

Rhytidectomy (Face Lift)

Scheduled on 11/11/1111

George C. Peck, M.D., F.A.C.S.

776 Northfield Avenue
West Orange, New Jersey

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.....
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SURGICAL PROCEDURES

- STANDARD RHYTIDECTOMY* (Removal of excess skin from my face, jowl, and neck. Tightening the underlying fascia and muscle.)

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PREPARING FOR SURGERY *

STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **TAKE MULTIVITAMINS:** Start taking multivitamins daily to improve your general health once you have scheduled your surgery.
- **TAKE VITAMIN C:** Start taking 500 mg of Vitamin C twice daily to promote healing.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to your multivitamin.
- **PRESCRIPTIONS:** You will be given prescriptions for medications the day of surgery unless prior arrangements are made to pick up prescriptions before your surgery date.

THE DAY BEFORE SURGERY

- **CONFIRM SURGERY TIME:** We will call you to confirm the time of your surgery a few days before your surgery date. If you are not going to be at home or can't be reached, please call us to confirm at 973-324-2300.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with an antibacterial soap.
- **EATING AND DRINKING:** Do not eat or drink anything after 12:00 midnight. This includes water.

THE MORNING OF SURGERY

- **SPECIAL INFORMATION:** Do not eat or drink anything! If you take a daily medication, you may take it with a sip of water in the early morning.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **CLEANSING:** Shower and wash the surgical areas again with antibacterial soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, or makeup.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.
- **CHECK IN:** Arrival time is: _____

Report to Essex Surgical, LLC, 776 Northfield Avenue, West Orange on Surgery Date.
Your arrival time is one hour earlier than your scheduled surgery time. Patients less than 18 years old must be accompanied by a parent or legal guardian.

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Medications to Avoid Before and After Surgery

If you are taking any medications on this list, they should be discontinued 10-14 days prior to surgery and only Tylenol should be taken for pain. All other medications that you are currently taking must be specifically cleared by your doctor prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your doctor and the nursing staff.

Aspirin Medications to Avoid

- | | | |
|-----------------------|-------------------------------|---|
| Acetilsalicylic Acid | Alka-Seltzer | Alka-Seltzer Plus |
| Alka-Seltzer products | Anacin | Anacin products |
| Argesic-SA | Arthritis Foundation products | Arthritis Pain Formula |
| Arthritis Products | Arthritis Strength Bufferin | ASA |
| Ascriptin Products | Aspergum | Axocal |
| Azolid | Bayer Products | BC Powder |
| Buffered Aspirin | Bufferin products | Buffers 11 |
| Buffinol | Butazolidin | Cama Arthritis Pain Reliever |
| Carisoprodol Compound | Cheracol | Chlortrimeton Capsules |
| Cope Tablets | Coricidin | Darvon Compound-65 |
| Darvon/ASA | Disalcid | Dolobid |
| Dristan | Duragesic | Easprin |
| Ecotrin products | Empirin products | Equagesic |
| Excedrin products | Fiorgen PF | Fiorinal products |
| Gelpirin | Genprin | Goody's Extra Strength Headache Powders |
| Kaodene | Lanorinal | Lortab ASA |
| Magan | Magnesium Salicylate | Magsal |
| Marnal | Mesalamine | Methocarbamol |
| Micrainin | Mobidia | Mobigesic |
| Momentum | Norgesic products | Oxycodone |
| Pabalate products | Pepto-Bismol | Percodan products |
| Phenaphen/Codeine #3 | Pink Bismuth | Saleto products |
| Salicylate products | Sine-off | Sinutab |
| Sodol Compound | Soma Compound | Sulfasalazine |
| Supac | Suprax | Triaminicin |
| Trilisate | Tussanil DH | Tussirex products |
| Ursinus-Inlay | Vanquish | Wesprin |
| Willow Bark products | Zorprin | |

Ibuprofen Medications to Avoid

Acular (ophthalmic)

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Medications to Avoid Before and After Surgery

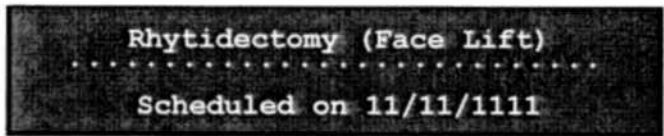
Aleve	Advil	Advil products
Anaprox products	Alleve	Anadynos
Clinoril	Ansaid	Aspirin
Etodolac	Dimetapp Sinus	Dristan Sinus
Genpril	Feldene	Fiorinal
Indocin products	Ibuprin	Ibuprofen
Medomen	Indomethacin products	Ketoprofen
Nalfon products	Midol products	Motrin products
Naprox X	Naprelan	Naprosyn products
Ocufen (ophthalmic)	Naproxen	Nuprin
Oxaprozin	Orudis products	Oruvail
Profenal	Piroxicam	Ponstel
Sulindac	Relafen	Sine-Aid products
Voltaren	Tolectin products	Tolmetin

Other Medications to Avoid

4-Way Cold Tabs	4-Way w/ Codeine	Accutrim
Actifed	Arthritis Bufferin	BC Tablets
Childrens Advil	Clinoril C	Contac
Coumadin	Emagrin	Flagyl
Flexeril	Four Way Cold Tablet	Heparin
Lovenox injection	Persantine	Prednisone
Ru-Tuss	Tenuate	Tenuate Dospan
Vibramycin	Vitamin E	Warfarin

Herbal Medications to Avoid

Fish Oil	Ginkgo Biloba	Ginseng
St. John's Wort		



GOING TO OUR OPERATING ROOM*

THE OPERATING SUITE

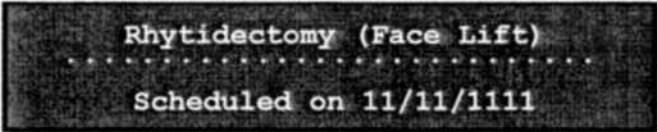
- Going to the operating room is not a normal experience for most of us. Dr. Peck and all of the professional staff caring for you recognize the natural anxiety with which most patients approach this step in the process of achieving their goals. We believe a description of the surgery experience will be helpful.
- Your surgery will be performed here at Essex Surgical, LLC in our state-of-the-art operating suite. Specialists using modern equipment and techniques will attend to you. The team includes a board-certified anesthesiologist, a trained operating room technician and a registered nurse in charge of the operating room.
- When you arrive at Essex Surgical, LLC, you will be escorted to the surgery suite. You will be asked to change into a gown and robe and will be given foot covers. Dr. Peck and the anesthesiologist will meet with you before you enter the operating suite. This is the time for final surgical planning; it is also when we will do basic preparation or draw on your skin as needed. There will be time for last minute questions.
- Once you enter the operating room, the staff will do everything they can to make you feel secure. You will feel comfortable on our deeply padded operating table, and the nurse or the anesthesiologist will start an intravenous drip in your arm. At the same time, to ensure your safety, our staff will connect you to monitoring devices. Medicines that will make you drowsy will flow through the tubing into a vein in your arm.

THE RECOVERY ROOM

- When your surgery has been completed and your dressings are in place, you will be moved to the recovery room. You will be connected to monitoring equipment constantly. During this period, a fully trained recovery room nurse will take care of you and remain with you at all times. The registered nurses in the recovery room are specially certified for advanced cardiac life support. The recovery room is equipped just like one in a hospital, and that is one of the reasons Essex Surgical, LLC is fully accredited.
- Your stay in the recovery room will last from 1 to 4 hours, depending on how soon you are ready to leave. Most patients are fully awake within 30-60 minutes after surgery but may not remember much about their stay in the recovery room.

POST SURGERY ARRANGEMENTS

- *AT HOME: You must arrange for someone to bring you to and drive you home from the surgery center. Either a family member, or a friend must remain with you the first night after surgery because you will have been sedated.*



POSTOPERATIVE CARE - OUTPATIENT SURGERY *

YOUR FIRST 48 HOURS

- **VERY IMPORTANT:** If you have excessive bleeding or pain, call the office at (973) 324-2300, day or night.
- **YOUR FIRST 24 HOURS:** You must have someone drive you home and someone should stay with you overnight.
- **DRESSINGS:** *Do not remove them unless instructed to do so.*
- **ACTIVITY:** Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., but **NO MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE HOUSE, REARRANGE THE ATTIC, ETC.!** We do not want you to bleed and cause any more swelling and bruising than is unavoidable.
- **ICE PACKS:** Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. Remember the rule with ice packs; twenty minutes on twenty minutes off. If the ice feels too uncomfortable, don't use it as often.
- **DIET:** If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, use the suppository. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.
- **SMOKING:** Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 10 days after surgery.
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.
- **DRIVING:** Please don't drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain pills.
- **POST OPERATIVE APPOINTMENTS:** It is very important that you follow the schedule of appointments we establish after surgery.

SPECIFIC POST OPERATIVE INSTRUCTIONS

RHYTIDECTOMY (FACE LIFT)

- **DRESSINGS:** The bulky dressing placed at the time of surgery puts some pressure on the areas operated on and helps soak up any external drainage of normally occurring serum and blood. If the dressing is too tight or causes pain, please call us at (973) 324-2300. You may be instructed to cut part way or completely through the portion of the dressing under the chin. This will usually relieve the discomfort. Removing the entire dressing will not cause any problems, in the unlikely event that this seems to be necessary. We remove the bulky dressing the morning after surgery and replace it with a very light one, which you will remove the following day. After that, there are no more dressings.

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- **POSITION:** Keeping your head elevated as much as possible will help to reduce postoperative swelling. If you can, sleep on two or three pillows to keep your head above the level of your heart.
- **DRAINS:** On each side of your face, a small drain may be placed under the skin and brought out through a small incision made in the temple. These drains evacuate the fluid that accumulates after surgery and enable you to heal faster. When the drain is first put in place, the bulb at the end of each tube will be compressed to create gentle suction. As the fluid collects in the bulb, it will expand.

DRAIN CARE: Secure the bulb of the drain to the dressing on your head with a safety pin. The evening of surgery, you should empty the bulb by opening the plug at the top and pouring out the contents. Do not attempt to remove the bulb from the tubing. Squeeze the bulb to recompress it, and put the plug back into the hole at the top in order to maintain the vacuum. Do this whenever the bulb fills or expands 50% or more.

If the bulb fills rapidly after emptying it, or you need to empty it more than three times daily, please call us at (973) 324-2300. Dr. Peck or a nurse will usually remove the drain the day after surgery, but occasionally they are left for 2-3 days. Removing them feels a little strange, but is not painful. You may shower and shampoo your hair the day after the drains are removed.

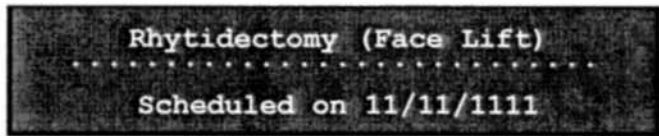
- **BLEEDING:** Small amounts of oozing and bleeding after surgery are normal. The bulky dressing may be stained and the size of the stain may enlarge after you go home -- this is normal. If serious bleeding occurs, apply pressure and call us. Bleeding under the skin flaps that causes serious swelling and discomfort is very uncommon, but if it does occur, it requires attention and evaluation by your surgeon. Call us at (973) 324-2300 immediately.
- **SUTURES:** The sutures in front of your ears will be removed 4-6 days after surgery. If you have had an incision made under your chin, those sutures also will be removed 4-6 days after surgery. The staples within the hair and the sutures behind the ear are removed 9-12 days after surgery.
- **SUNSCREEN AND MAKEUP:** It is imperative that your scars be protected from the sun for a good 6 months after surgery. Use a sunscreen with a skin-protection factor (SPF) of at least 15 at all times. It should be applied before your makeup. You may begin applying makeup 2 days after your sutures are removed. Speak to our nursing staff or the front office about an appointment for a skin care appointment several weeks after surgery. We provide this service to help you maximize the benefits of your "new look."
- **SKIN CARE:** All the skin of the face and neck may feel dry and chapped after facial surgery. We recommend that you make frequent and liberal use of a good moisturizer without fragrances in it.

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- HAIR CARE: After a face lift, most patients experience a temporary change in the texture and manageability of their hair. Your hair is reacting to the "shock" of surgery and will recover naturally within 6 weeks. If you color or perm your hair, plan to have it done before surgery or wait until 6 weeks afterward for the best results. Your hair will be a little "lifeless" during that period of time.
- SHAMPOO: Forty-eight hours after surgery or 24 hours after the drains have been removed, you may wash your hair. You may prefer to have your hairdresser wash it for you. In either case, a hair dryer, if used at all, should be kept on the lowest heat setting, as your scalp may be partially numb.

LONGER TERM POSTOPERATIVE INSTRUCTIONS *

- ACTIVITY/SPORTS: We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 to 6 weeks. Dr. Peck will give you clearance to increase your activities according to the progress of your recovery.
- DRIVING: You may resume driving when you feel you are able, but wait at least 24 hours after surgery. Keep in mind that you must have full use of your reflexes. Do not drive while taking pain medication!
- SEXUAL ACTIVITY: You may enjoy sexual activity as your body allows with the following restriction: please reread Activity/Sports above and apply the same concept to sex.
- SUN EXPOSURE: If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb -- you might not "feel" a sunburn developing!
- WORK: Follow whatever plan you and Dr. Peck have agreed upon.



AS YOU HEAL*

FAMILY & FRIENDS

- Support from family and friends is very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your result to be. Please trust in our knowledge and experience when we discuss your progress with you.

Although plastic surgery has certainly "come out of the closet" in the past decade, your friends may still be reluctant to bring up and discuss what they believe is a private matter. Patients occasionally feel upset that "no one noticed" or "said anything." If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are, respond by saying, "I feel wonderful. I just had cosmetic surgery and I'm recovering." This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject.

DEPRESSION

- Quite frequently patients experience a brief period of "let-down" or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better "instantly," even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a "natural" phase of the healing process may help you to cope with this emotional state.

HEALING

- Everyone has the capacity to heal themselves to one degree or another. Clearly this ability is variable and depends upon a number of factors such as your genetic background, your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.). Many people believe the surgeon "heals" the patient. No one person can make another heal. Dr. Peck can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.
- FOLLOWING INSTRUCTIONS: Another major factor in the course of healing is whether you follow the instructions given by Dr. Peck verbally and in this booklet. Such guidelines are designed to promote the healing process and to prevent the occurrence of anything which may interfere with recovery. It is imperative that you recognize that you are a partner in this process and have a responsibility to follow instructions carefully. The instructions, based on broad experience, are designed to give you the best opportunity for healing without delay or surprise.
- COMPLICATIONS: Unexpected occurrences are very infrequent. When they occur, it is seldom a consequence of malpractice. It is far more likely to be a result of the variable healing capacity or the patient's failure to follow instructions. Rest assured, we will assist you in any way possible with regard to such events. Should the unexpected occur, it is in your best interest to ally yourself with Dr. Peck and the staff. We will support you through any difficulties and assist you in reaching your goal.

SPECIFIC AS YOU HEAL INFORMATION

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**RHYTIDECTOMY
(FACE LIFT)**

- **NUMBNESS:** When the skin is separated from the underlying tissues during surgery, small sensory nerves are cut. Varying degrees of numbness will be present after surgery and will improve gradually as the nerves reconnect to the skin. This process can take from 2 months for face, neck, and cheeks to 9-12 months for the forehead and scalp.
- **TIGHTNESS:** Frequently there is a tight feeling in the neck after a face lift. During surgery, not only the skin, but the underlying muscles are tightened to create a better and longer lasting result. Additionally, the swelling will move downward in the first week and the neck will feel even tighter. Do not be alarmed! You will not choke, and the sensation will decrease during the first month.
- **HEALING OF SENSORY NERVES:** As the nerves regenerate, itching, burning, tingling, and shooting sensations will occur. Ice, moisturizers, and gentle massaging are helpful during this phase of the healing process.
- **FIRMNESS UNDER SKIN:** Some degree of firmness or lumpiness under the skin is normal after surgery and will resolve with time. Local massage will speed resolution of this problem, which normally takes 2-4 months to disappear completely.
- **ASYMMETRIC SWELLING:** Do not be alarmed if one side of your face is slightly more swollen or numb than the other. This is common and usually disappears within a few weeks.
- **EYE SYMPTOMS:** Your eyelids may feel tight even if they have not been operated on, because of the swelling that occurs in the entire face. Your vision may also be blurred from the ointment that is placed in them for protection during surgery. Eye drops and ice packs will feel particularly soothing for the first few days after surgery.
- **ACTIVITIES:** Most patients who have had face lifts feel reasonably normal within 3-4 days after surgery even though they are swollen. If you wish to do light office work, you may. Do not, however, do any heavy activities or aerobic exercise for at least 3 weeks after surgery! Strenuous activities can cause bleeding and swelling for a longer period than is necessary.

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FINANCIAL POLICIES

- As patients approach surgery, they frequently need information about the various payment options and have questions about their potential insurance benefits. We hope the following information will be helpful.
- Our financial coordinators are readily available to meet with you personally to provide the specific information you desire. They specialize in this area and will use their expertise to help you obtain the maximum benefits from your policy.

PAYMENT OPTIONS

- Payment for cosmetic plastic surgery is due, in full, two weeks prior to surgery. We provide a number of payment options which may be used individually or combined according to your wishes.

CASH OR CHECK: Personal check, cashier's check, or cash.

CREDIT CARDS: Visa and Master Card.

INSURANCE COVERAGE

- The benefits paid by insurance companies for plastic surgery vary greatly from carrier to carrier and plan to plan. Therefore, we make every effort to determine in advance if insurance coverage exists. We know you realize that you are ultimately responsible for the full payment of your account, but we have found that our knowledge and experience can be an important factor in assisting you to collect your maximum benefits.
- Please discuss all arrangements regarding payment of your account with us.

CANCELLATION POLICY

- We understand that a situation may arise that could force you to postpone your surgery. Please understand that such changes affect not only your surgeon but other patients as well. Dr. Peck's time, as well as that of the operating room staff, is a precious commodity, and we request your courtesy and concern.

If you need to cancel your surgery after your preoperative visit but more than 10 business days before surgery, you are entitled to a full refund. Should you find it necessary to cancel your surgery 10 business days or less before surgery, the following policy will apply.

We may refund your payment except for \$500.00.

- If you have any questions or need assistance with financial matters, please ask .. <None> to help you.

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GENERAL SURGICAL RISKS *

ABOUT RISKS

- We want you to understand fully the risks involved in surgery so that you can make an informed decision. Although complications are infrequent, all surgeries have some degree of risk. All of us at The Peck Center For Plastic Surgery will use our expertise and knowledge to avoid complications in so far as we are able. If a complication does occur, we will use those same skills in an attempt to solve the problem quickly. The importance of having a highly qualified medical team and the use of a certified facility cannot be overestimated.
- In general, the least serious problems occur more often and the more serious problems occur rarely. If a complication does arise, you, Dr. Peck, and the nursing staff will need to cooperate in order to resolve the problem. Most complications involve an extension of the recovery period rather than any permanent effect on your final result.

NORMAL SYMPTOMS

- **SWELLING AND BRUISING:** Moderate swelling and bruising are normal after any surgery. Severe swelling and bruising may indicate bleeding or possible infection.
- **DISCOMFORT AND PAIN:** Mild to moderate discomfort or pain is normal after any surgery. If the pain becomes severe and is not relieved by pain medication, please call us at (973) 324-2300.
- **CRUSTING ALONG THE INCISION LINES:** We usually treat this with antibiotic ointment.
- **NUMBNESS:** Small sensory nerves to the skin surface are occasionally cut when the incision is made or interrupted by undermining of the skin during surgery. The sensation in those areas gradually returns--usually within 2 or 3 months as the nerve endings heal spontaneously.
- **ITCHING:** Itching and occasional small shooting electrical sensations within the skin frequently occur as the nerve endings heal. Ice, skin moisturizers, and massages are frequently helpful. These symptoms are common during the recovery period.

COMMON RISKS

- **REDNESS OF SCARS:** All new scars are red, dark pink, or purple. Scars on the face usually fade within 3 to 6 months. Scars on the breasts or body may take a year or longer to fade completely.
- **HEMATOMA:** Small collections of blood under the skin are usually allowed to absorb spontaneously. Larger hematomas may require aspiration, drainage, or even surgical removal to achieve the best result.
- **INFLAMMATION AND INFECTION:** A superficial infection may require antibiotic ointment. Deeper infections are treated with antibiotics. Development of an abscess usually requires drainage.

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- **THICK, WIDE, OR DEPRESSED SCARS:** Abnormal scars may occur even though we have used the most modern plastic surgery techniques. Injection of steroids into the scars, placement of silicone sheeting onto the scars, or further surgery to correct the scars is occasionally necessary. Some areas on the body scar more than others, and some people scar more than others do. Your own history of scarring should give you some indication of what you can expect.
- **WOUND SEPARATION OR DELAYED HEALING:** Any incision, during the healing phase, may separate or heal unusually slow for a number of reasons. These include inflammation, infection, wound tension, decreased circulation, smoking or excess external pressure. If delayed healing occurs, the final outcome is usually not significantly affected, but secondary revision of the scar may be indicated.
- **SENSITIVITY OR ALLERGY TO DRESSINGS OR TAPE:** Occasionally, allergic or sensitivity reactions may occur from soaps, ointments, tape or sutures used during or after surgery. Such problems are unusual and are usually mild and easily treated. In extremely rare circumstances, allergic reactions can be severe and require aggressive treatment or even hospitalization.
- **INCREASED RISKS FOR SMOKERS:** Smokers have a greater chance of skin loss and poor healing because of decreased skin circulation. (See Preparing for Surgery)
- **INJURY TO DEEPER STRUCTURES:** Blood vessels, nerves and muscles may be injured during surgery. The incidence of such injuries is rare.
- If they are severe, any of the problems mentioned under Common Risks may significantly delay healing or necessitate further surgical procedures.
- Medical complications such as pulmonary embolism, severe allergic reactions to medications, cardiac arrhythmias, heart attack, and hyperthermia are rare but serious and life-threatening problems. Having a board-certified anesthesiologist present at your surgery reduces these risks as much as possible. (Failure to disclose all pertinent medical data before surgery may cause serious problems for you and for the medical team during surgery.)
- All Plastic Surgery treatments and operations are performed to improve a condition, a problem or appearance. While the procedures are performed with a very high probability of success, disappointments occur and results are not always acceptable to patients or the surgeon. Secondary procedures or treatments may be indicated. Rarely, problems may occur that are permanent.
- **POOR RESULTS:** Asymmetry, unhappiness with the result, poor healing, etc. may occur. Minimal differences are usually acceptable. Larger differences frequently require revisional surgery.

RARER
COMPLICATIONS

UNSATISFACTORY
RESULT & NEED FOR
REVISIONAL
SURGERY

SPECIFIC SURGICAL RISKS

**RHYTIDECTOMY
(FACE LIFT)**

- **INCISIONS (SCARS):** In the temporal area, Dr. Peck can make the incisions within the hairline or in front of the hairline. If made in front, the scars will be visible but the hairline will not change. Scars made within the hairline cause the hair to move up and slightly backward when the lift is done. We find it best to place the preauricular (in front of the ear) scar behind the tragus (the small flap at the external opening of the ear), as that incision is least noticeable.

The incision behind the ear can also be made within or below the hairline. If made within the hairline, much of the scar will be hidden, **BUT THERE WILL BE A CHANGE IN THE HAIRLINE AND THERE WILL BE MORE HAIR-FREE SKIN BEHIND YOUR EAR.** If Dr. Peck places the incision below the hairline, the hairline will remain intact, but the scar will be visible if you wear your hair up.

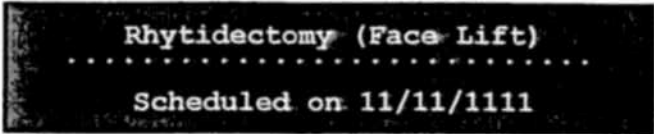
Longer, rather than shorter, face-lift incisions produce a better result, as more skin can be removed. On the other hand, longer incisions and more skin removal mean that more changes will occur in the hairline if the incisions are placed there. Dr. Peck can attempt to reapproximate the hairline behind the ear and eliminate the notching, but usually at the expense of the overall face-lift result!

- **HEMATOMA:** If excessive bleeding occurs under the skin after surgery, a collection of blood under the skin (a hematoma) can form. If the hematoma remains small, the body will absorb it gradually. If it becomes larger, it may need to be removed by suction. Further surgery to remove clots is uncommon, but occasionally necessary.
- **LOSS OF SENSATION:** Permanent numbness rarely occurs. When it does, it usually involves the earlobes and rarely the skin in front of the ears.
- **SKIN LOSS:** Occasionally, poor circulation coupled with skin under tension will lead to blistering, redness, and, rarely, small areas of skin loss. Skin loss most commonly occurs behind the ears but can occur elsewhere. If this happens, it will delay healing, and superficial scarring may occur. You may require some "touch-up" procedures. (This is why we ask smokers to discontinue smoking for several weeks before and after surgery, as they are at the greatest risk for this complication).
- **POSTOPERATIVE SAGGING:** Your surgeon will walk a tightrope during surgery. If the skin is pulled too tight, circulation diminishes and skin can die. Dr. Peck will lift or tighten your skin as much as it is safe to do. If your skin does not have normal elasticity, it may stretch or sag sooner than desired. This is not your surgeon's fault. A subsequent small tuck can be very helpful if you have this kind of skin.
- **NERVE INJURY:** It is extremely rare for the main trunk of the facial nerve to be injured. Temporary damage to one of the peripheral branches is uncommon. If this should happen, you might have difficulty in moving your forehead, upper lip, or lower lip. Resolution usually occurs in a month or two; however, permanent damage remains a remote possibility. Occasionally, the sensory nerve that supplies the earlobe may incur damage despite the best efforts to preserve its function.

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- **ASYMMETRY:** No one's face is totally symmetrical. Many people notice asymmetry for the first time when they scrutinize themselves after a face lift. Because this surgery is as much an art as a science, surgical asymmetries can occur. Further surgery is rarely necessary.
- **CHRONIC PAIN:** Most face-lift procedures cause very little discomfort for more than a few days and all the skin sensation will have returned to normal in 3-5 months. In very rare cases, patients have noted chronic pain at the surgical site that lasts a year or longer (occasionally longer). Rarely, patients complain that the operated areas become superficially hot or red. These symptoms can occur following exercise or for no apparent reason and can occur for several months. The reasons for all the above symptoms are unclear and specific treatment is not known. Massage and ice packs may be symptomatically helpful. Some patience and understanding while the symptoms clear over time is "required."
- **SWELLING AND PAIN IN THE PAROTID AREA:** The surface of the parotid gland (a large salivary gland below and in front of the ear) is exposed as part of the procedure for tightening the deeper layers. Occasional swelling of the parotid gland or discomfort while eating may occur for 1-4 weeks after surgery. This is a self-limiting problem and will resolve without treatment.
- **SCARS:** Scars will occur and may go from pink and firm to faded and soft over a period of six to twelve months; some scars may widen, become depressed, or appear raised, firm, and "ropey" red which may take two years or longer to fade and soften; scars will be permanent and visible.
- **HAIR LOSS:** Possible loss of some hair along the incisions lines on the scalp.
- **FLUID COLLECTIONS:** Fluid collections may accumulate under the skin and may require drainage or aspiration (withdrawal by needle).
- **INJURY TO DEEPER STRUCTURES:** Blood vessels, nerves and muscles may be injured during facelift. The incidence of such injuries is rare. (See Nerve Injury)
- **Facelift is an elective procedure.** Chemical peels, laser resurfacing and liposuction procedures may provide some degree of benefit, but have their own potential risks.

ALTERNATIVES



ANESTHESIA & OTHER INFORMATION

GENERAL ANESTHESIA

- When general anesthesia is used, you will be sound asleep and under the care of your anesthesiologist throughout the operation. Once you are settled on the operating table, you will be connected to several monitors and an intravenous catheter. A quick-acting sedative will be given through the intravenous tubing after you have breathed pure oxygen for a few minutes. Once you fall asleep, your anesthesiologist will usually slip an endotracheal tube through your mouth into your windpipe to guarantee that your breathing is unimpeded. An anesthetic gas that you will breathe and other medications that will be given through the intravenous catheter will keep you asleep and pain free.

- Many patients have an instinctive fear of general anesthesia. Extremely sensitive monitors used during surgery have greatly reduced the risks of anesthesia. A minute change in the oxygen level in your blood, in the amount of carbon dioxide you breathe out, in the percentage of anesthetic gas being administered, in your heart rate, or in your blood pressure would be reported immediately. Most complications of anesthesia in the past have occurred because of "simple" problems that were not recognized quickly enough. The sophisticated monitoring now used makes recognition and treatment of problems with anesthesia almost immediate.

- The anesthesiologist spends all of his or her time during the procedure ensuring your safety. Any significant changes in blood pressure, heart rate, or other vital functions are treated immediately.

- The current level of sophistication of anesthesia monitoring equipment makes general anesthesia much safer than in the past. The anesthesia and monitoring equipment is routinely maintained and is of the same quality as the equipment in any major hospital. Your anesthesiologist will discuss the specific risks of general anesthesia with you before your surgery.

OTHER RISKS *

- We have outlined the common and not-so-common risks of surgery in general. The specific risks and complications of each surgical procedure have been explained elsewhere in this preoperative packet. We have not discussed every possible problem that may occur, and you cannot assume that a problem will not occur simply because it is not discussed here.

- I acknowledge that the risks and complications of the surgery I am to undergo have been explained and discussed with me in detail by Dr. Peck and by the nursing staff. I have been given the opportunity to ask questions and any concerns I had about my surgery have been explained to me. My signature here attests to my understanding and satisfaction with the answers I have been given.

Signature: _____ Date: _____

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Preoperative Nurse Signature: _____

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CONSENT FOR SURGERY

I, _____, desire George Peck, M.D., F.A.C.S. and such assistants as may be assigned by him/her, to perform the elective procedure(s) of:

- STANDARD RHYTIDECTOMY* (Removal of excess skin from my face, jowl, and neck. Tightening the underlying fascia and muscle.)

The nature and purpose of the operation(s), possible alternative methods of treatment, including no treatment/surgery, risks and possible complications have been fully explained to me by George Peck, M.D., F.A.C.S. during my preoperative consultation. I understand that this operation is not an emergency nor is it medically necessary to improve or protect my physical health. I have been advised that all surgery involves general risks, including but not limited to bleeding, infection, nerve or tissue damage and, rarely, cardiac arrest, death, or other serious bodily injury. I acknowledge that no guarantees or assurances have been made as to the results that may be obtained.

I understand that anesthesia will be given and that it, too, carries risks. I consent to the administration of anesthesia by either George Peck, M.D., F.A.C.S. or a qualified anesthesiologist and to the use of such anesthetics as he/she may deem advisable.

It has been explained to me that during the course of the operation unforeseen conditions may be revealed that necessitate an extension of the original procedure, and I hereby authorize my doctor and/or such assistants as may be selected by him/her to perform such procedures as are necessary and desirable, including but not limited to the services of pathologists, radiologists, or a laboratory. The authority granted in this paragraph shall extend to remedying conditions that are not known to my doctor at the time the operation commences.

I understand that if computer generated documents were used in my planning that it was used merely for the purpose of illustration and discussion. I certify my understanding that there is not a warranty, expressed or implied as to my final appearance by the use of such electronically altered images.

I understand that photography is important in planning and evaluating surgery, and I give permission for photographs to be taken before, during and after my surgery for the purposes of documentation only.

I agree to keep my doctor informed of any change in my permanent address so that he/she can inform me of any important new findings relating to my surgery. I further agree to cooperate with him/her in my aftercare until I am discharged from his/her care.

In signing this consent, I hereby certify that I understand the risks, benefits, and alternatives to my procedure(s) and that I have discussed them with George Peck, M.D., F.A.C.S..

Please do not give your permission or sign this consent form if you have any questions regarding your procedure(s). Please advise a staff member of these questions or concerns so that arrangements can be made for George Peck, M.D., F.A.C.S. to discuss them with you.

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Signature: _____

Date: _____

Witness: _____

Relationship: _____