



MAO FACIAL PLASTIC SURGERY

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Facelift

Facelift is a very commonly performed facial plastic surgery procedure. It can provide a remarkable improvement in your appearance, giving you a rejuvenated look. With aging, the skin, muscle, and fat pads in the face gradually descend. Facelifts can remove or reposition this excess fat and remove the excess skin for a better contour around the jaw and neck line. In the past, many facelifts have been overdone with too much tension on the facial skin, resulting in a "windswept" look. Our procedure hides incisions, and minimizes risks, while giving you an unbelievable natural looking improvement in your appearance. This newer technique repositions, the deeper tissues in the face, allowing a tension free closure on the skin, and a better, longer-lasting result. The incisions are typically hidden around the ear, in the hairline, and under the chin. Liposuction of the neck is sometimes done at the same time to further improve the appearance of your neck line.

Your preoperative evaluation will include assessment of your skin type, skin elasticity, muscle elasticity and underlying facial anatomy. After these evaluations, your surgeon will discuss the best surgical option for you to obtain your desired results

A facelift is typically performed under local sedation or with a general anesthetic. You may need to spend a night in the hospital for monitoring after the procedure. You will have bandage around your face that first night to minimize any swelling and bruising. You should expect to feel well within the first two to three days after surgery. However, because of the postoperative bruising and swelling you will want to be able to have two weeks of recovery time available.

The following information serves as a guide for what to expect should you wish to proceed. Please try to follow these instructions as best as you can. Failure to do so may jeopardize your final result.

Before Surgery

1. Only take Extra Strength Tylenol[®] for aches and pains, starting at least 3 weeks before surgery. It is very important NOT to use any aspirin, aspirin-containing compounds or non-steroidal anti-inflammatories (i.e. ibuprofen, Motrin[®], Advil[®], Aleve[®], Celebrex[®], etc). These all work by thinning your blood and can cause increased bleeding during surgery and increased bruising after surgery.
2. Do not take vitamin E supplements, fish oils, omega-3 supplements, herbal supplements such as garlic, ginkgo, or ginseng for at least 3 weeks prior to surgery. These supplements may also increase the likelihood of bleeding and bruising. A prepackaged multivitamin produce (such as One-A-Day or Centrum) is fine, but do not add any of the above supplements.
3. If you are on a blood thinner like Coumadin[®] (warfarin) you must let surgeon know, and he/she will have you speak to your primary care doctor about managing this prior to your surgery.
4. Avoid alcoholic beverages the night before surgery.
5. You will be taking pain medication after your surgery. Your surgeon will write both prescriptions for you, or they will be called into your pharmacy by the office. You should also purchase a tube of ointment such as Aquaphor which you will use over your stitches after surgery.
6. If you color or dye your hair, you should do this immediately before surgery, since you will not be able to color your hair again until one month after surgery.
7. If you are a smoker, you must quit at least, one month before surgery, and not smoke for one month after surgery. Smoking causes narrowing of the blood vessels, that can significantly delay healing and cause complications. If you decide to have surgery, this is an excellent time to stop smoking permanently.
8. Drinking one glass of pineapple or blueberry juice each day for two weeks before surgery may help to decrease bruising.

During Surgery

Surgery averages four to six hours. You will be asleep for the entire procedure if the operation is performed under general anesthesia. When you wake up, there will be a dressing wrapped around your face and neck. You may need to stay in the hospital the night after your surgery. This allows us to monitor you as needed. You may also have the option of performing the procedure under local anesthesia in which you will be taking oral medication for sedation purpose.

After Surgery

1. You should expect swelling of your entire face and sometimes neck after the surgery. This may actually get worse over the first three days, then begin to improve. Sleeping with your head elevated on at least three pillows for one week after surgery will help to minimize bruising and swelling.
2. Take your pain medicine as directed. Extra Strength Tylenol may be enough for your pain after the first few days.
3. The day after surgery, you will come to the office in order to change your dressing. You will go home with this new dressing. This dressing should be worn as much as possible for the first week.
4. Do not exercise, do any heavy lifting or bend over for the first week.
5. You may shower after the second postoperative day when your bandage has been removed and you have been given a removable elastic bandage. Be very gentle with washing and drying your hair. As soon as you are out of the shower, gently dry your incisions and apply the ointment such as Aquaphor over all of your incisions and replace the elastic bandage.
6. When you are wearing your elastic bandage during the first week you still need to be careful. Do not make any sudden movements of your head. It is best to move more like a robot, with your head and shoulders in one unit.
7. At one week after the surgery, you will need another postoperative visit to have the stitches removed.
8. It is very important that you use sunscreen after your surgery. While your incisions are healing, they are very sensitive to the sun, and can actually become darker than the surrounding skin. You should be using at least an SPF 30 daily anyway to protect your skin from sun damage.
9. Your earlobes and other areas of the skin may be numb after the surgery. It should slowly improve over the next month.
10. You should expect to return to work and/or social situations within two weeks. Although you will be feeling well before that, you may still have some bruising, which takes time to disappear.
11. You may start your exercise regimen at two weeks after surgery.