

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.

PLATLET RICH PLASMA SPECIFICS

The role of platelet rich plasma used in an attempt to improve survival of the fat transfer if applicable. Our current understanding of platelet rich plasma and its potential benefits in improving skin complexion and texture and potentially improving hair loss. Explanation that there is no guarantee of a visible effect.

Evolution of this treatment from the treatment of scars and conditions such as tennis elbow.

Course of the procedure and recovery time as well as after care including the need to avoid putting on makeup onto the sites until they have closed (typically 12 hours) and gently washing the face. Gentle activity for 24 hours. Discussion about expected effects such as swelling, redness, bruising which typically settle very quickly as well as potential risks including bleeding, infection and adverse scarring or skin discolouration.

Allergic or toxic reactions to local anaesthetics and the implications of these.

