



## **PDO Thread Lift Procedure Informed Consent**

**The purpose of this form is to inform you about the risks, benefits, and alternatives to the polydioxanone (PDO) thread lift and smoothing procedure. This form is not intended to address all possible risks. Instead, it is intended to address the most commonly-encountered risks. Please read this form carefully before signing it. If you have any questions after reading the form, please do not hesitate to ask your provider for more information.**

The PDO thread lift and smoothing procedure uses absorbable surgical sutures placed into the subdermal layer of the skin to initiate collagen production. The procedure can result in increased firmness and elasticity of the skin in the treated area. The PDO lift procedure is effective in most cases; however, there is no guarantee a specific patient will benefit from the procedure. The nature of the procedure may require a patient to return for numerous visits in order to achieve the desired results or to determine if the treatment may not be completely effective at treating the particular condition. It is possible that sutures may extrude, have to be trimmed or have to be removed in the future. The results of the procedure may relax over time, and additional procedures may be required. Alternative forms of non-surgical and surgical treatment include surgical facelift, Nd:YAG laser, full-face CO2 laser, dermal fillers, local muscle relaxer (e.g. Botox, Dysport or Xeomin), chemical peels and inaction. Every procedure involves a certain amount of risk. Although most patients do not experience adverse complications, you should discuss your concerns and potential risks with your practitioner in order to make an informed decision.

You must advise your provider if you have experienced any known allergy or foreign body sensitivities to synthetic biomaterials.

### **Possible risks and side effects**

Possible risks and side effects associated with the PDO thread lift procedure include:

- **Discomfort:** Some discomfort may be experienced during treatment.
- **Scarring:** PDO thread lifts may cause scarring; sutures are inserted using a small needle, which must heal. A scar at the entry point may occur.
- **Bruising, swelling and infection:** With any minimally invasive procedure, bruising of the treatment area may occur, along with the potential for swelling, and is likely. Infection is rare, but with any injection or incision into the skin, the possibility exists.
- **Bleeding:** You may experience some bleeding during the procedure. Hematoma or a small blood clot may occur and may require treatment by drainage. There is a higher risk of bleeding if you have taken any anti-inflammatory medications (e.g. Advil, Motrin, Aspirin and Ibuprofen) during the 10 days preceding the procedure.
- **Damage to deeper structures:** Deeper structures—such as nerves, blood vessels and muscles—may be damaged during the procedure. The potential for this to occur varies according to where on the body the procedure is being performed. Injury to deeper structures may be temporary or permanent.
- **Allergic reaction:** Allergies to tape, suture material or topical preparations have been reported. Allergic

reactions may require additional treatment.

- **Anesthesia:** Local topical anesthesia may be used and can involve risk of allergic reaction.
- **Discoloration:** There is a possibility that the treatment area will become lighter or darker than surrounding skin. This is usually temporary, but on rare occasions, it may be permanent. Appropriate sun protection is important.
- **Partial laxity correction:** A PDO lift may not correct all your facial laxity or sagging.
- **Delay in healing:** Complications may occur as a result of smoking, using a straw or similar motions. Smoking and similar actions are strongly discouraged. Slight asymmetry, redness, visible sutures and suture breakthrough may require additional treatment or the removal of the sutures.

I acknowledge that while good results are expected, I may be disappointed with the results of the procedure. I understand there is no guarantee of results of any treatment. Even though appropriate measures are taken to reduce side effects, they cannot be completely eliminated in every case. I understand that the treatment may involve risks of complication or injury from both known and unknown causes. Complications or delays in recovery may occur; this could lead to the need for additional treatment and result in a delay to one's normal daily activities, and, thus, economic loss. I agree to follow the pre- and post-treatment instructions carefully. I understand that compliance with the recommended pre and post procedure guidelines is crucial for healing and reducing the risk of complications.

I am aware that follow-up treatments may be necessary for desired results. Clinical results will vary per patient. There may be other treatment options that achieve similar effects, and I have discussed these alternatives with my provider. With this in mind, I am choosing the PDO thread lift and smoothing procedure. The nature, risks and purpose of the treatment have been explained to me, and all of my questions have been answered to my satisfaction. I, therefore, consent to this treatment.

Printed Name: \_\_\_\_\_

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