



Savannah

FACIAL PLASTIC SURGERY

TIMOTHY MINTON MD, FACS

ECOTone

SAVANNAH FACIAL PLASTIC SURGERY

5356 Reynolds Street

Suite 510

Savannah, Georgia 31405

912.644.0744



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FACIAL PLASTIC SURGERY
TIMOTHY MINTON MD, FACS

Greetings from the Savannah Facial Plastic Surgery team.

Our practice is committed to providing you with a superior level of care in a friendly and personalized environment. Our practice is dedicated to providing exceptional facial plastic care for our patients.

We are very proud of the relationships that we have established with our patients from Savannah and the surrounding region. Our team is focused on maintaining your trust and confidence and hold ourselves to a high level of excellence in every aspect of our practice.

We look forward to building a long lasting relationship with you!

Sincerely,

Timothy J. Minton MD, FACS



About the surgeon

Dr. Timothy J. Minton is the region's only Fellowship Trained, Double-Board Certified Facial Plastic & Reconstructive Surgeon. He is a highly trained sub specialist surgeon whose practice is completely dedicated to providing the highest level of care and service in the field of facial plastic surgery. He has extensive training and experience with functional and cosmetic nasal surgery (rhinoplasty, septoplasty, sinus surgery), head, face, and neck skin cancer reconstruction, cosmetic facial and neck surgery, and non-surgical facial rejuvenation. He proudly serves patients in the greater Savannah region, as well as the Lowcountry of South Carolina including Bluffton and Hilton Head.

He earned his medical degree from the State University of New York and was elected to the Alpha Omega Alpha Medical Honors Society. He then completed a 5 year residency training in Otolaryngology/Head & Neck Surgery which included extensive training in reconstructive facial plastic surgery. He was then accepted to a prestigious fellowship with the American Academy of Facial Plastic and Reconstructive Surgery in Latham, New York. Dr. Minton continued his career by serving as the medical director of a medical spa and aesthetic center and chair of the surgery department in his previous practice in New York.

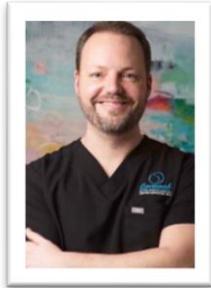
In addition to these achievements, Dr. Minton has been committed to education and research throughout his career, having co-authored several articles and two book chapters on otolaryngology and facial plastic surgery. He has also given more than twenty presentations on these topics at various medical conferences. Dr. Minton is a Diplomate of both the American Board of Facial Plastic & Reconstructive Surgery and the American Board of Otolaryngology Head & Neck Surgery. He is an active member of many professional organizations, including the American Academy of Facial Plastic and Reconstructive Surgery and the American Academy of Otolaryngology, Head and Neck Surgery.



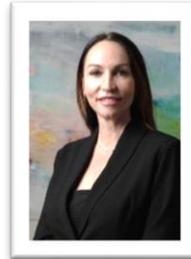


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Savannah Facial Plastic Surgery Team



Timothy J. Minton MD, FACS
Facial Plastic Surgeon



Kimberly Richardson
Head Aesthetician



Angela Merritt FNP-BC
Nurse Practitioner



Jason Cook LPN
Licensed Practical Nurse



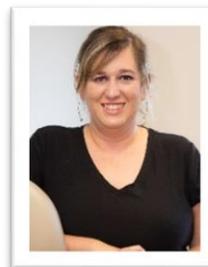
Brianna Sapp FNP-C
Nurse Practitioner



Gina Jarrell
Receptionist



Sharon Durrence
Surgical Technician



Frances Abrams
Patient/Surgical Care Coordinator

Melanie Tuten
Practice Manager

Diane Sauers
Cosmetic Scheduler

Erin Smith
Aesthetician

Dacy Gaston-Weiss
Nurse Injector



Lutronic CO2 Laser Resurfacing

For years, doctors have used CO2 lasers to treat various skin conditions. A newer generation of CO2 lasers have the power to deliver very short-pulsed light energy (called ultra-pulsed) or continuous light beams. This type of laser precisely removes thin layers of skin with minimal damage to your surrounding tissue.

Laser skin resurfacing treatments can be uncomfortable. To ease any discomfort topical anesthetics will be applied to numb the skin.

Carbon dioxide (CO2) laser resurfacing works by vaporizing superficial, damaged skin cells.

Skin that's treated with laser resurfacing may react in different ways. Most of the time, it will feel like a mild sunburn. You will have some redness and possible swelling. You may also experience itching or stinging for a few days after the procedure.

Depending on the treatment, some people may have what looks like a severe sunburn. There may be areas that are raw, oozing, and may even blister. A yellow liquid may ooze from treated areas to form a crust. Do not scratch or pick at crusts because this can cause scarring.

Your skin may become dry and peel following your treatment.

Complications of laser skin resurfacing

- Acne flares
- Bacterial infection
- Cold sore activation. This may occur if you have laser surfacing around your mouth. Be sure to mention if you have a history of cold sores. You can prevent the reactivation by taking the prescribed antiviral medication before and after the procedure.
- Hyperpigmentation. It's possible the treated area can become darker in tone. If necessary, we may recommend a topical bleaching cream. More rarely you may have hypopigmentation, a lightening of the skin tone.
- Milia. These small white bumps may appear during healing. They can be removed by gentle cleansing with a washcloth.
- Prolonged redness. For some people, the redness just takes longer to disappear.
- Scarring. This is rare, but possible.
- Swelling. If you are having laser skin resurfacing around your eyes, we may prescribe an oral steroid to manage this swelling.

Adverse Events:

- Infection at the treatment site: Occasional infections can occur. If not treated promptly, these could result in scarring.
- As with the use of any laser system, scarring is a possibility, but rare.

These risks and others will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

Patient Copy





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Adverse Events:

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- As with the use of any laser system, scarring is a possibility, but rare.

The procedure and the possible risks have been explained in detail and my questions have been answered satisfactorily. I have also read the above and accept the risks and potential complications of the procedure.

Printed Name _____ Date _____

Patient Signature _____

Office Copy





PRE-TREATMENT INSTRUCTIONS

1. Please limit sun exposure starting at least 2 weeks before the procedure and continue to limit exposure for 2 weeks after the procedure.
2. Discontinue Retin-A and skin care products containing retinoids or glycolic/salicylic acid for 2 weeks before the procedure.

Medications:

Prior to the procedure, you will be prescribed a(n):

- antiviral for cold sore prevention

Be sure to inform our office of any drug allergies. See directions on prescription label and take all medications as directed.

Day of Procedure

1. Plan to be at our office for approximately 1 hour.
2. Wear a shirt that exposes the neck.
3. No makeup, mascara, eye shadow – all treated skin areas should be clean.
4. Wear your hair up and out of your face.
5. Take medications as directed.

We will provide a “Post-Care Kit” which includes:

- a. Minton MD Nurturing Botanical Wash to be used twice per day.
- b. Avene Hydrating Mist to be used as often as you'd like for relief of dryness throughout recovery.
- c. SkinCeuticals Biocellulose Masque may be used 2-3 days post-procedure to soothe healing skin.
- d. MintonMD Squalane Gel to be applied at least twice per day for 2 weeks or until the treated area no longer feels dry/tight. You may use as often as needed for added moisture. Only a thin layer is necessary, a small amount of this product goes a long way. The Squalane Gel provided will last for all three of your treatments.





WHAT YOU MAY EXPERIENCE:

Post Laser Pain (Usually Minimal To None)

If you are experiencing pain:

- Take Tylenol, 1-2 tablets every 4 hours
- Apply cold compresses to treated area once every 2 hours and call our office at **912-644-0744**.
- After hours, calls will be directed to our practice call service and Dr. Minton and/or the covering practitioner will be notified.

Peeling and Dry Skin

Dry skin is usually reported 3-4 days post procedure and resolves with peeling. Peeling is normal and can occur 4-7 days after your procedure. You may use the Squalane Gel until the dryness/peeling resolves.

Management:

- Do not rub/scrub the skin or try to facilitate peeling by pulling on loose skin.
- Continue to moisturize the area with the Squalane Gel to help relieve dry skin.

Itching

Itching may occur once the skin begins to resurface. The neck and chest (if treated) are common areas for this to occur because they have less oil glands than the face.

Management:

- Oral antihistamine (such as Benadryl or Claritin)
- Topical over-the-counter 1% hydrocortisone cream, twice/day
- Cold compresses (20 minutes on and off) as needed to alter sensation
- Prescription topical steroids

Acne or Milia (White Heads)

Flare-ups of acne or formation of Milia may be due to the use of Squalane Gel. This may appear 3-4 days post treatment. Usually self-limiting and resolves within 1 week.

Management:

- Do not pick at them. (This is very important – picking may cause scarring or pigmentation).

Pigment Changes

Management:

- Continue sun avoidance and sun protection.
- Bleaching agents may be recommended; use them as directed by Dr. Minton





Redness/Swelling

Redness and swelling, although minimal, may occur.

Management:

- Use frozen peas/ice pack wrapped with paper towel/towel for 20 minutes (once an hour or as frequently as needed) on the treatment area as needed for relief of swelling. It is not necessary to remove Squalane Gel to apply frozen peas/ice pack. You may continue applying ice where needed once every 6 hours.
- Oral antihistamine (such as Benadryl or Claritin) taken at bedtime may reduce some inflammation and irritation.
- Increase water intake and reduce consumption of salt.
- Cover-up mineral makeup may be used 24 hours after treatment.

Bleeding/Crusting/Exudates

Because laser beams penetrate into deep dermal layers, clear fluid (exudates) or blood may ooze from the skin. Crusting or scabbing may form when exudates or blood dries.

Management:

- Apply Squalane Gel.
- Do not rub/scrub.
- Do NOT pick any scab, not matter how small!

Call our office promptly if:

- Pain that is not relieved by Tylenol
- Signs of infection:
 - Heavy white/yellow drainage
 - Foul/malodorous drainage
 - Fever (100.4 or above)/chills
 - Extreme tenderness
 - Warm to touch

If any of the above occur, please call **912-644-0744**. After hours, calls will be directed to our practice call service and Dr. Minton and/or the covering practitioner will be notified. If you are concerned about infection and cannot reach us, please go to an urgent care or ER.





After Care

DO:

1. Wash hands. Hand washing is the most important prevention against infection. Always wash your hands prior to touching the treated area.
2. Cool Compresses. Cool compresses may be used to soothe the skin if needed. Refrigerated, saline-soaked gauzes are recommended as well.
3. Cleanse. After 24 hours, use only a very gentle cleanser (MintonMD Nurturing Botanical Wash or Cetaphil).
4. Moisturize. Apply a thin layer of the MintonMD Squalane Gel. You may apply the Squalane Gel as often as needed.
5. The Biocellulose Masque can be used after 24 hours to soothe the skin.
6. After 24 hours, we recommend applying sunblock. We highly suggest one with UVA and UVB protection, containing a 30 SPF or higher. Do not expose your skin to the sun. Remember, UVA light passes through house and car windows.

DON'T:

1. Avoid activities that increase blood flow or body temperature for 24 hours (e.g. alcohol consumption, exercise, sauna).
2. Do not rub/scrub (Do not pick at scabbing, no matter how small!)
3. Avoid direct sunlight for 1 week while your skin is healing.
4. The use of Tretinoin (Retin-A/Retinols), AHA, and BHA should be avoided for 5 days post treatment.
5. It is very important that you do not use any other products except the ones recommended by Dr. Minton during the healing period.





Cosmetic Proposal

Patient Name: _____ DOB: _____ Date: _____

TREATMENT	TOTAL
ECOTone Series of 3	\$1,800

Total Cost of Treatment _____ Scheduling Fee _____

PAYMENT SCHEDULE

Amount Due at 1st Appointment _____

Amount Due at 2nd Appointment _____

Amount Due at 3rd Appointment _____

The amount indicated is for the treatment listed above. Cosmetic treatments are elective and are not billed to insurance.

Quotes will be honored for 6 months from ____ / ____ /20 ____.

A scheduling fee will be collected to hold your appointment day/time. This fee will be applied toward your treatment. Cancellations less than 48hours prior to appointment and “No-Shows” will not be refunded the scheduling fee.

Treatments are generally scheduled at least 3-4 weeks in advance, we recommend reserving a date as soon as possible. To schedule, please contact our cosmetic scheduler at 912-644-0741.

Patient Printed Name _____ Date _____

Patient Signature _____

Staff Signature _____

