

CONSULTATION DATE:

PATIENT NAME:

DOB:

## INFORMED-CONSENT-BLEPHAROPLASTY SURGERY INSTRUCTIONS

This is an informed consent document that has been prepared by Dr Mounir to inform you about blepharoplasty, the risks, and the alternative treatments.

At your initial consultation Dr Mounir has educated you as completely as possible regarding the procedure. Then, he did ask that you think the procedure over so that you feel comfortable with your decision.

After your surgery has been scheduled, you will either return to the clinic for a second visit or have an e-consultation called a "re-discussion". At that time, you will meet once again with Dr Mounir and he will ask you to sign these consent forms. It is important that you read this information carefully and completely.

**It's a legal requirement that you do read this form carefully.**

Please bring these forms with you on the day of your surgery. Please initial each page, indicating that you have read the page and sign the last page, which is the consent for surgery as proposed by Dr Mounir.

## GENERAL INFORMATION ABOUT BLEPHAROPLASTY

Blepharoplasty is surgery you do not need, it is totally/purely elective. Therefore, we must have a long consultation for your education. Also, realistic expectations are the key to success. An educated patient's goals and expectations will hopefully be realistic.

### INTRODUCTION:

Blepharoplasty is a surgical procedure to remove excess skin and sometimes muscle from both the upper and lower eyelids along with underlying fatty tissue. Blepharoplasty can improve drooping skin and bagginess. It can help improve vision in older patients who have hooding of

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their upper eyelids. Although it can add an upper eyelid crease to the Asian eyelid, it will not erase evidence of one's racial or ethnic heritage. **Blepharoplasty will not remove "crow's feet" or other wrinkles, eliminate dark circles under the eyes, or lift sagging eyebrows.**

Blepharoplasty surgery is customized for every patient, depending on his or her particular needs. It can be performed alone involving upper, lower or both eyelid regions, or in conjunction with other surgical procedures of the eye, face, brow, or nose. Eyelid surgery cannot stop the process of aging. It can, however, diminish the look of loose skin and bagginess in the eyelid region.

#### WHY CONSIDER THIS PROCEDURE?

For yourself only. The decision to have this procedure must be for you, not for or because of anyone else. Occasionally it can be done for a documented visual field deficit.

#### ALTERNATIVE TREATMENTS

Alternative forms of management include not treating the skin laxness and bagginess in the eyelids by surgery. Improvement of skin laxness, fatty deposits and skin wrinkles may be accomplished by other treatments or surgery such as a brow lift when indicated. Other forms of eyelid surgery may be needed should you have disorders affecting the function of the eyelid such as drooping eyelids from muscle problems (eyelid ptosis) or looseness between the eyelid and eyeball (ectropion). Minor skin wrinkling may be improved through chemical skin-peels or other skin treatments. Risks and potential complications are associated with alternative forms of treatment.

#### Goal of Blepharoplasty:

The objective is to make you look as good as we can for who you are. Certain limitations exist due to a person's own anatomy (skin type, bone structure, etc.).

- How long will it last? The average patient has about 10 years until the present condition has recurred.
- Can be done under Local or sedation or general
- Sutures will be "pulled out" in about 7 days in Clinic or Outpatient
- Return to normal activities after 7 to 10 days
- You will be reviewed Post-operatively at Day 7 and week 6.

What could happen after the surgery:

•Discoloration/Swelling	•Tightness/relaxation
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•Scars/ Asymmetry of the scar (*)	•Discomfort (pain/sensitivity)
•Lumps/ Irregularities/Asymmetry	•change in eye contour
•Dryness/excess tearing	•Psychological depression
•Sensitivity	•Restricted activity
•Asymmetry	•Numbness Itching

### **RISKS OF BLEPHAROPLASTY SURGERY**

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although most patients do not experience the following complications, you should discuss each of them with Dr. Mounir to make sure you understand the risks, potential complications, and consequences of blepharoplasty surgery.

- **Bleeding:** It is possible, though unusual, to have a bleeding episode during or after surgery. Bleeding may occur under the skin or internally around the eyeball. Should you develop post-operative bleeding, it may require emergency treatment or surgery. Do not take any aspirin or anti-inflammatory medications for ten days before surgery, as this may contribute to a greater risk of a bleeding problem. Hypertension (high blood pressure) that is not under good medical control may cause bleeding during or after surgery. Accumulations of blood under the eyelids may delay healing and cause scarring. **Blindness-** Blindness is extremely rare after blepharoplasty. However, it can be caused by internal bleeding around the eye during or after surgery. The occurrence of this is not predictable. This bleeding causes pain that would be noticeable to the patient, who is then instructed to call Dr. Mounir.
  
- **Infection:** Infection is very rare after surgery. Should an infection occur, additional treatment including antibiotics might be necessary.
  
- **Scarring:** Although good wound healing after a surgical procedure is expected, abnormal scars may occur both within the eyelid and deeper tissues. In rare cases, abnormal scars may result. Scars may be unattractive and of a different colour than surrounding skin. There is the possibility of visible marks in the eyelid or small skin cysts from sutures.

Additional treatments may be needed to treat scarring. There is a charge for additional surgery.

- Damage to deeper structures: Deeper structures such as nerves, blood vessels, and eye muscles may be damaged during the course of surgery. The potential for this to occur varies with the type of blepharoplasty procedure performed. Injury to deeper structures may be temporary or permanent.
- Dry eye problems: Permanent disorders involving decreased tear production can occur after blepharoplasty. The occurrence of this is rare and not entirely predictable. Individuals who normally have dry eyes may be advised to use special caution in considering blepharoplasty surgery.
- Asymmetry: The human face and eyelid region is normally asymmetrical. There will be a variation from one side to the other following a blepharoplasty surgery.
- Chronic pain: Chronic pain may occur very infrequently after blepharoplasty.
- Skin disorders/skin cancer: A blepharoplasty is a surgical procedure to tighten the loose skin and deeper structures of the eyelid. Skin disorders and skin cancer may occur independently of eyelid surgery.
- Ectropion: This complication is associated with lower blepharoplasty (please ignore if you are having upper Blephs done only) Ectropion means displacement of the lower eyelid away from the eyeball is a rare complication. This can occur temporarily after surgery and respond with taping of the eyelid. Further surgery may be required to correct this condition. There is a charge for additional surgery. Corneal exposure problems Some patients experience difficulties closing their eyelids after surgery and problems may occur in the cornea due to dryness. Should this rare complication occur, additional treatments or surgery and treatment might be necessary.
- There is the possibility of a poor result from eyelid surgery. Surgery may result in unacceptable visible deformities, loss of function, wound disruption, and loss of sensation. You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results. Additional surgical

procedures such as a **browlift** may be needed to correct eyebrow sagging, which contributes to **upper eyelid** problems. There is a charge for additional surgery

- Allergic reactions: In rare cases, local allergies to tape, suture material, or topical preparations have been reported.
- Systemic reactions, which are more serious, may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.
- Eyelash hair loss- Hair loss may occur in the lower eyelash area where the skin was elevated during surgery. The occurrence of this is not predictable. Hair loss may be temporary or permanent.
- Delayed healing: Wound disruption or delayed wound healing is possible.
- Long term effects: Subsequent alterations in eyelid appearance may occur as the result of aging, weight loss or gain, sun exposure, or other circumstances not related to eyelid surgery.
- Blepharoplasty surgery does not arrest the aging process or produce permanent tightening of the eyelid region. Future surgery or other treatments may be necessary to maintain the results of a blepharoplasty.
- Anaesthesia Both local and general anaesthesia involve risk. There is the possibility of complications, injury, and even death from all forms of surgical anaesthesia or sedation.
- Vision Change: Rarely, the patient may experience temporary or permanent change in vision-both near and far vision can become blurry. This usually resolves as the swelling subsides, but can take up to 6 months, and may be permanent, requiring corrective lenses. We recommend a pre-op visit to your ophthalmologist to diagnose any underlying refractive disorders or other eye disease.
- Risk of Deep Venous Thrombosis (DVT): While we realize it may be inconvenient for you, we do recommend stopping all extra hormones prior to surgery, because these can increase your risk for a blood clot in your leg.
- For our patients who are on birth control pills, please discontinue these-- but don't forget another type of barrier contraception! For our more mature patients taking HRT (hormone replacement therapy), we regret you may have increased symptoms related to menopause, but once again, we believe it is worth the inconvenience to increase your safety
- **ADDITIONAL SURGERY NECESSARY** There are many variable conditions in addition to risk and potential surgical complications that may influence the long-term result of eyelid

surgery. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with blepharoplasty surgery. Other complications and risks can occur but are uncommon. Should complications occur, additional surgery or other treatments may be necessary.

- NO GUARANTEE 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.
- REVISION POLICY On occasion, surgical revision (i.e. return to the O.R. for emergency reasons such as infections, bleeding etc.). It may be indicated following the original surgery. If planned or performed within (1) year after the surgery, there will be no charge by Dr. Mounir, but a facility fee will be charged by the hospital for the use of the operating room or treatment room.
- By signing these forms, you acknowledge that we have done the following:
  - 1. Dr Mounir has explained the procedure in as much detail as requested for each patient.
  - 2. You have read through together, with verbal explanations as needed, the consent forms and allowed ample time for questions.
  - 3. You are aware that the pictures on drmounir.com do show a range of results obtained. Dr Mounir did explain that these pictures are of different individuals and the result of every person is different- including the complications of bleeding, infection, scarring and asymmetry.
  - 4. You have been provided with information on the post- op period as well as what to expect for the future. 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.

## **PROCEDURE OR TREATMENT**

Patient full name:

Signature and date:

1. I hereby authorize Dr. Mounir and such assistants as may be selected to perform the following procedure or treatment:

BLEPHAROPLASTY (upper - lower- please circle)

I have received the following information sheet:

**OP02 Lite Blepharoplasty**

2. I recognize that during the course of the operation and medical treatment or anaesthesia, unforeseen conditions may necessitate different procedures than those above. I therefore authorize Dr. Mounir and assistants or designees to perform such other procedures that are in the exercise of her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to Dr. Mounir at the time the procedure is begun.
3. I consent to the administration of such anaesthetics considered necessary or advisable. I understand that all forms of anaesthesia involve 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 consent to the photographing or televising of the operation(s) or procedure(s) to be performed, including appropriate portions of my body, for medical, scientific or educational purposes, provided my identity is not revealed by the pictures.
6. For purposes of advancing medical education, I consent to the admittance of observers to the operating room.
7. I consent to the disposal of any tissue, medical devices or body parts which may be removed.
8. 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
9. I, \_\_\_\_\_, have reviewed this Informed Consent with Dr. Mounir and have had all my questions answered to my satisfaction.

Patient full name:

Signature and date:

Patient's signature:	Date:
Date of Birth:	Address:

Patient full name:

Signature and date: