

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. A facelift tightens the lower facial and neck skin. Eyelid and forehead surgeries may need to be added. Often 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 lines on your face will not be removed, only lessened. We cannot make you look 25 years old. Loose skin will be tighter. Wrinkles are lessened. We are limited by the quality of your own skin.

Modern methods of surgery include the tightening of the muscles too. This may help the overall results last longer than the older method of just pulling on the skin. We want you to be more youthful and vibrant looking.

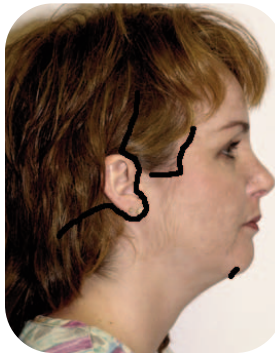
Before Surgery:

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 a host of vitamins, pain and arthritis medications that thin the blood.

You need 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 4 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.

The incision lines are visible but mostly hidden. They usually go from the temple, above the ear, then curve in front of the ear and finish behind the ear on the hair-neck line. Behind the ear is where most of the tension is for skin pulling and tightening so the scars are widest there. Sometimes an incision under the chin is needed. In men we usually make the incision in front of the side burn.

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.



(Before Surgery)

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.

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 sur-

gery. That is when the results usually look their best. The scars may be visible or covered with hair. Because of the repositioning of the skin, men may need to shave differently and side burns will change. Because there is tugging on the ear, those who wear hearing aids may need to have them refitted.

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 anyway you should always use sun block on exposed skin surfaces.

By the third week we allow the use of makeup. This will help hide some of the scars as they heal and will help camouflage bruising.

Additional Cosmetic Enhancements:

Laser or chemical peel treatments may be of benefit. Sometimes these are performed before and other times after the facelift surgery. The doctor will tell you about these additional cosmetic procedures.

A facelift is not for everybody. Lesser procedures may at times be all you need. You may get improvement from just eyelid surgery alone or a little fat removal by itself. We can also perform breast lifts or tummy tucks.



(After Surgery)

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 nerve and muscle damage, poor healing, adverse drug and anesthetic reactions. Some may require more surgery at additional cost. 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 will be numb initially. Most of the sensation returns. This may be of benefit as it keeps pain to a minimum during the 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.

A facelift lasts forever. The skin and fat that is removed will always make you appear better than you would have looked if nothing was done. You do however continue to age. Some surgeons believe that a facelift sort of slows the facial aging process.

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 a facelift 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?



Facelift

also known as
Rhytidectomy

It is commonly performed together with other procedures as eyelid surgery or a forehead lift

The procedure is designed to tighten loose skin lines, and reduce neck and jowl sagging

This is felt to give patients a more youthful appearance. Patients are often less tired



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

Facelifts are for men and women from about 35 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 manner of speaking. Facial surgery is fairly extensive. You must plan your after surgical care ahead of time.