

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.

FILLERS SPECIFICS

Discussion on the use of absorbable fillers in detail including the filler range used (Juvederm, Restylane) and the different types available as well as the mechanism of action and the longevity of a given product in this range. Ultimately the filler will decrease in volume but sometimes the area injected can be palpable as a firm area almost certainly due to collagen deposition at the site of injection. This is not normally visible but can be felt by the patient. The limits of filler treatment including the correction that can be achieved and the sites at which it can be safely used.

Expected effects such as redness, bleeding points, swelling and bruising and the recovery time, which varies from a few hours for small amounts to 36 – 48 hours on average.



After care including the need to take things gently, avoiding make up on injection ports for around 12 hours, and the need to wash the face gently.

Discussion of complications including bleeding, infection , nerve damage resulting in movement / sensory loss which can be permanent. asymmetry, over correction, under correction and the effects of pre-existing asymmetry. Permanent skin discolouration and embolus of product into end arteries which can cause severe complications affecting the skin (skin or soft tissue loss), lips (loss of lip tissue) or optic nerve (loss of sight). Allergic or toxic reactions to local anaesthetics or the product and the implications of these.

