

# Steven T. Constantine, D.O.

INSTITUTE OF FACIAL & COSMETIC SURGERY  
5929 S. FASHION BLVD. (280 EAST)  
MURRAY, UT 84107  
TELEPHONE: (801)261-3637

## **SCHEDULING YOUR SURGERY**

### SCHEDULING YOUR SURGERY IN AN "ON CALL" PROCESS

Please be aware that your surgery time is variable. All surgeries are scheduled for a specific date not a specific time. Patients are on call for their procedure and will be called with a 2 hour on call time frame the evening prior to surgery.

If you are not available for your surgery when the O.R. is prepared for your procedure, additional O.R. charges may apply at the rate of \$250.00/hour. The next patient may be called in to take your slot if you cannot be reached in a reasonable amount of time. This is necessary due to the extremely high cost of the operating room personnel and anesthesia time.

Thank you for your attention to this matter.

I agree to the above terms and conditions regarding the scheduling of my surgical procedure. I also agree to be available on call the entire day of my surgery.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## SUPPLEMENTS TO DISCONTINUE DURING THE PERI-OPERATIVE PERIOD

### 2 (TWO) WEEKS PRIOR TO SURGERY

Although many of the nutritional supplements may be beneficial when used appropriately, their use around the time of surgery may increase risks and complications of surgery and anesthesia. Please discontinue use of these products 2 weeks prior to surgery and for 2 weeks after surgery to diminish these risks.

- **Aspirin** \*(Excedrin and arthritis pain formula – all varieties contain aspirin in them)
- **Advil / Motrin / Ibuprofen**
- **Aleve / Naprosyn / Naproxen**
- **Bilberry** (vaccinium myrtillus) – has anti platelet activity, will increase bleeding and bruising.
- **Cayenne** (capsicum annuum) – temperature regulation may deteriorate.
- **Dong Quai** (angelica sinensis) – may increase bruising and bleeding.
- **Echinacea** (Echinacea augustifolia) \_ decreases effectiveness of liver enzyme used to degrade anesthetics. Can prolong arousal from anesthesia.
- **Feverfew** (tanacetum parthenium) – may increase bleeding and bruising
- **Fish Oil** – may increase bleeding.
- **Garlic** (allim sativum) – may increase bleeding and bruising.
- **Ginger** (zingiber officinate) – may increase bleeding and bruising.
- **Ginkgo Biloba** (ginkgo Biloba) – one of the strongest anticoagulants, will increase bleeding and bruising.
- **Ginseng** (panax ginseng/panax quinquefolium) – may increase bleeding and bruising.
- **Hawthorne** (cratagus laevitata)- interacts with heart medications.
- **Kava Kava** (piper methysticum)- may delay arousal from anesthetics.
- **Licorice Root** (clycyrrhiza glabra) –may increase blood pressure and electrolyte disturbances.
- **Ma Huang** (ephedra sinica) – increases arrhythmias, high blood pressure and death.
- **Melatonin** - may delay arousal from anesthetics.
- **Red Clover** (trifolium pretense) - may increase bleeding and bruising.
- **St. John's Wort** (hypericum perforatum) – multiple adverse drug interactions.
- **Valerian** (valeriana officinalis) – decreases effectiveness of anesthetics and pain medications.
- **Vitamin E** - may increase bleeding and bruising.
- **Yohimbe** (corynanthe yohimbe) – may prolong arousal from anesthesia

Please ask your physician prior to beginning supplementation after surgery. Each patient may heal differently and treatment should be individualized in the post-operative period.

Thank you for your attention to this very important matter. Each of us has the mutual goal of the best surgical outcome, and with your attention and compliance with the suggested treatment you may increase the odds of an exceptional recovery and final result.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Consent to Photograph

1. I hereby authorize Dr. Steven T. Constantine and/or his employees or associates to photograph me, take motion pictures, television pictures, videotape, electronic, digital or computer recordings or reproductions of me. (All of the aforementioned will be hereinafter referred to as photographic or electronic reproductions). This authorization includes the taking of photographic or electronic reproductions of any part of my body.
2. The photographs shall be used for my medical records, and if in the judgment of my physician, medical research, education or science will be benefited by their use, such photographs and information relating to my case may be published and republished, either separately or in connection with each other, in professional journals or medical books, or used for any other purpose which may deem proper in the interest of medical education, knowledge or research; however, provided that it is specifically understood that in any such publication or use I shall not be identified by name.
3. I authorize the use of any such photographic or electronic reproductions of me for any purpose, including by not limited to scientific or educational purposes, including publications or reproduction in all forms of media, whether public or private including the internet; however, provided that it is specifically understood that I shall not be identified by name. I understand that I may be identifiable from such photographic or electronic reproductions.
4. I understand that I may refuse to consent to the taking of photographic or electronic reproductions or that I may limit the taking or use of any such photographic or electronic reproductions without prejudice to my care. I do not impose any limitations except (list any limitations you wish to impose): \_\_\_\_\_  
\_\_\_\_\_
5. Unless the patient states otherwise in writing, this consent will be considered valid for the taking of all photographs or electronic reproductions for up to three years after the date of signing and it will not be necessary to obtain any further written consent for photographs or electronic reproductions during that three year period of time.
6. In any provision of this consent is held invalid or enforceable, the remaining provisions shall remain in full force and shall not be affected by the invalidity of any other provisions.

**I understand all of the above information and have reviewed all of this material with my physician. All of my questions at this time have been answered.**

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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## MINOR SOFT TISSUE SURGERY

### I.V. AND GENERAL SEDATION ONLY

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If you have elected to have I.V. sedation to make your surgery more comfortable and alleviate your fears, please follow these important instructions:

1. Do not eat or drink (including water) past midnight the night prior to your scheduled surgery. Our surgeries are scheduled for morning hours to make this fast easier on the patients. If for any reason your appointment must be late in the day, you may have liquid up to eight hours prior to your scheduled appointment.
2. A responsible adult must be available to accompany you. 24-hour care is necessary. You must make arrangements for a ride home.

### ALL PATIENTS

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The following instructions apply to all minor surgery patients including those undergoing I.V. sedation or local anesthetic:

1. Do not wear make-up, earrings or contact lenses the day of surgery. Leave your valuables at home.
2. Thoroughly wash the area to be treated the night prior to surgery and again just before coming for your surgical appointment. If a special soap is necessary, your nurse will provide it for you after you schedule your surgery date.
3. If you do take medicine each morning, take your normal medicine the day of surgery with a small sip of clear water. It is especially important that you take your blood pressure or heart medicines if you normally take those. Do not take any anti-inflammatory medicines (aspirin, Motrin, Celebrex, Vioxx, Ibuprofen, Naprosyn, Aleve, Advil, Excedrin, etc), or blood thinner medicines (Coumadin, Warfarin, etc.) FOR AT LEAST TWO WEEKS prior to your surgery. If you are unsure about a medication please call our office.
4. Extra-STRENGTH Tylenol will be sufficient for relief of any minor pain you may experience. Always report any rashes, itching or hives as they may be reactions to your medications. Discontinue use if any of these symptoms appear.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## CONSENT TO OPERATION FOR FACIAL AND BODY LESIONS

1. I hereby authorize Steven T. Constantine D.O. as duly qualified surgeon and such as assistants as he may designate, to perform upon:  
An operation for the purpose of attempting to correct a deformity, improve function and/or improve appearance, with respect to the following conditions:

FACIAL LESIONS/NERVS  
BODY LESIONS/NERVS

2. I hereby swear that the operation(s) to correct the aforementioned condition(s) have been thoroughly explained to my satisfaction addition, the specified risks involved have been explained and included, among others outlined, the following major complications;
  1. Hemorrhage/Hematoma
  2. Infection/Hypertrophy Scar
  3. Incomplete Excision of Lesion
  4. Recurrence of Lesions requiring Re-Excision
  5. Reaction to Medications/Sutures
  6. Phlebitis at I.V. site

I am likewise satisfied that any and all possible alternative methods of treatment have been thoroughly explained, and I agree with the proposed course outlined in Item 1.

3. The specific proposed operations to which I agree to submit is/are as follows:

En Bloc Excision of Lesion(s) \_\_\_\_\_  
Primary Plastic Repair of Defect(s)

4. It has been explained to me, that during the course of such operation(s) unforeseen conditions may be revealed which necessitates wither an extension of the aforementioned, operation(s); or modified procedure(s) other than those specifically set forth in item 3. I therefore authorize, and do request, that

Steven T. Constantine, D.O. or his staff, as to the exceptions or results that may be achieved.

5. I furthermore know and understand that the practice of Medicine and Surgery is not an exact science, and that reputable physicians cannot guarantee any specific results. Steven T. Constantine, D.O. has given no guarantee(s) or assurance to anyone any specific results. Steven T. Constantine, D.O. or his staff as the expectations or results that may be achieved has given no guarantee(s) or assurance to anyone.

6. I consent to the administration of drugs and/or anesthetics applied by or under the direction of:  
Steven T. Constantine, D.O.

And to the use of such anesthetic materials as he may deem advisable, I understand that the operating surgeon will be occupied solely in performance of surgery, and that the administration of anesthesia and/or drugs is an independent professional function, as responsibility of the aforementioned anesthesiologist, certified nurse anesthetist, or his designate.

My signature or that of my legal guardian (minors) to this document will serve to acknowledge and approve items 1-6 above.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Witnessed: \_\_\_\_\_ Date: \_\_\_\_\_

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## POST-OPERATIVE INSTRUCTIONS FOR SKIN LESION EXCISION

*Please read your instructions carefully and call with any questions.*

Once your scar revision is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

### TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following the excision of a skin lesion or skin tumor include the following:

**Tingling, burning, redness, tightness at the surgical site.** These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

**Shiny skin or any itchy feeling:** Swelling can cause the skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling at your wound sites. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

### PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE

- Any itching, rash, or reaction to medications.
- Fever, temperature over 100 degrees (taken orally).
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.
- A severely misshapen or swollen appearance at the wound site.
- Any pain that cannot be controlled by your pain medication.

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the wound site. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses for no longer than 20 minute intervals.

### DAY OF SURGERY INSTRUCTIONS

If you have had sedation of any kind, you will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in the first 24 hours following surgery.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory, meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Keep the wound site elevated.** If the scar revision is of the face or upper body, a reclined position is best. If your scar revision is of the lower body, keep your legs elevated.
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea-free beverages including fruit juices and water, milk, and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. If you have had sedation, stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed:** Oral pain medication, antibiotics and other medications you must take include:

**MEDICATIONS** Pain Reliever - Take one tablet when you arrive home. Additional tablets may be taken every 4-6 hours as needed for pain relief. CAUTION: DO NOT DRIVE OR OPERATE MACHINERY WHILE TAKING PAIN RELIEVERS. Take with food or liquid to avoid nausea.

Sleep Medication – If prescribed, take one tablet 30-45 minutes prior to bedtime.

Antibiotics – If prescribed, you will be taking one tablet or capsule 2, 3 or 4 times a day. Take them until they are gone.

Aspirin – Avoid taking aspirin or aspirin containing compounds during your first week after surgery.

Anti-swelling – (Dexamethasone) If prescribed, take one tablet when you arrive home, and then again this evening. The remaining six should be taken morning, noon and night for the next two days. These will help reduce the amount of local swelling.

**Change your incision dressings.** Your wounds at the scar revision and any graft site will seep fluid and some blood for a short time after surgery. Keep dressings clean and dry. Do not remove any steri-strips over your stitches. Change the outer layer of gauze with 4 x 4" gauze daily.

**Wear compression as directed.** If you are given a compression garment, wrap, or tape to wear, you must wear this around the clock, as directed. If you do not follow these instructions, your scar revision can result in the formation of irregular, raised scars.

**Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.

**Relax.** Do not engage in any stressful activities. Do not do anything that can stress or stretch the skin in the region of your scar revision.

#### **TWO TO SEVEN DAYS FOLLOWING SURGERY**

During this time you will progress with each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit, or within:

- Continue to cleanse wounds as directed; you may shower. Take a warm, not hot shower. Do not take a bath. Limit your shower to 10 minutes. Do not remove any steri-strips. Do not rub your incisions.
- Take medications and supplements as directed. Pain medication such as acetaminophen should you're your discomfort.
- Proper sun protection is vital. You must not allow direct or indirect sun exposure to your wounds. Wear protective clothing, a wide-brimmed hat and at least an SPF 30 if you must be outdoors.
- Do not resume any exercise other than regular walking. Walking is essential every day to prevent the formation of blood clots.
- Maintain a healthy diet. Do not smoke. Do not consume alcohol.

**FAITHFUL ADHERENCE TO PRE-OPERATIVE AND POST-OPERATIVE INSTRUCTIONS WILL HELP TO MINIMIZE SWELLING, PAIN AND DISCOMFORT. If you do have problems, please do not hesitate to contact our office for assistance. (801) 261-3637**

**I HAVE RECEIVED / READ AND UNDERSTAND THE IMPORTANCE OF FOLLOWING THE ABOVE INSTRUCTIONS.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## FINANCIAL POLICY REGARDING REVISION AND COMPLICATIONS

Every cosmetic and reconstructive surgeon has a few patients who will require revision or have some complications requiring additional surgery. As you have been or will be told, one cannot guarantee a result. In cosmetic procedures there are certain problems that will happen statistically no matter how well the care or how careful the doctor and team. Examples of problems that may be encountered are bleeding, and or unfavorable scar after a surgical procedure. In both of these cases, it may be necessary to return the patient to surgery, either on an emergency basis (as in the case with bleeding) or an elective basis (as in the case of scarring). It is our policy as a predetermined courtesy to our patients not to charge a surgeon's fee for complications or revisional surgery within 12 months from the original surgery date. We do, however, expect the patient to pay whatever other expenses arise as a result of treatment in hospital or outpatient settings. If the revisional surgery occurs in our office facility, the patient is responsible for the expense of the facility and anesthesia.

A Breast Revision fee is \$800.00, in the case of a liposuction revision the fee is \$800.00. Abdominoplasty revision fee is \$800.00.

It is unlikely that a complication or revision procedure will be necessary in your case. However, no cosmetic surgeon can guarantee this to his patients. It is important for the patient undergoing an elective surgical procedure to understand this financial policy. If you have any questions regarding this policy, the office staff would be happy to discuss it with you.

My signature below indicates that I understand and agree to the above policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_