

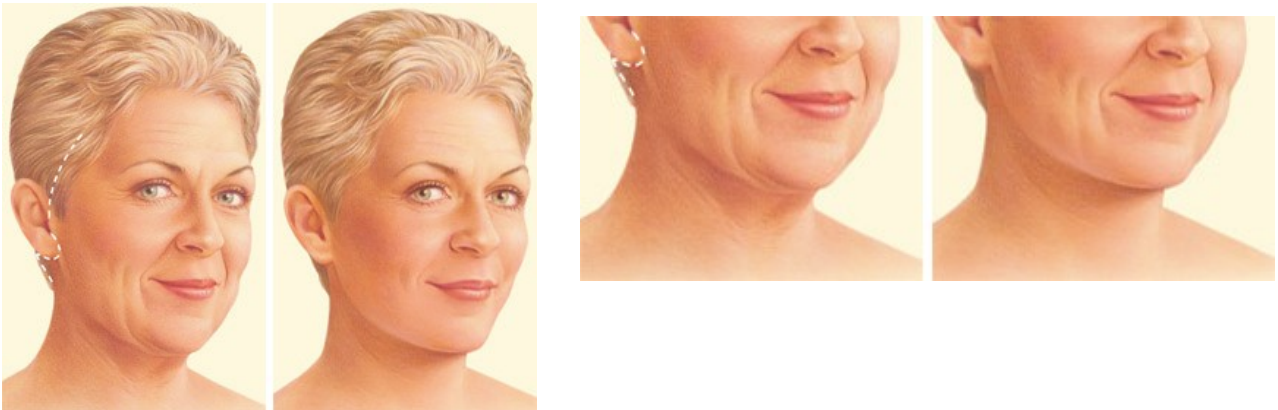
RHITIDECTOMY (NECK/FACE LIFT)

BEFORE YOUR PROCEDURE

What can I expect during my consultation?

The primary goal of the consultation is to learn the range of options available to improve your lower face and profile. Many patients describe themselves as having a tired look, downturned lips, jowls and loss of neck definition. Please describe and prioritize your goals with the surgeon. Certain elements about your history can influence the technique. This includes your health history (including tobacco, alcohol and drug use), current medications (including vitamins, supplements), prior surgeries, and family or personal history of bleeding disorders. If a formal face and neck lift is chosen, you will learn details about the operation and recovery.

In a traditional facelift, the incision is camouflaged in the hairline and around the ear. Excess skin is removed and the skin redraped to reverse the signs of aging. Fat may be transferred (liposuction) from the abdomen to the face to improve volume. A neck lift incision includes an extension of the incision behind the ear and into the neck hairline. This extra incision length permits skin removal from the lower and central neck. Neck liposuction may also be done to reduce bulk.



How can I prepare for the procedure and my recovery?

There are a few things that you can do to prepare for your surgery. First and most importantly, if you smoke you must quit smoking at least 4-6 weeks prior to surgery. Smoking greatly impacts your body's ability to heal and can negatively impact your surgical outcome.

One week prior to your procedure you should ideally stop taking anti-inflammatory medications (ibuprofen, naproxen), aspirin, herbal supplements, and certain vitamins as these can increase your risk of bleeding. However, prior to stopping any prescribed medications you

should discuss your plan with the doctor who recommended these medications and confirm that it is okay to stop them temporarily.

At the discretion of your surgeon, you may be asked to get pre-operative clearance prior to surgery. Depending on your health status, these appointments are either on the phone or in-person.

The day before your surgery, you will receive a phone call to confirm your surgery time, the time you should arrive at the hospital, and which medications to take/not take the night before. Additionally, you will be counseled on what time to stop eating and drinking in preparation for anesthesia.

THE PROCEDURE

Once at the hospital, you will be brought to a pre-operative room where you will meet your care team. First, a nurse will review your health history and medication list. The nurse will then place an IV for fluids and medications. You will then be seen by members of your anesthesia and surgery team. Each team will discuss their roles, answer any questions and have you sign separate consent forms for the anesthesia and the surgery. Your surgeon will make measurements and mark your face and neck before you head to the operating room.

The surgery itself will last approximately 4-6 hours depending on what you elected to have done. No drainage tubes are used.

AFTER SURGERY

After surgery you will wake up in the recovery room where you will be taken care of by one of the recovery nurses. When you are awake and ready to go home, you will be given specific instructions about how to care for your face, ointments to apply to your incisions or medications to take by mouth. After-care instructions will also be given.

A facelift is an outpatient procedure, which means that you will go home the same day. You will need somebody to pick you up from the hospital or office and bring you home. It is recommended that you have somebody at home with you for the first 48 hours.

Your head and neck will be bandaged but your face will not be covered. The bandages may feel tight at first to help minimize bruising and swelling. However, if they are uncomfortably tight, remove them and call your doctor. Bandages should be removed the day after surgery, at which point you may shower and shampoo your hair.

Keep your head elevated as much as possible for the first week. Sleeping propped up on pillows or in a recliner chair is helpful. Do not bend over or lift anything heavy for the first week after surgery as this can increase the likelihood of bleeding. Wait until you are cleared by your doctor before wearing make-up/concealer or coloring your hair.

Swelling and bruising are expected and will get worse within the first 48 hours and then gradually begin to decrease around days 5-10.

Virtually all patients report a degree of tightness and/or numbness of the face and neck. The tight feeling generally resolves within 2 months and numbness of the face persists for several months with gradual resolution.

You will receive a phone the day after to surgery to check your progress. Your first follow-up appointment with the doctor will be one week after surgery and then an additional 7-10 days after that. These appointments will document the healing process, remove any sutures and discuss activity restrictions.

Please call your doctor at 312-695-6022 if you notice any of the following:

- Fever 101 degrees or greater
- Spreading redness from your incisions
- Excessive swelling
- Heavy bleeding
- Lack of pain relief from the prescribed pain medication

If you need immediate attention, please go to your nearest Emergency Department.