

PATIENT NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ CHART NO: \_\_\_\_\_

It is my goal to provide you with some information about your desired procedure prior to our consultation. Please take the time to read this information and feel free to ask any questions during your face to face consultation. Additional information is available in the office and on our websites.

www.ocplasticsurgeons.com  
 www.doctordaneshmand.com  
 www.bakersfieldplasticsurgery.com

*Dr. Daneshmand*

## Facelift Consultation

### GENERAL

- ▼ Surgery you do not need
- ▼ Totally / purely elective surgery
- ▼ Long consultation / realistic expectation
- ▼ Key to success
- ▼ Why you are here - mirror

### CHANGES UNAVOIDABLE

- ▼ Deterioration / aging
- ▼ Gravity
- ▼ Ethnic group / familial tendency

### AVOIDABLE

- ▼ Sun
- ▼ Weight

### WHY HAVE THIS OPERATION

**Self. Not for others. Repair / Maintenance. Vision (?).**

### WHAT IS USUALLY HELPED BY A FACELIFT

- ▼ Lower face neck more than upper
- ▼ Some wrinkles / not all
- ▼ Contour - if due to loose skin or excess

### WHAT WILL NOT BE HELPED

- ▼ Forehead / eyes / upper lip (options?)
- ▼ Some wrinkles will remain (options?)
- ▼ Skin blemishes, scars
- ▼ Aging process

### GOALS

- ▼ Make you look as good as we can **FOR YOUR AGE.**
- ▼ Make eyes look less tired and / or sad (if due to "bags" and excess skin).
- ▼ Put skin back to the proportion that it was when you were younger.

Patient Initials: \_\_\_\_\_

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## LIMITATIONS

- ▼ Cannot recreate young skin
  - ▼ Cannot prevent continued aging
  - ▼ Cannot alter developmental asymmetries
  - ▼ Cannot solve personal problems
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## GOALS MAY ONLY BE PARTIALLY MET

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## HOW LONG WILL IT LAST?

Usually 5-10 years (sometimes less / more) until present condition has recurred.

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## ALTERNATIVES

- ▼ No surgery (adverse consequences?)
  - ▼ Skin care, chemical peels, laser resurfacing, Botox, fillers such as Restylane
  - ▼ Fat injection, liposuction
  - ▼ Facelift surgery on younger patient - less extensive surgery
  - ▼ Facelift surgery on older patient or heavy neck - more extensive surgery
  - ▼ Sometimes combined with other procedures (eyes, forehead, peel, collagen, chin implant, other)
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## SURGICAL TECHNIQUES, ANESTHESIA, FACILITY & RECOVERY

- ▼ Local anesthesia and sedation vs. general anesthesia
  - ▼ Outpatient surgery center or hospital
  - ▼ Incisions / muscle and facial repair / removal of fat
  - ▼ Dressings
  - ▼ Post-Op hospitalization (optional)
  - ▼ Return to normal activities
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## TRADE OFFS

### USUALLY TEMPORARY

- ▼ Discomfort (pain / sensitivity)
  - ▼ Discoloration / swelling
  - ▼ Numbness
  - ▼ Tightness / relaxation
  - ▼ Lumps / irregularities
  - ▼ Psychological depression
  - ▼ Restricted activity
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### PERMANENT

- ▼ Scars
  - ▼ Altered hair line
  - ▼ Numbness, nerve injury
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## RISK / COMPLICATIONS

### MINOR

- ▼ Minor small skin loss (especially in smokers\*\*)
  - ▼ Loss of hair around an incision
  - ▼ Ear lobe distortion
  - ▼ Reaction to medications
  - ▼ Residual fat / fullness
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### MAJOR

- ▼ Bleeding / blood collection\*\*
  - ▼ Infection
  - ▼ Facial paralysis - nerve injury
  - ▼ Large skin loss requiring grafting
  - ▼ Reaction to medications
- 

Patient Initials: \_\_\_\_\_

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## **EVEN THOUGH ...**

Even though the risks and complications cited above occur infrequently, they are the ones that are peculiar to this operation or of greatest concern. Other complications and risks can occur but are even more uncommon. The risks of surgery are comparable to the risks you take everyday when driving or riding in an automobile.

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## **ANY AND ALL OF THE RISKS AND COMPLICATIONS CAN RESULT IN**

- ▼ Additional surgery
- ▼ Hospitalization
- ▼ Time off work
- ▼ Expense to you

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## **INSURANCE**

**Insurance usually does not cover this procedure. Treatment of complications may or may not be covered by insurance. On occasion, surgical revision may be indicated following the original surgery.**

If planned or performed within one (1) year after the original surgery, and if insurance does not cover these revisions, there will be a small charge by the surgeon, anesthesia department and OR facility.

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## **NO GUARANTEE**

The practice of medicine and surgery is not an exact science. Although good results are expected, there cannot be any guarantee or warranty, expressed or implied, by anyone as to the results that may be obtained.

**\*\* If a smoker** – Must be off cigarettes for **SIX (6)** weeks before surgery and remain off cigarettes for **SIX (6)** weeks after surgery. Much greater risk for scarring, poor healing, hair loss and skin loss in smokers.

**\*\* Must be off all aspirin containing products** for two (2) weeks before surgery and for two (2) weeks after surgery. (Check all medications with us. Some medications such as Motrin and Advil may also affect clotting.)

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## **QUESTIONS**

**If there is any item or items on this consultation sheet that you do not understand, mark it and call the office. An explanation or additional information will be provided. Share the information we provide to you with interested family members or friends. I will be happy to meet with them if you wish. All questions and uncertainties should be answered and clarified prior to your surgery. A WELL INFORMED PATIENT IS A HAPPY PATIENT!**

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DATE: \_\_\_\_\_ Copied and provided to patient by: \_\_\_\_\_

A copy of this consultation was provided to me: \_\_\_\_\_

*(Patient's signature)*

Patient Initials: \_\_\_\_\_