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Dear Patient/ Legal Representative;

You have got information about the state of your health (health of your patient), medical treatment recommended for you, surgical or diagnostic procedures and their alternatives, advantages, risks and possible damages. You have a right to reject or approve them fully or partially, or stop their performance at any stage of their performance if you want to do so.

We would like to you to read this document and understand information about medical implementations in order to get your consent for their performance, not to scare or make you give up on treatment.

INFORMATION

Preliminary Diagnosis:.....

.....

PLANNED TREATMENT/PROCEDURE:

.....

NAME/SURNAME OF PHYSICIAN WHO PERFORMS THE PROCEDURE:

.....

INFORMATION ABOUT THE PROCEDURE:

The nose is an organ which is located in the middle of the face and is of a high importance in terms of looks and breathing

Initiatives for the nose should be planned very well in all aspects and should be carried out gracefully.

With aesthetic nose surgery, the size of the nose can be reduced, the shape of the nose tip can be changed, the nostrils can be narrowed, widened, the angle between the upper lip and the nose can be changed. This operation can help correct the congenital disorders, nasal injuries and some respiratory problems. You should tell your complaints about your nose to your doctor with all the details. It should be discussed in detail whether you have any complaints about breathing, if it is related to the seasons, if it increases with activities, whether it causes problems such as dry mouth, headache, snoring and runny nose. It should be reported whether there are previous traumas and a If the patient has important ailments in the past and the drugs he / she has been using, he / she should definitely inform the doctor. Disturbances of and expectations about the shape should be explained.

It is applied under general or local anesthesia. It is performed in two ways as Septorhinoplasty and Open Rhinoplasty. Your doctor will decide on these incision forms called open or closed. In open surgery, a scar can be seen on the anterior part of the nose, which is rarely visible to the naked eye. This scar is not the mistake of the physician. It is about your skin type. According to the intervention that needs to be done, your doctor can cut and file the nasal bones, add cartilage parts and fix these parts with suture or medical adhesives, put tampons or fixation - support materials in the nose. At the end of the surgery, you can perform covering operations such as bandages and plaster outside your nose.

EXPECTED BENEFITS:

In this surgery, the convenience of the patient's face shape and bone structure are evaluated together, and a better view and function is tried to be provided by the patient and the physician



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as a result of a common consensus. A perfect nose can never be guaranteed. Conditions that disrupt the functions of the nose are tried to be corrected.

ALTERNATIVES OF THE PROCEDURE, IF ANY:

The alternative to rhinoplasty is not have a operation. Some ailments in the inner part of the nose can be treated without the need for surgery on the outer part of the nose. There are risks and complications in rhinoplasties, which are accompanied by treatments that include attempts to correct airway conditions such as septoplasty.

RESULTS CAN BE ENCOUNTERED IF THE PROCEDURE IS NOT APPLIED:

In this surgery, the convenience of the patient's face shape and bone structure are evaluated together, and a better view and function is tried to be provided by the patient and the physician as a result of a common consensus. A perfect nose can never be guaranteed. Conditions that disrupt the functions of the nose are tried to be corrected. If the process is not applied, the benefits cannot be obtained.

ESTIMATED DURATION OF THE OPERATION

Although the duration of the operation varies according to the characteristics of your nose, it may take 1-5 hours.

RISKS AND COMPLICATIONS OF THE PROCEDURE:

Possible Problems And Risks In Aesthetic Nose Surgery:

Each surgical procedure involves a number of risks. As with any surgery, there may be some undesired situations after the nose surgery. It is important to understand the risks of aesthetic nose surgery. Personal choices that will be used for the surgical operation are taken from comparison of risks and the good results. Although most patients are not covered by complications, you should discuss with your doctor to make sure you understand these possible outcomes. These are divided into two as early and late period (stage) problems.

PROBLEMS OF EARLY STAGE:

There may be nausea after surgery. There are drugs to reduce and control this.

After the operation, leakage is expected from the nostrils and checked with a gauze placed on the tip of the nose in the first hours. The leak continues to decrease more clearly in the first hours (first 24-48 hours) and usually changes color from red to yellow. Although it is not a common situation, bleeding might occur during the surgery or after it. If an excessive bleeding occurs after the operation, emergency treatment might be required to stop it or to extract the accumulated blood (hematoma). Do not use medications such as aspirin 10 days before the operation as they might increase the risk of bleeding.

When intranasal tampon is applied, the patient might have a sense of sneezing. Patients think they are cold and sick. In fact, this feeling depends on the tampon and disappears quickly when the tampon is removed. A rare complication in surgeries is Infection. The use of antibiotics for protective purposes at the beginning of the surgery reduces this possibility a lot. A tampon is placed in your nose and if signs such as fever and chills occur on the second day of the operation, the tampon should be removed immediately. In such a case, the doctor should be informed. If there is a painful swelling anywhere in your nose and increased sensitivity with touch in the following days, this may be the precursor of a starting infection if you feel indulgent. In this case, your examination is done and you will be able to recover quickly with an infection treatment that will begin.

Another problem that could be encountered at this period is unintentional impacts. While light blows are not a problem, severe blows can cause deformities. In such a case, the doctor should be informed.



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Problems of Late Stage:

Respiratory problems may occur. This may be due to surgery, as it may be due to the fact that an existing preoperative problem is not corrected or that a current but not noticeable condition is still more apparent with some maneuvers performed in the operation. Also, allergic reasons may cause respiratory problems. Problems with appearance are another late complication.

Problems with appearance are another late period complication. The most common situation among them is the transfer of some problems related to the shape of the nose before the swelling has completely recovered in the early postoperative period. It is undoubtedly normal to wait for the result to be obtained as soon as possible in aesthetic surgeries. However, it should be remembered that recovery after surgery will take a long time and there may be swelling that changes during the day. Secondary interventions called revision may be required for undesirable situations after the nose takes its final shape. The most important way to reduce secondary interventions is a detailed discussion about preoperative expectations and what can be done. There are some limits for each case, depending on the structural features of the nose, and these should be discussed thoroughly.

For example, in cases where the skin of the nose is thick, it takes a longer time for the nose tip to form. Sometimes it may be necessary to inject a small amount of cortisone in the nose tip to speed up this process.

Another problem is nasal curvatures. Sometimes curvature in cartilage and bone can be in a few planes. In this case, even if the surgery performed is planned and performed in detail, some degree of curvature may remain or develop over time, although it is much than before surgery. If there is such a possibility, you will be told before the operation and how much improvement will be told.

OTHER PROBLEMS

Nose septum perforation: Surgery can cause the formation of holes in the middle part of the nose. This condition is rare. However if it occurs, additional surgical treatment may be required to close the hole in the nasal septum.. In some cases, it may not be possible to correct this complication.

Numbness: After aesthetic nose surgeries, permanent numbness is likely to develop in the nasal skin due to damage to the nerve fibers due to separation from the skeleton under the nasal skin, but this does not always develop.

Chronic pain: Chronic pain after aesthetic nose surgeries is a very rare complication.

Allergic reactions: There are very rare cases where local allergies have developed to the patches, used bands, suturing materials or topical preparations used. More serious ones such as systematic reactions may be avoided by medication during or after operation. Allergic reactions may require additional treatment.

Late Healing: It is possible for the fractures to separate or delay healing. Some areas of the nose may heal abnormally or slowly. Some areas in the skin may be lost. Frequent dressing or surgical intervention may be required to clear tissue that is not healing.

Long-Term Effects: Subsequent changes in the appearance of the nose may be caused by aging, sun effect, or other causes not related to nasal surgery. Surgery or other treatments may be necessary in the future.

Unsatisfactory Result: There is a possibility of dissatisfaction after aesthetic nose surgery. Surgical treatment can cause deformities, loss of function, or displacement of the nasal structures, which can be felt with unsatisfactory appearance or touch.



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Anesthesia: Both local and general anesthesia involves risk. In all kinds of the sedation or surgical anesthesia, complications, wounding, and even death may happen.

Risk And Complications of Suggested Treatment:

- Nose bleeding may develop. There may be accumulation of blood in the operation area, the wound is opened again and emptied.
- There is a risk that the area where the surgery incision was made may become infected. Abscess may occur in the middle part of the nose, additional surgery may be required.
- There may be bruising and swelling in the nose, cheeks and around the eyes. Bruising and swelling around the nose passes within 7-30 days, while the swelling on the back of the nose can last for months. Rarely, a permanent darkening may occur under the eyes.
- Changes in skin tissue, redness, small sores, spotting, congestion in the vessels may be a hole in the intranasal support cartilage. Deformities may occur in the shape of the nose.
- The tear sac may be affected, there may be a decrease in smell, nasal congestion, and a hole in the nasal support cartilage. Deformities may occur in the shape of the nose.

PROBABLE UNDESIRABLE EFFECTS OF THE MEDICATION AND MATTERS TO BE CONSIDERED:

Use the drugs recommended by your doctor in accordance with the instructions for use. Your doctor will inform you about the possible undesirable effects of the drugs and the points to be considered.

MATTERS TO BE CONSIDERED BY PATIENT BEFORE AND AFTER THE PROCEDURE:

- Do not blow up your nose unless said after your operation. If necessary, gently wipe your nose with tissue paper. If there is discharge, replace the tampon under the nose until it stops. Do not touch the tampon inside the nose.
- When you raise your head with 2 or more pillows, you will notice that you sleep more comfortably. This position reduces the swelling in your nose due to the operation on your face.
- The nose plaster will remain in place for 5-10 days and will be removed by your doctor. Never fiddle with this plaster and keep it dry.
- Avoid foods that require strong chewing or long chewing. It is necessary to make a slight salt restriction for 1 month in your daily diet and nutrition.
- Rest more than usual. Avoid forceful activities such as sports or sexual intercourse for 15 days.
- Gently brush your teeth gently with just a soft toothbrush. Avoid excessive or long conversations for 10-14 days.
- You can wash your face without wetting the plaster. Instead of a shower, you can only take baths covering the lower part of your body. If there is no one to help you, do not wash your hair for a week. Do not wet the plaster on the nose.
- Avoid excessive facial movements like laughter for a week. Always stay away from sun or sun baths for 6 weeks. Heat can cause swelling in your nose.
- Wear clothes attached from the front or back for a week. Stay away from t-shirts or steep-necked sweaters that may be worn over the head.
- Do not swim for a month. Because injuries occur frequently while swimming.



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- After removing the dressings, there may be some swelling and discoloration in the nose, eyes and upper lip. This is a natural course and usually disappears within 2-3 weeks, it takes several months to fully recover.
- Do not wear prescription or sunglasses that sit on your nose for at least 4 weeks. Then you will be shown how to wear glasses without putting pressure on the nose. Contact lenses can be used 2-3 days after surgery.
- After your doctor removes the bandage or plaster on the nose; The scalp can be gently cleaned with a mild soap or Vaseline skin lotions. Please be gentle and careful during this cleaning. Makeup can be applied after removing the dressings. Various makeup materials can be used to hide the color change.
- Follow the post-surgery recommendations during discharge, contact your doctor in unexpected situations such as signs of infection, bleeding or suspected bleeding.
- Take your medicines as and when your doctor recommends.
- Do not neglect your reassessment appointments.

PROBLEMS THAT MAY ARISE IN CASE OF NOT PAYING ATTENTION TO THE MATTERS THAT MUST BE CONSIDERED:

If you do not pay attention to the matters to be considered, your doctor will inform you about the problems you may experience.

HOW TO GET MEDICAL HELP ON THE SAME MATTER WHEN NEEDED:

Accepting the treatment / surgery is a decision you make with your free will. If you change your mind you can personally apply to our hospital/ hospitals which perform this kind of treatment/ operation. **Phone: 0850 811 3400**

Medical research: To review clinical information from my medical records to advance medical study, medical research and doctor education; I give consent on the condition of adhering to the patient privacy rules in the patient rights regulation. As long as the results of the research maintain patient confidentiality, I give my approval for publication in the medical literature. I am aware that I may refuse to participate in such work and that this refusal will not in any way affect my treatment negatively.



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APPROVAL

I have read the information above and I have been informed by the doctor who signed below. I was informed about the purpose, causes and benefits, risks, complications, alternatives and additional treatment interventions of the treatment. I approve this procedure under no influence and consciously, without needing any additional explanation.

I authorize a person named to give consent and to receive all kinds of information about my treatment when I lose consciousness in any way or when I am unable to give consent for the attempts to be made to me regarding my treatment (the person authorized by the patient must sign as the patient's representative/legal representative).

I accept the application of Turkish Law and the jurisdiction of Istanbul Courts in legal disputes that may arise as a result of the treatment I received at BHT CLINIC İstanbul Tema Hospital.

.....(Please write "I understood what I have read and I approve it")

Patient

Name-Surname (in handwriting)

SignatureDate / Time of Consent

...../...../.....:....

If the patient cannot give consent:

Patient / legal representativeSignatureDate / Time of Consent

Name-Surname (in handwriting)

...../...../.....:....

Reason of the patient's failure to give consent (to be filled by the Physician):

.....

Adequate and satisfactory explanations have been made to the patient/ legal representative whose name is written above by me regarding his or her illness, treatment/procedure to be performed, the aim, reason and benefits of the treatment / procedure, care required after the treatment / procedure, risks and complications of the treatment / procedure, alternatives to the treatment / procedure, the type of anesthesia that will be applied if necessary for the treatment / procedure and anesthesia risks and complications. The patient/legal representative has signed and approved this form with his/her consent that he/she was adequately informed about the treatment/procedure.

Physician to Apply Treatment / Procedure

Signature

Date / Time

Name Surname:.....

...../...../.....:....

Title:.....



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If the patient has a language / communication problem;

I have translated the explanations made by the doctor to the patient. In my opinion, the patient understood the information I translated.

Translated by

Signature

Date / Time

Name Surname (in handwriting):.....

...../...../.....:.....

You can contact the Patient Rights Office during the day and the Supervisor/Night Administrative Supervisor at night for all complaints about medical practices or for any matters you wish to address.

* Legal Representative: Guardian for those under guardianship, parents for minors, 1st degree legal heirs in the absence of these. Signing this consent (approval) does not invalidate the patient's legal rights.