

FACELIFT
MEMORIZE THIS PAPER PRIOR TO SURGERY

WHAT TO EXPECT FROM A FACELIFT

A facelift is one of the most sought after and satisfying aesthetic surgical procedures. It can remove many, but usually not all, wrinkles. It can remove much of the sagging skin of the face and neck. Excess fat can be removed or sculpted as needed. The facelift will give you a more youthful appearance, but your expectations must be realistic. There are limitations to what surgery can accomplish. Magazines and non-medical articles may lead you to believe a facelift is a simple procedure; in fact, it is major surgery. It requires complex incisions and extensive dissection of the skin, fat and muscle. It should be performed only by a qualified, capable, and experienced plastic surgeon.

A facelift can turn back the clock, but will not stop the process of aging. The length of time, hopefully up to ten years before considering another facelift, varies with each person. Heredity is important; if your parents aged slowly, you probably will too. Your diet, general health, time spent in the sun, smoking, weight gains and losses, emotional traumas, and type of skin will all play a role in determining how long the improvement will last. For many men and women, other procedures such as rhinoplasty, eyelid surgery, forehead lift, dermabrasion, or lip augmentation can enhance the results achieved by the facelift and are frequently all performed together.

THE PREOPERATIVE VISIT

After your initial consultation we schedule a preoperative visit approximately two weeks before surgery. It will give you an opportunity to ask questions you might not have asked previously. We will again review your medical history, give you a preoperative examination, arrange lab tests, and discuss what to expect during surgery. If you are over forty years of age or have a history of heart abnormalities, we will arrange for an electrocardiogram. We will communicate with your family doctor to obtain a physical exam and medical clearance prior to your surgery. Preoperative photographs will be taken, which become a permanent part of your medical record and remain strictly confidential. Your operative consent will be read and signed, preoperative instructions reviewed, and prescriptions given for the medications you will need. Payment of your fee will be due at this time. Facility and anesthesia charges are separate from the surgeon's fee and will also be collected.

Arrangements to facilitate overnight or postoperative care will be made to suit your individual needs. Most facelift patients stay overnight at our facility's overnight accommodations.

Preoperative Guidelines

Cleanser: Bathe your entire body with Hibiclens the night prior to surgery and again the morning of surgery. Hibiclens is an anti-bacterial, antiseptic liquid soap. Sleep on clean sheets the night before surgery and wear clean clothes to your surgery.

Medications: Do not take aspirin or ibuprofen for three weeks before or two weeks after surgery. Please inform us of any and all medications you take including prescriptions, over the counter, vitamins, herbal or natural medicines, and supplements. **Hormone replacement therapy and birth control pills increase the incidence of blood clots. STOP 2 WEEKS BEFORE AND AFTER SURGERY.**

TED Hose: The **Hose** we instructed you to buy and wear is for the prevention of deep venous thrombosis (blood clots). Deep venous thrombosis affects mainly the veins in the lower leg and the thigh. This clot may interfere with circulation of the area, and it may break off and travel through the blood stream. This clot can then lodge in the brain, lungs, heart, or other areas, causing severe damage to that organ or even death. Any surgical procedure that will inhibit your activity post operatively, especially a facelift, there is a risk of blood clots. You will be required to wear your TED Hose during surgery and keep them on for **2 weeks after**.

Smoking: Smoking or nicotine use (chewing tobacco, nicotine gum, snuff) can have a severe detrimental effect on wound healing. The nicotine decreases the vital blood supply to the skin and can cause poor healing or even skin death. **STOP ALL NICOTINE PRODUCTS 2 MONTHS BEFORE AND AFTER SURGERY.**

Caffeine: Excessive use of products with caffeine such as coffee, tea, or soft drinks, especially Diet Coke, can have similar effects as nicotine. **STOP ALL CAFFEINE PRODUCTS 2 WEEKS BEFORE AND AFTER SURGERY.**

WHAT TO EXPECT DURING SURGERY

Facelifts are performed at the Highland Park Plastic Surgery Center under general or twilight sleep anesthesia. A board certified anesthesiologist or anesthetist will be present to make you comfortable and unaware throughout the procedure. You will have another (a 3rd) mini consultation with Dr. Toledo the morning of surgery. While you are sitting up, he will mark areas of extra skinfolds and wrinkles on your face. These marks will guide him during surgery.

Before surgery begins, you will be asked to change into a surgical gown and then will be taken into a private operating room. An intravenous line will be inserted into a vein in your arm. This will make it possible to administer fluids and to deliver the necessary medications to make you comfortable and put you to sleep. Monitoring devices will be connected to you to assure your safety.

Your hair, face, ears, and neck will be cleansed with an antiseptic solution. The incisions extend from within the temple hair above the ear, downward, inside the ear canal under the earlobes, and up behind the ear into the hair. Usually a small incision is made under the chin. The incisions are well hidden and made as inconspicuous as possible.

After the incisions are made the skin will be lifted from the underlying tissue and will be drawn upward and backward. Excess skin and fat will then be removed, and loose deep muscle and supporting tissues under the skin will be tightened with deeper stitches to retard the sagging process of aging. This is a two layer facelift.

After the incisions are closed with sutures (surgical clips in the hair), bandages will be applied to form a soft helmet around your head and face. A small drain attached to a drain tube will be inserted behind your ear and will be left in place for a few days, or longer if the drainage is excessive. Neither your mouth nor your eyes will be covered with the bandages.

Your facelift will take about three hours. If done in conjunction with eyelid surgery or any other procedures, surgery will naturally take longer. If additional procedures are performed, we will let you and your family know approximately how long you can expect to be in surgery.

WHAT HAPPENS AFTER SURGERY

When the bandages are in place, you will be transferred to a recovery room adjacent to the surgical suite, where you will be continuously monitored as you recuperate from the effects of the surgery and anesthesia. After the recovery period you will then be transferred to our overnight suite adjacent to the ambulatory surgery center. A private duty nurse will stay with you throughout the night. She will be getting you out of bed to ambulate around the room. This circulates the blood in your legs and helps prevent blood clots. She will give you a liquid diet and make sure your medications are taken on schedule.

The next morning, before you leave, we may remove your drain and change the dressing on your head. You must arrange for a responsible person to be with you around the clock for the next 2-3 days. We will give them instructions for your care before you leave. Have them read this paper prior to your surgery. You will not be able to care for yourself immediately following surgery, so it is absolutely necessary that we help you with these arrangements. Ideally you will want to stay in the North Texas area for 5-7 days so we can remove your sutures and make sure there are no complications.

Because everyone is different, it is impossible to write post op instructions that apply equally to everyone. For example, some patients can have sedation vs. general anesthesia or outpatient vs. inpatient surgery. Some patients have only a single procedure and others may have multiple surgeries in a single setting. Occasionally we leave the drains in place for several days, if you have bruising or bleeding tendencies. Use these instructions as a general guideline, but don't panic if we vary on some issues.

Postoperative Guidelines

You should expect:

- Moderate swelling, bruising, and bloodshot eyes, which may last for one to three weeks. Don't be concerned if blood appears on your bandages, especially behind the ears the first few days.
- Sensation of tightness, which subside slowly over several weeks to months.

• Intermittent sensations of tingling, burning, itching, and numbness of the face, ears and neck, which gradually improve over several months.
REMEMBER THE BRUISING, SWELLING, AND NUMBNESS are RARELY SYMMETRICAL.

Call: (214) 363-4444 if you have:

- Severe pain which doesn't respond to medication.
- Significant swelling, and/or unrelenting pain that occurs more on one side than the other.
- Shortness of breath or labored breathing can be a sign of a blood clot in your lungs.
- Any problems or questions which haven't been covered on this instruction sheet.

Diet: Start with liquids the first day, then progress to your regular diet as you desire.

Activity: For approximately five days you will be at home taking it easy. It is important to get out of bed and walk the first 2 – 3 days to increase the circulation in your legs and avoid blood clots. You may feel more comfortable sleeping with your body a little flexed, having a pillow under your knees if you are on your back or you can sleep on your side with your hips flexed. By keeping your head elevated above your heart, swelling can be minimized. If you are taking pain or anxiety medications, you may feel lightheaded and need assistance getting to and from the bathroom for several days.

Medications: Take all the medications we prescribed according to the instructions on the bottle. You may feel a bit drowsy, so have someone help you. If you need a refill, call the office and give us the number of your drugstore or pharmacy. Do not take aspirin or ibuprofen for three weeks before and two weeks after your surgery. **Hormone replacement therapy and birth control pills increase the incidence of blood clots. STOP 2 WEEKS BEFORE AND AFTER SURGERY.**

Pain: The period of greatest discomfort usually lasts 24 to 48 hours. Usually it feels more like tightness rather than a sharp pain. Thereafter, you should have much less discomfort and less need for medication. Occasionally it lasts a bit longer, as different people have different pain tolerances.

Alcohol: Do not drink alcohol for five days after surgery, or if you are taking pain medication.

Driving: You may drive as soon as you feel comfortable, usually in about 5 to 7 days. Never drive under the influence of pain medication or sedatives.

Hair: You may wash your hair 24 hours after your drains are removed. We suggest you wash your hair in a shower with ordinary shampoo. You may towel dry or blow dry with a cool air only. Do not use hot air on your hair dryer, electric rollers, or curling iron for three weeks following surgery. Do not color or bleach your hair for three weeks after surgery.

Makeup: You may apply makeup when the incisions are healed, usually the day after your sutures are removed.

Sun: Do not sit in the sun at all for three weeks after surgery. If the incisions are exposed, apply sunscreen for six months.

Sports: Strenuous sports, such as tennis, swimming, jogging, aerobics, or bicycling, may be resumed after three weeks. Refrain from any activity that raises your body temperature, blood pressure, or heart rate for three weeks after surgery.

Work: Depending on the kind of work you do, you may be able to return to your job as soon as you are comfortable. If your work is fairly sedentary, you may go back to work in seven to eight days.

Postoperative visits: You will be more comfortable using our private post-operative waiting room for your initial post-operative visits. Park in the handicap spot in front of the Sherry Lane door. Ring the doorbell and we'll open the door from the inside.

Day 1: The next morning your dressings will be changed by Dr. Toledo and if all is well, you will go home or to your hotel with a family member or caregiver. Written postoperative instructions will be explained again. You should stay inside the next 4-5 days, taking it easy so you'll heal and recover quickly.

Day 5-6: You will return to the Highland Park Plastic Surgery Center to have eyelid sutures and half the facelift sutures and drains removed. The next day you can shower, fix your hair, and apply light makeup to your face. Sunglasses may be advisable if you plan to leave home.

Day 10-11: Remaining sutures, usually in the hair, are removed. There may be some slight residual bruising and swelling, but you should be able to return to work and low-key pursuits. Avoid strenuous exercise.

Week 3-4: Return to Dallas and the Highland Park Plastic Surgery Center for a follow up check. Incisions are examined and skin care instructions given. You should be able to resume all normal activities and exercises at this time.

Months 3-4: Dr. Toledo and the staff of the Highland Park Plastic Surgery Center will examine you to be sure you are healing as expected. Often time we will take

postoperative photographs if the swelling has subsided. Many of our patients are from out of state, so they would come back to see us when it's convenient.

Annually: Dr. Toledo would like to see you at no charge every year or anytime you are in the Dallas area to follow the results of your surgery. This allows the doctor and his staff to better evaluate their patient outcomes from surgery and keep improving in the future.

Please feel free to call us at any time during your healing period. **THE OUTCOME OF YOUR SURGERY IS IN YOUR HANDS AS WELL AS THE DOCTOR'S. IT IS YOUR RESPONSIBILITY TO FOLLOW ALL INSTRUCTIONS GIVEN TO YOU.**

Possible Problems and Complications

No surgical procedure is without risk. Most complications associated with facelift surgery, however, are minor.

Here are some possible problems:

- Collection of blood under the skin (hematoma). This can be removed.
- Collection of serum under the skin (seroma). This can be removed.
- Small areas of numbness around the ears. This may be temporary or may persist.
- Soreness and itching around the incisions. They will usually disappear within a few months.
- Depression. With aesthetic surgery, as with other surgical procedures, depression sometimes occurs postoperatively. You may ask yourself "Why did I do this" but just hang in there because it will be worth it.
- Widening or thickening of a scar (keloid formation). If this happens, it may be revised at a later date in a simple office procedure. Sometimes cortisone injections help reduce these scars. Incisions can never be guaranteed to "heal" in a certain way.
- Hair loss around the incisions. If this occurs, the hair generally grows back in a few months, or the bald area can be revised.
- Asymmetry. No patient is identical from side to side. Small differences exist in all patients before and after surgery. In the occasional patient with a major difference, this can usually be improved with a secondary procedure.

Rare but more severe complications:

- Poor healing or loss of skin (necrosis) can occur, especially in smokers, caffeine addicts, and diabetics.
- Injury to a branch of the facial nerve which may cause temporary or permanent paralysis.
- Deep venous thrombosis (blood clots) affects mainly the veins in the lower leg and the thigh. This clot may interfere with circulation of the area, and it may break off and travel through the blood stream. This clot can then lodge in the brain, lungs, heart, or other area, causing severe damage to that organ or even

death. This is the reasons we have you stop hormones, wear TED hose, and walk every 3 hours the night of surgery.

- Other rare complications of a severe nature which could be life threatening.

Infection

Every effort is taken to prevent infections, therefore we use intravenous antibiotics before and during surgery and oral antibiotics afterwards. There is evidence of an increased incidence of MRSA (methicillin-resistant Staphylococcus aureus) and other antibiotic resistant bacteria in our community. In the past, these resistant bacteria were typically found only in hospitals, but they are now found everywhere. Frequently people can be a carrier of the bacteria without their knowledge. An infection with this bacteria can cause severe damage to the skin and even death. We are diligent in cleaning and sterilizing our facility and try to limit the exposure of outside bacteria from patients into our surgery center. We therefore have implemented the following hygiene steps to help prevent the contamination of our facility and therefore decrease your post operative infection risk. Bathe your entire body with Hibiclens the night prior to surgery and again the morning of surgery. Hibiclens is an anti-bacterial, antiseptic liquid soap. Sleep on clean sheets the night before surgery and wear clean clothes to your surgery.

YOU MUST ENTER INTO YOUR SURGERY FULLY UNDERSTANDING NOT ONLY THE BENEFITS, BUT ALSO THE POSSIBLE PROBLEMS. OCCASIONALLY, MINOR REVISION MAY BE NECESSARY TO ENHANCE THE FINAL RESULTS.

Revision Policy

Our goal is to make sure that you are satisfied with your surgery and 90+% of our patients are very happy. No matter how competent a surgeon is, there are the occasional patients that require revision surgery.

Under most circumstances, if you require a revision of your recommended surgery to achieve a result that is considered acceptable to a reasonable surgeon and patient, it will be provided without a surgeon's fee. If more than minimal office surgery resources are required (anesthesia, OR, hospital, special materials, pathology, and unexpected costs), you will be responsible for their payment. If you choose a treatment option not recommended as best by the surgeon, do not follow peri-operative instructions, or have a problem that is beyond the surgeon's control, you will be responsible for all revision fees. If you desire additional related surgeries to improve on an acceptable outcome, the fee may be full or reduced at the discretion of the surgeon.

In the unlikely event you require an urgent return to the operating room outside regular business hours we will do our best to perform the surgery safely at Highland Park Plastic Surgery Center. If your specific problem is beyond the scope of what can be managed at our facility, your care will be transferred to a local hospital. If you require hospital

admission or treatment, you will be responsible for those charges. For cosmetic surgery patients, health insurance may not cover these costs.

Above all we want you to have a great experience and for you to recommend us to your friends. Accordingly, we will use our judgment to make sure you are treated reasonably and fairly. As we only want the best for you, we hope you will give us the same courtesy in return.

WHAT YOU WILL SEE IN THE MIRROR

It will be difficult to evaluate your facelift during the first several days after surgery. Discoloration and swelling will be most noticeable on the second or third day, but will gradually diminish. As the swelling goes down, a number of fine wrinkles which were not evident with postoperative swelling, may reappear. This is because your surgery was so planned to give you a rested, more youthful, natural appearance, and not to tighten the skin so much that your face seems mask-like. Surgical scars will be permanent, but will fade in time. Every effort is made to conceal and make them inconspicuous. For most of our patients, the results of facelift surgery are so favorable that the scars become a minimal consideration.

The instructions above are general and some portions may not apply to all patients. Changes in the instructions depend on your medical history, number and type of procedures and type of anesthesia.