

Rosenthal



COSMETIC SURGERY  
& SKIN CARE CENTER

# Facelift Consultation

## From Dr. Rosenthal

Having been in private practice for over 21 years has allowed me to fine tune and think about every aspect of your care. No two surgeries are ever the same, and each must be tailored to match your particular needs. I take great pride in my work and want you, my patient, to be extremely pleased with your results; achieving a content family of patients is the result of carefully planning each step of your journey. Today's consultation was the starting point. From here, my office staff will work with you to set a date for surgery and preoperative visit that best fits into your schedule.

During the pre-operative visit, you will receive care guidelines outlining what can be done to optimize your results and make you the most comfortable before, during and after surgery. At this time, your prescriptions will also be written for you so you can arrive home after surgery without worrying about how to get your medicines. These prescriptions will be accompanied by guidelines informing you how and when to use these medicines.

During surgery, it is my task to look out for your well being, which I take very seriously. The day of surgery, I will meet you beforehand and be with you as you are being sedated. Once the procedure has started my aim is to do the very best I can for you. I am often asked how long surgery will take; my only answer is as long as I need for both of us to be pleased with the outcome. I never rush through surgery as I wish to be gentle and afford you an optimal outcome. This allows time for only one major surgery per day.

After the end of your surgery, your care has only just begun. As you awaken I will remain close by. Maintaining close contact after the procedure, coupled with personalized and frequent evaluations in my office, will help to ensure optimal results. After all, we both want to be delighted!!

### My Philosophy:

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*Every patient is important to me. You have entrusted me with your care, and as such I consider you unique.*

*Hearing my patients profess a high degree of satisfaction with the way they look and feel is what drives my office. We look forward to your joining our satisfied family of patients.*

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***Here is a bit of information to look at when you are at home. I find that having something in writing jogs my memory.***

**When is the optimal time for my surgery?**

Being in the best shape, mentally, physically and skin wise is desirable. As the rest of our body ages, so does the skin. The elasticity and thickness diminish over time, therefore, having a procedure when there is a relatively small correction is better than waiting for a larger undertaking. An earlier lift lasts longer and gives you added years to look and feel your best.

**Will I look different?**

Your basic bone structure determines who you are. However, tightening and supporting the underlying soft structures, as well as smoothing out loose skin enables you to look well while still maintaining your personal identity.

**Can I have only my neck tightened?**

Usually, there is loosening of the neck muscles and skin along with laxity along the jaw. In order to give a pleasant and natural appearance after surgery, the neck, jaw and cheek should be balanced.

**Are there any other treatments that will improve my appearance and results?**

Definitely! Good skin care and the proper skin care products will get your skin in the best shape before surgery and maintain it afterwards. We have superb skin care aestheticians who will evaluate your skin and recommend the proper care for you.

**Where is the surgery performed?**

HealthSouth Surgical Center or Bridgeport Hospital

**What will I need before surgery?**

You may be asked to obtain a medical evaluation by your family physician to ensure that you are in the best possible shape for surgery.

**Type of Anesthesia:**

You are gently put to sleep using general anesthesia so that you will be comfortable throughout the operation. Once asleep, I will place a local anesthetic under the skin so that you will feel no discomfort, and to minimize the amount of medicine you receive during the operation. By putting you to sleep your heart rate, blood pressure and levels of oxygen will be optimized. Rest assured that being asleep for hours is generally very safe, and the 5-6 hours you sleep will be just fine.

**Will smoking effect my healing?**

Yes- Each cigarette's effect lasts 12 hours on the blood vessels of the body. Smoking causes the skin to heal poorly and the complications associated with smoking are tremendous. Even second hand smoke during the weeks before and after surgery will adversely affect your results. *Stopping is a must before and after any operation.*

### **How long will the surgery take?**

In order to be meticulous with your surgery, I will take whatever time is necessary. This means not rushing through your surgery in order to work on another patient. In addition, there are many things that must be done before the operation can even start, including washing and preparing the area, making sure that your body is well cushioned, and placing your legs into special boots in order to compress them during the surgery. Likewise, at the end of surgery I need to wash your hair, clean your face and apply a special well padded dressing. I will also wait around in recovery after the surgery to be certain that all is going well before I leave. The surgery itself generally lasts, however, between 5 and 6 hours.

### **What can I expect?**

The folds of skin and creases in front of your ears will be smoothed out. Sagging skin and fat along your jaw-line will be repositioned to bring back a clean, crisp line. Neck skin and muscle will be tightened, and extra fat in these areas will be sculpted away where necessary.

### **Where are the scars?**

The scar usually starts at your sideburn, then passes to the top of the ear, following the ear contour around the earlobe into the groove behind the ear. At the back of the ear, the scar will delve into the neck hairline. There will also be a line under your chin so I can tighten the neck muscles.

### **How long will I wear a bandage?**

At the end of surgery I will wrap a soft cottony bandage around your head. This will be changed the next morning and replaced with an elastic garment that you will wear for 1 week, except when you shower.

### **When can I shower?**

Usually the day after your first post-operative office visit. Shower with a mild shampoo and gentle facial cleanser. Bathes are not a good idea for 3 weeks after surgery so as to keep your swelling down.

### **Will my Face hurt?**

Generally, there is minimal discomfort. You will note snugness about the face and neck from tightening the underlying tissues that have been loose for so many years.

### **When I can resume activities?**

It is best to relax for the first 7-10 days. Bruising is variable and usually located in the lower face or neck. Seeing your best friends after 10 days is good, but I would wait at least 2-3 weeks before meeting new acquaintances, at which time you will look presentable. After 3 weeks you will look much better than before surgery, but you still have another 3-4 weeks for 50% of the swelling to subside. It is not a good idea to exercise or increase your heart rate for 3 weeks from the time of surgery. This will help to diminish your swelling and improve the rate at which you heal.

### **What can I do to expedite my healing?**

We will give you a set of guidelines that tells you what medicines to stay away from and which vitamins to take. Do not allow anyone to smoke in your presence for weeks. Using ice often, rest, maintaining a low salt diet and having a positive attitude all go a long way to assisting your recovery.

### **When will I see you again?**

Depending upon the combination of surgeries, you will re-visit the office the day after surgery, and then again within 4-8 days. There will be multiple visits (which are included in your care) to evaluate your progress and support your healing needs.

### **Are there any additional fees to what was quoted?**

If the surgery takes a bit longer (as there is never a rush), a bit more may be owed for the operating room and anesthesia. However, if future surgery or procedures are necessary, there will be additional fees for anesthesia, the operating room and the surgeon.

### **Conclusion:**

My staff and I will strive to take the best care of you. We appreciate your trust and confidence in us and do not take it lightly. My aim is to refresh, smooth out, and brighten your appearance. A natural look is always best; especially one that maintains your personal facial identity. Looking as good on the outside as you feel on the inside is what we will accomplish together.

If you have additional questions we are available to answer them. Thank you for visiting us today.

Jeffrey S. Rosenthal, M.D.

Rosenthal Cosmetic Surgery and Skin Care Center  
75 Kings Highway Cutoff  
Fairfield, CT 06825

(203)335-3223  
Artofplasticsurgery.com

