



# AGELESS YOUTH

by Renata

## Patient Consent Form for PDO Skin Lift Procedure

I \_\_\_\_\_, as a patient here at Ageless Youth by Renata and Kelly Vison Center was not coerced to part-take in this thread lifting procedure and am doing so under my own free will on \_\_\_\_/\_\_\_\_/\_\_\_\_.

### 1. The Procedure:

- a. Patently molded PDO thread, will be used in a minimally invasive procedure to target sagging jowls, nasolabial folds, marionette lines, unwanted midface wrinkles, sagging neckline, undefined jawlines, etc. to pull up the targeted areas and achieve a desired look.
- b. PDO Skin Lift is a temporary procedure and will not stop the process of aging; it will tighten skin and improve wrinkles. From patient to patient, lifting results may vary and continuation of the procedure is recommended for maintaining the effects of the lift.

### 2. Best Candidate

- a. Age
  - i. 30-60-year-old patients are typical but may vary depending on other factors on this list.
- b. Skin Type
  - i. Excessively too thin- skinned or thick-skinned patients are not ideal candidates. When patients are too thin-skinned, their veins may be seen easily and when threads are used, they will have significant bunching and dimpling. When patients are too thick-skinned, they will have a thick dermal layer and even if the threads are placed in the correct plane, the lift will not be apparent.
- c. Laxity
  - i. Patients who have significant laxity and redundancy is not a good candidate for this procedure as the threads can cause bunching due to prominent lift.
- d. Medical History
  - i. Patients who are on blood thinners, smoke cigarettes regularly, who are heavily drink are not great candidates for the procedure.
- e. Surgical History
  - i. Patients who have gotten surgery in recent months (3-4 months) are not recommended to receive this procedure due to their immune system possibly being compromised and cause a longer downtime and possibility of infection after the procedure.

### 3. Pre-Lift Instructions

- a. Please do not drink alcohol for 1-2 days prior to the procedure.
- b. Please do not smoke 1-2 days before and 1-2 days after the procedure.
- c. Please discontinue the use of blood thinners 2-3 days before the procedure. If patient is taking Warfarin, it is recommended to stop taking it 5 days prior to the procedure. Please consult with your prescribing physician before discontinuing your blood thinners.



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### 4. Complications:

Although PDO thread lifts are low risk procedures, every surgical procedure involves a certain amount of risk and complications.

- a. Relapse
  - i. Despite the thread effectively lifting areas listed above, over time and as the patient ages, wrinkles and sagging will recur.
- b. Infection
  - i. For prevention of infection and precautionary measure, the patient will receive a prescription for antibiotics to be taken as directed by the doctor.
- c. Bleeding & Bruising
  - i. Like any other procedure, there is a possibility of bleeding and bruising, but it will subside after a couple days and 1-2 weeks respectively.
- d. Scars
  - i. Should an incision be made during the procedure, a scar may result, but it will typically be made in the hair line to avoid showing (*speak to your doctor if an incision will be made, typically no incisions are made*).
- e. Pain or Discomfort
  - i. Due to threads being placed in the skin, there may be discomfort in the area for several days after the procedure, but will lessen over time. Pain and discomfort can be managed by taking ibuprofen (ex. Motrin, Advil, etc.).
- f. Disorder of face movement
  - i. This is rare, but depending on the pulling within the SMAS (superficial musculoaponeurotic system) layer, it can affect a branch of the facial nerve
  - ii. and can cause disorders in facial movements, however this typically recovers over time.
- g. Skin necrosis
  - i. Skin necrosis is the loss of blood circulation which leads to dead skin. This is rare with PDO Skin Lift treatments, but should this occur, additional treatments or surgery may be necessary.
- h. Hair Loss:
  - i. Minimal hair loss may appear at the start point of the procedure (temporal fascia), depending on the lift.
- i. Dimpling and Bunching
  - i. Dimpling and bunching may occur due to the barbed threads being placed inside the skin, however this can be massaged out by the provider. Should these occur, additional treatments including surgery may be necessary.
- j. Visibility
  - i. Visibility of threads may apply to patients with thin skin or when inserted into thin skinned areas on the face. Should this occur, additional treatments or surgery may be necessary.



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- ii. After the procedure, there is possibility of thread migration which may lead to further treatment of thread removal.
  - k. Drug and Local Anesthetic
    - i. Patient may show symptoms such as rapid heartbeat, light headedness, fainting, or even death from the use of local anesthetics and epinephrine. Please provide ahead of time any allergic sensitivity and reactions to anesthesia you have experienced in the past. In addition, should the aforementioned symptoms occur during procedure, medical treatment may be necessary.
- 5. Postoperative Care:
  - a. Patient may go back to everyday life (i.e. driving, eating, walking, etc.) right after the procedure.
  - b. Swelling may be present after the procedure but the use of ice packs for 30 minutes for a few days will help lessen with swelling.
  - c. Avoid washing hair and taking a shower for the next 24 hours after the procedure.
    - i. When washing face after 24 hours, gently wash the required area.
  - d. Avoid drinking or smoking for about 1-2 weeks to prevent possible infection.
    - i. Smoking and drinking will slow down the healing process.
  - e. Avoid chewing, yawning, or smiling too large for up to 1 month.
  - f. Avoid lying down either in a supine nor prone position 4 hours after the procedure to decrease the possibility of the movements of threads.
  - g. It is recommended to sleep in a proper position for the next 3-5 days to prevent maneuvering of threads.
  - h. Avoid headstands, yoga, strenuous workouts, and exaggerated facial expressions for about 2-3 weeks. (Avoid dental treatments during this time if possible)
  - i. Face may be bound with bandages for 1-2 days after the procedure to help with swelling and stability if needed.
  - j. Deep facial massages should be avoided for the next couple months, however laser treatments may be done after a week from the procedure.
- 6. Additional Information
  - a. Level of Satisfaction
    - i. Like in any other cosmetic procedures, there is no guarantee that the patient will be completely satisfied with the results and level of improvement that was anticipated. The practice of medicine is not an exact science, there is no warranty and guarantee to the results of PDO Skin Lift.
  - b. Combining Procedures
    - i. Occasionally, Botox injections and other tissue fillers may be used along with PDO Skin Lift, which will aid in volumizing the face to meet patient expectations.
  - c. Female Patients
    - i. PDO Skin Lift is not recommended for pregnant or nursing mothers.
    - ii. If patient is on birth control or show signs of possible pregnancy, please notify the doctor due to the use of antibiotics after the procedure and failure in contraception that may occur.



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d. Additional Treatment



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- i. Complications do not happen often with PDO Skin Lift. However, if you are experiencing issues aside from what is listed above, please seek a professional for help.
7. Media Consent
  - a. I hereby acknowledge that I have been informed that photographs and video filming will be taken before and after the procedure. I grant Ageless Youth by Renata, Renata Yafasova, and Dr Kelly James permission to record my likeness and voice on a video, audio, photographic, digital, or any medium (collectively referred to as “the recordings”). I also acknowledge that all rights, titles, and interests to the recordings will belong to Ageless Youth by Renata and Renata Yafasova, and Dr Kelly James and my consent is subject only to the condition that I am not identified by name or any other identifying information at any time during any use or publication of these materials by any party. These recordings will be placed in the Ageless Youth by Renata archives.
  - b. Scope of usage of media recordings
    - i. Education for Ageless Youth by Renata employee training
    - ii. Marketing and Promotional purposes

I have been fully informed by the provider/provider’s staff regarding the procedure, it is possible side-effects, and post-op care, which are listed, but not limited to the articles listed above.

I have read this consent and certify that I understand there is no warranty of specific results and additional costs may occur should complications arise. I understand its content and hereby give my consent to this procedure.

Should there be any questions regarding the procedure, I, the patient, am responsible to ask questions during the consultation for any additional information that may not be listed on this form.

Patient full name: \_\_\_\_\_

City, State \_\_\_\_\_

Phone number: \_\_\_\_\_

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

Date (mm/dd/yyyy): \_\_\_\_\_