



## Checklist

# Full Facelift

Dear Patient,

You have decided to have a full surgical facelift. A full facelift firms the cheeks (sagging cheeks), temple regions and neck area to restore a more youthful look to your face. Additional liposuction is sometimes recommended in the chin area. The aim is to achieve a natural-looking result that does not give the appearance of having been operated. A facelift is performed under general anaesthesia with an inpatient stay of 1 night. A scar results just in front of the ear, behind the ear and along the hairline at the temples, but it usually disappears several weeks after the procedure. The procedure can be combined with eyelid modification.

The total costs including private clinic, full anaesthesia and all follow-up checks start at EUR 8.500,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

### BEFORE THE PROCEDURE

- You will be admitted to the clinic on the day of your operation. All necessary tests for general anaesthesia (X-ray, EKG, laboratory) will be performed in advance.
- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be photographed for documentation.
- If you feel fit enough, you can already leave the clinic on the first day after the operation.
- I recommend resting for at least 5 days after the procedure. You should avoid any exertions.
- A check-up is scheduled a few days after the procedure. The skin closure strip is changed. You may then resume your facial care and wash your hair as usual.

### DURING THE PROCEDURE

- The operation takes about 2 hours to perform.
- The suture is covered with an adhesive skin closure (Steri-Strip).
- You will receive a head bandage.

### AFTER THE PROCEDURE

- Your vision may be slightly blurred for several hours after operation as a result of the protective eye ointment applied before the procedure.
- Mild surgical site pain is normal after the operation but can be easily managed with pain medication.
- You may stand up out of bed with assistance on the day of the operation.
- I will perform a post-operative examination on the first day after surgery. The head bandage will be removed and you will be fitted for a special bandage which must be worn day and night for a period of 5 - 7 days. Swelling and slight irregularities in the cheek area are completely normal and may last 1 - 2 weeks.
- The skin closure strip in front of the ear is removed after 14 days. Stitches do not have to be removed as the suture is reabsorbed.
- Special scar treatment is usually not necessary. Treating the scar with regular oily skin cream should be sufficient.
- Patients typically are able to return to their regular social activities 2 weeks after the operation. Bruising or swelling may appear, however, and could last longer. As a result, you should postpone any important social engagements until 3 weeks after the procedure.
- Avoid heat (sauna) and physical activity for a period of 2-3 weeks.
- Protect the scar from UV radiation (direct sunlight, solarium) for a period of 6 months by covering or using a sunblock to prevent discoloration (pigmentation).
- The results of the operation can be properly assessed after 3 months.