

Surgical information leaflet, general information about your surgery.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about chin correction surgery: why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result and lastly, the complications and risks that may arise. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

When and why

The shape of the chin plays an important role in the profile of the face. If the chin is set too far back in comparison to the line between the upper and lower lip, then a chin implant can result in a good improvement of the profile. However, it is important to look at the area around the chin too and not focus solely on this line. Often the neck largely determines the profile of a face. For example, if fat accumulation is present in the neck, a better result will be achieved when chin implant surgery is combined with liposuction of the neck.

If you are experiencing the problems listed above and if this bothers you, you may have good reason to consider chin correction surgery, with or without liposuction. Chin correction surgery with a silicone implant is a reliable method for improving the profile of the face, with a durable result.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes, complaints and questions in detail. He/she will examine your face, chin and neck and discuss with you whether chin correction surgery with or without liposuction will sufficiently resolve your problem. Next, your questions will be answered and you will receive the most detailed possible information about the preparation, the procedure, the expected result and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea.

If the surgeon is not convinced that your problem can be adequately resolved, he/she will discuss that with you, too. If possible, the surgeon will propose a combination with other procedures or an entirely different solution. If you wish, you can be referred to a colleague for a second opinion.

Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. In addition, you will attend a pre-operative screening with the anaesthesiology assistant several

weeks prior to your surgery, in which your health and the medication policy will be discussed. This included a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy, or you can give us permission to share your medication details via the National Exchange Point.

- **Submit the signed Informed Consent Form:**

You will receive this form once your surgery has been scheduled.

- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery.

NAIL VARNISH POLICY

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics. This does not apply to prescription amphetamine use for AD(H)D.

The same rules as for smoking apply to cannabis.

FASTING POLICY:

- Please refer to the anaesthesiology leaflet for the fasting policy.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Non-sterile gauze

The surgery

The plan that has been made will be discussed again just prior to surgery and a drawing of the working plan will be made on your chin and jaw.

During the surgery, an incision measuring approximately 3 cm will be made in the skin under the chin, just behind the fold. A space will then be created for the chin implant. The chin implant used to be a small round ball, but modern implants have tapering sides, providing adequate filling for the line between the chin and the jaw line. Chin implants are also available in various shapes and sizes for men (more angular) and women (more rounded). The wounds are sutured once the chin implant has been positioned correctly. The sutures are subcutaneous and soluble, meaning that they do not need to be removed.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

You will experience some pain after any procedure. This is normal. You can take the prescribed pain medication for this pain. The chin can feel swollen and taut in the first few weeks after the procedure. Please contact the number +31 (0)88 9000535 if you have any questions about this.

Recovery period

Starting from the day after the surgery, you may:

- sleep on your back or side
- shower on a daily basis at home
- use non-sterile gauze for any oozing of the wound
- mobilise according to the pain, listen to your body
- increase your activities further each day
- You can start driving and cycling 2 weeks after surgery (this depends on your healthcare insurance company)
- Sauna, bath, swimming pool and exercise after 6 weeks.

You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

As the result is visible immediately after the surgery, you will notice a difference from the very first day. The definitive final result is always evaluated after 3 months.

Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention in your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur.

- The main risk associated with a silicone implant is that you can develop an infection. This happens in approximately 1 percent of cases and will require removal of the implant.
- On rare occasions a post-op bleed can occur. You will then require further surgery to remove the blood clots and to have the blood vessel that is causing the post-op bleed sealed.
- Another important complication of a chin correction is that the skin (on one side) of the lower lip and chin can become numb. The nerve providing sensation to this area can suffer temporary damage during the surgery. Sometimes it can take several months before the nerve starts functioning again and the sensation will gradually return.
- In very rare cases the damage can be permanent.
- The swelling of the chin can sometimes persist for a while longer than the usual 1 to 3 weeks. Therefore, the result is always evaluated after 3 months.

Always contact us after surgery in the following cases:

- significantly increased swelling of the wound or the surgical area
- pain, if the pain medication does not help or the pain even increases
- redness and swelling of the wound
- feeling ill and/or a fever, above 38°C (measured via the anus)
- persistent nausea
- acute tightness across the chest
- acute pain in the leg, possibly with swelling
- being unable to urinate, whilst drinking normal quantities
- concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this. It can be useful to have your questions written down on paper before the consultation.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant.

If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure. In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and the result of your procedure.