

you must be careful not to exert excess pressure on the bridge of the nose. Tape and other devices are sometimes used to permit wearing glasses without stressing the area during healing.

Follow-up care is crucial to success in rhinoplasty. Any concerns regarding your post operative course such as excess bleeding, unexpected swelling, fever or significant pain should be reported to your surgeon immediately. It is essential that you keep your follow-up appointments with your surgeon. As your healing is being monitored, there may be techniques such as massage, use of nasal sprays or even small injections of cortisone like medications that can further enhance the desired result.

FACE LIFT

Understanding Rhytidectomy: Aging of the face is inevitable, over time the skin begins to loosen on the face and neck. Crow's feet appear at the corners of the eyes. Fine forehead lines become creases and then, gradually, deeper folds. The jawline softens into jowls, and beneath the chin, another chin



or vertical folds appear at the front of the neck. Heredity, personal habits, the pull of gravity, and sun exposure contribute to the aging of the face. As the aging population grows, it is obvious why rhytidectomy has become the third most desired facial plastic surgical procedure.

"I always told myself that when the muscles of my face started going south, I would have something done – right away. I didn't want to wait so long that the surgery would cause a remarkable difference. So, 12 months ago, I had a facelift, and I haven't regretted it for a moment. It didn't give me a new face – it gave me back my old face, the way it was 10 years ago. The changes were so subtle that no one has any idea I did it, and that's what I wanted – to look like me, only better." – Jackie Brown age 58

Understanding the Surgery

Your surgeon begins the incision in the area of the temple hair, just above and in front of the ear. Next it continues under the earlobe and follows the back of the ear and blends into the hairline. The skin is gently lifted as the surgeon repositions and tightens the underlying muscle and connective tissue. Some fat may be removed, as well as excess skin. For men, the incision is aligned to accommodate the natural beard lines. In all cases, the incisions are placed where they will fall in a natural crease of the skin for camouflage. After trimming the excess skin, the surgeon closes the incisions with fine sutures and/or metal clips. This will permit precise surgery and avoid shaving hair in the incision sites. Depending on the extent of the surgery, the process can take from two to four hours. When the procedure is performed with a combination of mild sedatives, local anesthesia, and a mild intravenous anesthesia ("twilight sleep"), the patient will experience little discomfort. Some surgeons will prefer general anesthesia for their facelifts. Following the surgery, the surgeon will apply a dressing to protect the entire area where the incisions have been made.

Actual placement of incisions varies from patient to patient and is dependent on the surgeon's judgment for that patient.

The trend in facelifts is to have surgery at a younger age. The typical patient is likely to be in her 40s or 50s and she may be just beginning to see some signs of aging. Some swelling and bruising are expected after a facelift, but much of it will diminish within the first week or two.