% of all patients will get fluid collections that need to be evacuated. **YOU MUST NOT SMOKE or use Nicotine products** for 3 weeks before and 3 weeks after surgery! Large parts of your skin will likely die if you smoke or use Nicotine, as Nicotine compromises blood flow to the skin!!! This is not something to be taken lightly!
- ***For Ear Surgery patients:*** You will wear an elastic post-op Velcro strap around your ears for one week after surgery. Purchase a sport type **elastic** head-band. You will wear this for 3 additional weeks at bedtime to avoid inadvertent trauma to the ears. Clean the incisions and apply ointment 4x/day without pulling on the ear. Take your antibiotics as instructed.
- ***For cheek and chin implant patients (and Mid-face lift):*** Rinse the inside of your mouth gently with half strength hydrogen peroxide 3-4 times a day and after meals. This is to keep the sutures clean. Take your antibiotics as there is always a slight chance of infection with implants. DO NOT manipulate your face or sleep on your face for 3 weeks to prevent shifting of the implant.
- ***For brow/forehead lift patients:*** Wash your hair gently with baby shampoo. Avoid rubbing or massaging your scalp aggressively during your shower to allow the scalp to adhere back down. You will have numbness of your scalp followed by some tingling and itching for several months. Rarely this may be permanent. Your hair may go through a "shock phase" and thin out initially. These are all normal and will resolve with time. Do not use hair products other than mild baby shampoo. Hair loss at the incision sites may be permanent.
- ***For Fat Injection patients:*** Wash your face 3 times a day gently with a mild soap like Ivory Soap. Keep some antibiotic ointment on the very tiny incisions 3-4 times a day. Wear your elastic or Ace wrap around the fat-harvest site as instructed for the week after surgery to prevent fluid collection.
- ***For Scar Revision & Mole or Skin Cancer patients:*** Keep your incisions clean and scab and crust free. Dr. Naderi may ask you to clean the area with dilute peroxide then cover with Antibiotic ointment 3-4 times a day. Alternatively, he may have taped the area with Steri-strips or brown Micropore tape. In such cases, leave the tape on if clean and dry and intact. If the tape is coming off on its own, then take the tape off, wash, dry and re-tape in the same manner as before. Continue this for 3 weeks after surgery. Call with

questions or signs of irritation or allergic reaction or infection. Ask when in doubt. Your sutures (if any) will often be removed 3-7 days after surgery.

- ***For neck liposuction & Submentoplasty patients:*** Your dressing will be removed the day after surgery and you will be given an elastic Velcro strap to wear at all times for a few days after surgery. Avoid excess head or neck movement. Call if you see any swelling under your chin as this may represent fluid collection. Slight little lumps and bumps are normal for a few weeks. These should resolve over time.
- ***For Lip Implant patients:*** Clean your incisions with half strength peroxide and use antibiotic ointment on the area 3-4 times a day. Avoid excess mouth or lip movement and do not use straws nor smoke for 3 weeks. Use a small tooth brush to brush your teeth. Take your antibiotics. Start the antibiotics 48 hours before surgery.
- **Call 703-481-0002 or 301-222-2020 with questions or comments. You can email us with less urgent questions at info@nadericenter.com**
- **Call 911 to be taken to the nearest Emergency Room if you have an emergency or cannot reach your doctor.**
- **Visit our websites, www.NaderiCenter.com or www.VirginiaRhinoplasty.com or www.RhinoplastySpecialistSurgeon.com for additional information.**

“Good luck and enjoy your experience. Cosmetic Surgery is an elective luxury and you should enjoy it. We are here every step of the way to prepare you and make this as easy as possible for you.”

The Naderi Center Staff

Patient Name: _____

Pre-Operative Shopping List

The following is a list of items that should be purchased prior to surgery in order to prepare for and more easily recover from surgery.

- 1) **Prescriptions** – have your prescriptions filled prior to surgery to save time on the way home when you won't be feeling up to stopping at the pharmacy.
- 2) **Tylenol** (Acetaminophen) – If you are not allergic to it. This will be the drug of choice once you do not need the prescription strength pain medications. **(No Aspirin, Ibuprofen, Aleve or other NSAIDs)**
- 3) **Centrum Multivitamins** – to take prior to surgery and during your recovery for maximum health. (No herbal supplements or other Vitamin supplements)
- 4) Antibacterial soap, such as **Dial, Safeguard, or Lever 2000** – to bathe with the night and morning prior to surgery in order to minimize germs.
- 5) **Straws** – you need to drink a lot of fluids after surgery in order to help keep hydrated and straws will help you drink more.
- 6) **Baby Wash Cloths or “Gel Packs”** – these are great as “cool compresses” for facial areas. Get 2-4 packages so that you can soak in an ice-water bowl & use as much as possible for the first 48 hours after surgery. But do not get your nose cast wet for the first 5-7 days.
- 7) **Bacitracin** or other antibiotic ointment.
- 8) **Q-tips** – Used for cleaning of incision
- 9) **Hydrogen Peroxide** – Used for cleaning of incisions
- 10) **Arnica** – An herbal supplement that can reduce swelling and bruising if started 1-3 days prior to surgery and continued for several days after surgery
- 11) **Gentle foods** – to encourage eating and not upset the stomach initially.
 - Clear Soda (not diet): Ginger Ale, 7-Up, Sprite
 - Plain crackers, saltine not buttery
 - Soups, water based not cream based
 - Pudding / Applesauce
 - Jello
 - Boost or Ensure** protein shakes

Patient Initials: _____

Patient Name: _____

The Pills & Supplements I Take

All medications and supplements affect the body and all have side effects in addition to their benefit. Many can actually cause problems when you are undergoing surgery. The most common problem is reduced blood clotting which can mean difficulty stopping bleeding, increased bruising, and delayed healing. More serious problems can be high or low blood pressure, cardiovascular concerns and interactions with anesthesia medications. Any of these can cause serious complications or potentially fatal reactions.

If you take any medications – prescriptions, over-the-counter, vitamins or herbal supplements or if you are on a “special diet” – make sure that you give a complete list to Dr. Naderi and his staff so that they can make the appropriate decision regarding their safety. Many health food store supplements or drinks may contain such problematic ingredients or herbal medications. A list of “Medications to Avoid” is available for your convenience in this packet, while preparing for surgery. It is thorough, but not comprehensive, as new drugs are released regularly. Please call the office, or your pharmacy, or your primary care doctor, if you feel the need to take anything not on the list and not previously indicated as safe.

Please initial **Yes** or **No** for each item:

Yes No I take, or have taken within the last 2 weeks, **diet pills**
(prescription, over-the-counter, vitamin or herbal).
If Yes, please list what & when

Yes No I take, or have taken within the last 2 weeks, **supplements, power drinks, bars.**
(The potential for herbal preparations to cause a problem is real.)
If Yes, please list what & when

Yes No I take, or have taken within the last year, **Accutane**
If Yes, please list what & when

Yes No I have been informed of which medications to avoid and will do so.

By signing below, I, _____, certify that the above information is true and complete. Furthermore, I acknowledge that any omission of information or taking the wrong pill prior to surgery can have an adverse affect on me and I accept full responsibility for all consequences if I disregard these instructions. I will also notify The Naderi Center of any changes.

List of medications or supplements:

Signature _____ Date _____

Witness _____

Patient Initials: _____

Patient Name: _____

Your Anesthesia Experience

Anytime you undergo anesthesia, your general health condition must be considered. Depending on your age and your health history, you may need preoperative testing such as blood work and possibly an EKG &/or a "letter of medical clearance" from your primary care doctors. This is done to ensure that your current health does not put you at any additional unnecessary risk while under anesthesia.

You will be required to abstain from food and drinks at least 12 hours prior to your surgery if you are having anything beyond just local anesthesia. This is done for your protection to empty your stomach to prevent aspiration of food or fluid from the stomach into the lungs during anesthesia.

Prior to the day of surgery, your anesthesiologist will have questions for you regarding your health, height, smoking or drug use, weight and past anesthesia experiences. Complete and honest answers are required to assist your anesthesiologist in planning and administering the safest level of anesthetic possible.

As you wake up from your anesthesia, your vitals will still be monitored closely for usually another hour or more. Often you will be given additional medications for discomfort and/or nausea. Once you are awake and aware, you may be released to a responsible adult to go home with, or you have the option to be transferred to a room at the hospital for the night. You may not drive yourself after receiving General Anesthesia or Sedation and you will need a responsible adult with you for at least the first 24 hours after surgery.

Please follow the post-operative instructions on our website at nadericenter.com closely regarding supervision requirements and activity restrictions. Adequate hydration will help in your recovery.

If you have further questions or concerns regarding your anesthesia experience, you may contact the **Anesthesia Department** at INOVA Fair Oaks Hospital at **703-391-3500 option 3** or the Anesthesia Department of the Hospital which you are having surgery.

Patient Initials: _____