

SUMMARY OF INFORMATION DISCUSSED AND UNDERSTOOD

This document is a list of the potential limits and adverse effects of the treatments that you may be considering including the implications both to your personal health and in terms of lost time, costs and attendance for further treatment.

Please note that by necessity it covers a wide range of complications, but that serious complications are uncommon or rare. Please ensure that you understand aspects that relate to your treatment before signing and undergoing your treatment. If you have any questions or concerns, contact Mr Saeed's secretary to arrange clarification by phone or further consultation – Mr Saeed is happy to do this and encourages you to do this.

General aspects and areas discussed:

General advice on health and well-being including advice on smoking, alcohol consumption, UV exposure and risks, exercise and healthy eating.

General medical advice if applicable re; other health conditions such as cardiorespiratory conditions, hypertension, diabetes, and advice on psychological / social aspects of a condition to the limits of MR Saeed's experience and training. Advice to arrange / referral to other health professionals as required.

Use of photo / video images, diagrams and available literature during consultation as applicable.

The treatment options available including no treatment, non-surgical treatment options and weight loss if applicable.

Unknown risks of oral anti-bruising agents eg arnica. Risks of concurrent medication eg aspirin.

Importance of aftercare and the need to keep all follow-up appointments:

Gentle activity until tissues strong enough to support normal activity (see specifics below)

Non-interference with dressings unless instructed to or complications arise, keeping wounds/dressings dry as instructed. Protecting surgical sites from sources of infection / infective environments / activities that could lead to infection. Scar care advice including massage with non-allergenic lotion / ointment as appropriate and avoidance of UV exposure. Avoidance of 'scar reducing' agents eg Bio-Oil or Arnica due to undocumented effects on scars. Use of ice-packs if applicable and need to protect skin from cold damage.

Taking of medications as instructed.

Importance of timely contact with Mr Saeed / his team in the event of complications.

Cost implications of further treatment if complications arise / out of failure to comply with post-treatment instructions.

BOTOX FACE

Discussion about the nature of Botox and it's mechanism of action as we understand it, its longevity and the time taken for it to take effect, the limits to its effect and the results of drift into non-target areas and implications of this including drooping of the eyes and other facial muscle weaknesses.

Discussion about local effects such as redness, swelling, bruising as well as complications such as bleeding, infection, nerve damage. There is a small amount of human albumin from donors to stabilise Botox and this could theoretically lead to disease transmission. Alternatives discussed and the rare reported severe adverse effects of Botox.

Discussion about aftercare including the need to gently wash the face away from the eyes and mouth in the first few days following Botox treatment, the need to avoid high G forces and time to allow all injection sites to heal before applying any products to the face (typically up to 12 hours).

BOTOX HYPERHIDROSIS

Discussion about the mode of action as we understand it, the expected longevity of four to six months and the limits to efficacy . In some patients it is less / not effective. There is also a suggestion in the scientific evidence that smaller doses seem to be required with patients undergoing regular treatment. Botox can have adverse



effects such as non-target muscle weakness and very occasional serious effects have been reported in the literature. Botox injections can cause redness, irritation and rarely infection. Discussion about complications such as bleeding, nerve damage. There is a small amount of human albumin from donors to stabilise Botox and this could theoretically lead to disease transmission. Aftercare and the importance of taking things very gently until the Botox is fixed, the need to avoid high G forces, which we estimate takes two to five days and to avoiding massaging the area which might move the Botox to a non-target area. Again this takes two to five days.

