

## Our Goals:

The doctor will review your general medical condition, the medications you are taking and the reasons for having the procedure. If you are determined to be a good candidate he will discuss options of treatment and the goals for your surgery.

Procedures are individualized to the patient. Dermabrasion soothes the skin and it may also tighten some. Sometimes fat aspiration or liposuction is used to remove additional fatty deposits from the cheek and neck. These extra procedures add to the overall cost, time of surgery and recovery period.

People are different and the results of surgery vary too. Generally speaking we tell people that the roughness on your face will not be removed, only lessened. Multiple procedures at additional cost may be necessary. For the older individual we cannot make you look 25 years old. Loose skin will be slightly tightened. Fine wrinkles are lessened. We are limited by the quality of your own skin.

Modern methods of surgery include the use of medications for burn patients. The fine planing of the skin results in a superficial burned skin like reaction. Do not be alarmed by the use of these medications normally reserved for a facial burn.

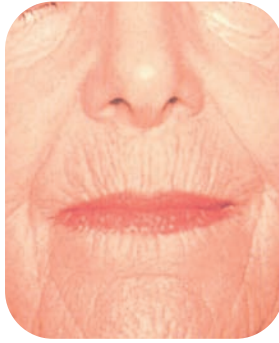
## Before Surgery:

All medications that thin the blood may have to be stopped 2 weeks prior to surgery. A half of one aspirin thins the blood for 2 weeks! There are also a host of vitamins, pain and arthritis medications that thin the blood.

One needs to get a relative or friend to be with you for the first few days after the procedure. They will have to drive you to and from surgery and the office afterwards. Have some easy meals ready to be made. Do not plan on having friends over or leaving town for at least 3 weeks. You may be given pain medication and antibiotics. Get these before having the surgery so they are handy.

## During Surgery:

General anesthesia is usually used. The patient is totally



asleep. We do not want you in pain or moving during the surgery. This is often the case when surgery is performed in the office using only sedation. We can work more efficiently too. Most procedures are 2 to 3 hours long but there will be time needed to start IV's before surgery. The recovery room period may last a few hours as well.

There are generally no incisions for just performing dermabrasion. If a small amount of fat is aspirated or excised, incision lines may result.

## After the Procedure:

While still in the operating room the completed surgery is impressive to see. Soon afterwards however, the swelling and bruising starts. The more extensive the surgery, the worse the bruising and swelling. This makes sense. If a surgeon tells you that there will be minimal or no swelling or bruising then the surgery cannot be very extensive.

You will need to get pain and burn treatment medications before the procedure. You will also be given a prescription for antibiotics. Get these before the procedure.

During the first few days after surgery the swelling and bruising worsens. The face may look like a balloon and the eyes may be swollen shut. It can be quite scary. The pain is not usually bad. Do not be alarmed as the skin is usually numb for a while. We expect this. By the end of the first week the swelling and discoloration begins to diminish. Some scabbing of the skin will result. The treated area must not be allowed to dry. It must be kept moist at all times day and night.



It usually takes the first month before you actually start to look good. The process of this improvement may then take a year or so. When we take "after surgery" pictures we usually take them about a year after the original surgery. That is when the results usually look their best. The thing that usually lasts the longest is red skin discoloration. It seems to go away eventually.

Do not plan on going back to work or driving for at least the first week or two. You will be given pain medication and should be very careful about coordinated tasks. Even cooking is not a good idea. When in a car, always use a seat belt and sit in the back seat. People have been injured by airbags going off while in the front seat. We try to keep you safe and preserve our work.

For the first few weeks after your surgery avoid strenuous activity. No lifting over 5 pounds. Do not do housework, you need rest. Avoid alcohol, smoking or even the presence of smokers.

Do not get sun. Even when the doctor says it is OK to go outside you must use sun block of at least a number 30 SPF for at least 6 months, maybe longer. For general good health, you should always use sun block on exposed skin surfaces anyway.

By the third week normal activities can generally be resumed if healing is progressing normally.

## Additional Cosmetic Enhancements:

Some older individuals may elect to have other cosmetic procedures. If they are on the face such as a facelift or eyelid surgery we ask that you wait at least a year after the dermabrasive surgery.

Less time is needed if the surgery is in other areas such as fat aspiration on the stomach area or the legs.



Common over-the-counter pain, allergy and cold medications as well as arthritis drugs may thin your blood. Do not take any of these without first discussing it with your doctor.

Complications may include bleeding problems, infection, poor healing, excessive scar formation, adverse drug and anesthetic reactions. Some may require more surgery at additional cost. Let the doctor know if you are a keloid or hypertrophic scar former. These things may occur and we may not be able to predict in advance this excess type of scar formation. The skin surface may not be perfectly even. People who smoke or used to smoke have much more healing and infection problems than patients who never smoked. Your face may be numb initially. Most of the sensation returns. This may be of benefit as it keeps pain to a minimum during the initial healing period. Hospitalization or just an overnight stay may be needed. Insurance companies do not usually pay for these when cosmetic surgery is involved.

Following the doctors instructions minimizes the risk of problems. Do not do anything different without calling the doctor first. Most of the advise your friends and neighbors give you is probably incorrect. The doctor asks that you call him if you have any questions at all.

Skin refinishing lasts forever. The skin that is removed and smoothed will always make you appear better than you would have looked if nothing was done. You do however continue to age.

Some discriminating patients will get additional procedures in the coming years so that they always look their best. But remember, even just a single successful procedure will make you forever look better than you would have looked.

## Venice Plastic Surgery

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their assistants. Also needed is a fully staffed and equipped recovery room.

We believe that dermabrasion should be performed in a hospital or hospital outpatient facility setting, not in the office. Safety is a major concern for us, and hospital facilities are much better equipped. We use the team approach with an operating room filled with registered nurses, registered OR technicians and M.D. anesthesiologists with

**Why settle for less?**



## Dermabrasion

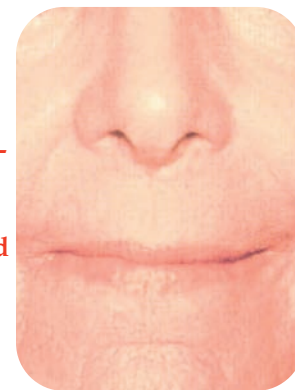
also known as  
**Skin Refinishing**

**It is a controlled scraping of the skin surface for men and women of all ages**

**The procedure is designed to smooth rough skin**

**Sharp edges of irregularities from acne scars or traumatic scars may be reduced**

**Fine wrinkles may be reduced**



## Venice Plastic Surgery A. E. Haas, M.D.

Dermabrasion is for men and women from about 15 years or older. There is no upper limit. The best candidates are generally healthy. They do not smoke, have diabetes or uncontrolled high blood pressure. The rewards are a fresher more youthful appearance. The major limitations are your own skin. Those who have had a lot of sun exposure or who have smoked cigarettes in the past have the poorest skin quality. The best results are with those who still have good skin elasticity but almost anybody may still benefit. Some patients will require secondary "tune up" procedures to further benefit their appearance. Although we cannot stop the aging process we may at least turn the clock back in a manor of speaking. Dermabrasive surgery is fairly extensive. You must plan your after surgical care ahead of time.