

Rhinoplasty Consent

The purpose of cosmetic rhinoplasty is to enhance the aesthetic appearance of the nose by reshaping its structure to achieve greater facial harmony and balance. This elective surgical procedure aims to address individual concerns such as nasal asymmetry, bumps, width, or tip shape, ultimately improving the patient's self-image and confidence while maintaining or improving nasal function.

Understanding the Risks and Benefits

I understand the goal of this surgery is to improve the aesthetic appearance of the nose. I also understand that:

- Surgery has **no guaranteed outcome**.
- **Risks** may include pain/discomfort, infection, bleeding, reaction to local anesthesia, scar, septal perforation, persistent nasal obstruction, poor cosmetic outcome, incomplete resolution, irregularities, skin damage, need for additional procedures.
- Rare but serious risks include major complications or even death.

Alternatives to Surgery

I understand that I have options, including:

- No treatment
- Filler
- Botox/Dysport

Each has its own risks and benefits, which have been discussed with me.

Patient Acknowledgment

I've had the chance to ask questions, and all answers were clear. By signing, I agree to have the procedure done and understand everything explained above.

Post-Operative Instructions

Following these instructions will help your healing process and reduce the chance of complications:

What to Expect After Surgery

- **Bleeding or mucous:** It is normal to have nasal bleeding or mucus oozing at least 2-3 days after surgery
- **Frequent dressing changes:** It is normal to change the gauze pad 10-15 times per day or once every hour for the first few days after surgery
- **Dry or congested nasal passages:** Use saline sprays, 3-4 sprays per nostril at least 3-4 times per day for 2 weeks after surgery. It takes about 2 months for the lining of the nose to heal completely so your nose may be stuffy or runny at times until it heals completely.

When to Call the Office or Visit the ER

- Severe pain that is not controlled by the pain medication prescribed
- Severe or worsening swelling and bruising
- Severe bleeding
- Eye swelling
- Vision changes or double vision after surgery
- Fevers over 100.4 degrees

Wound Care

- **Apply antibiotic ointment:** Apply antibiotic ointment 2-3 times daily to the incision
- **Keep the Incision Clean and Dry:** Follow the instructions provided for cleaning the incision site. Use mild soap and water if instructed and pat the area dry with a clean towel.
- **Dressings:** Change dressings as directed by Dr. Caceres. Keep the wound covered as recommended to protect it from bacteria and dirt.
- **Avoid Picking or Scratching:** Do not pick at scabs or scratch the incision area, as this can lead to infection and increased scarring.
- **Using Afrin:** Only use Afrin to reduce nasal bleeding. Call the office to inform provider Afrin usage occurred.

Activity Restrictions

- **Rest:** No heavy lifting (over 20 lbs), vigorous exercise, or bending for 2 weeks
- **Return to normal slowly:** Most take about 1 week off work/school

_____: Patient Initials

Kevin Caceres, MD

1615 Pasadena Ave South Suite 220 Saint Petersburg, Florida 33707

Phone (727) 870-3223 Fax (727) 870-4223

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Patient Name:

DOB:

MRN:

Rhinoplasty Consent

- **No driving** if taking narcotic pain meds

Medications

- **Prescription pain meds:** Take only as needed.
 - If pain is tolerable, take **Tylenol** instead of the prescription. Follow the Tylenol bottle to dose.
- **Antibiotics:** Take as prescribed and finish the full course.
- **Other medications:** Follow instructions carefully.

Avoid Smoking & Alcohol

- **No smoking:** Slows healing and increases risks
- **Avoid alcohol:** For at least 2 weeks, as it interferes with healing and medications

Scar Care (if applicable)

- **Scar treatments:** You may be advised to use silicone sheets, scar creams, or ointments once the incision has healed
- **Massage:** Gentle massage can reduce scar tissue buildup
- **Sun protection:** Keep the area covered or use sunscreen to prevent darkening of the scar

Follow-Up Appointments

- **Attend all appointments** with Dr. Caceres to monitor healing
- **Report any unusual symptoms:** Redness, warmth, drainage, or worsening pain

Additional Tips

- Use **ice packs** as directed to reduce swelling.
- Keep your head elevated if recommended.
- Wear loose, comfortable clothing.

Patient Acknowledgment

By signing below, I confirm that:

- I have read or had this form explained to me
- I understand the risks, benefits, and alternatives
- I agree to follow all post-operative instructions
- I consent to the procedure by Dr. Caceres and his team

Patient / Agent / Guardian Signature

Witness Signature

Date Signed

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