



# Checklist

## Minilift

Dear Patient,

You have decided to have a surgical mini-facelift. A mini-facelift firms the cheeks (sagging cheeks) and the upper chin area to return 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 scar results just in front of the ear, but it usually disappears several weeks after the procedure. The procedure can be combined with eyelid modification.

The operation is performed under local anaesthesia as an outpatient procedure in the operating room at my practice. The total costs including all follow-up checks will be EUR 4.900,-

Please note the following details.

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

Univ.Doz.Dr. Greta Nehrer

### **BEFORE THE PROCEDURE**

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- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Please come to your appointment without make-up or contact lenses.
- 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 are nervous about the procedure, you may be given an oral sedative to reduce your anxiety.

### **DURING THE PROCEDURE**

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- The operation takes about 1.5 hours to perform.
- You will experience only a mild burning sensation associated with the local anaesthetic.
- The suture in front of the ear is covered with an adhesive skin closure (Steri-Strip).
- You will receive a head bandage to be worn overnight.

### **AFTER THE PROCEDURE**

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- Your vision may be slightly blurred for several hours after operation as a result of the protective eye ointment applied before the procedure.
- A mild burning pain around the surgical site is normal as the anaesthetic wears off. You will not feel any significant pain.
- We recommend resting for at least 2 days after the procedure. You should avoid any exertions.

- The head bandage is removed 1 - 3 days after the operation and the treated area is examined. This is important to rule out the possibility of a haematoma. Swelling and slight irregularities in the cheek area are completely normal and may last 1-2 weeks. A special bandage with velcro closure is applied
- The special bandage must be worn day and night for a period of 5 - 7 days.
- A check-up is scheduled after 7 days and the skin closure strip is changed, after which you may continue your facial care and wash your hair as usual.
- 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 for 3 weeks. 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.