

# Ayala

## ENT & Facial Plastic Surgery

### Endoscopic Brow Lift

#### Preoperative Instructions

- Please refer to general instructions.
- You will have an opportunity to speak with the doctors in the morning before surgery. Last minute things may be addressed at this time.

#### The First Night After Surgery

- You will not have a dressing on, but there will be staples in your scalp.
- Rest with your head elevated on 2-3 pillows. Avoid straining or bending.
- Ice the forehead for the first 48 hours.
- Take medications as directed.
- It is normal for your eyes to swell significantly. Occasionally, it is difficult to open the eyes. This will improve as the swelling abates.

#### Follow-Up

- You may shower on the 3<sup>rd</sup> day. Do not scrub your scalp and do not run a comb or brush through your hair until the staples are removed.
- If you experience any fever, increased swelling, or pain, please call the office.
- Numbness, tingling, tightness and dull pain are normal and should improve as healing progresses.
- It is not unexpected to lose some hair, particularly around the incisions for the first month.
- The staples will be removed around the 8<sup>th</sup> day.
- Avoid heavy exercise for 2 weeks.
- Make-up may be applied when desired, as the incisions are in the scalp.
- Full healing may take up to 6 months.

## FACELIFT RISKS AND COMPLICATIONS

Your surgery will be performed safely and with care in order to obtain the best possible results.

You have the right to be informed that the surgery may involve risks of unsuccessful results, complications or injury from both known and unforeseen causes. Because individuals vary in their overall health and healing abilities, skin textures, anatomy, circulation, and the way they may react to medications and anesthesia, there can be no guarantee made as to the results of surgery. Furthermore, there always exists the potential for complications.

The following complications have been reported in the medical literature. They are listed here for your information, not to frighten you, but to make you aware and more knowledgeable concerning this surgical procedure.

If you have any questions regarding the potential complications listed, please discuss them with the doctor prior to your procedure.

The overall complication rate for rhytidectomy is 12%

**Hematoma-** A collection of blood under the skin. Usually from a slow ooze and not dangerous. Arterial bleeding is more dangerous and requires treatment. 2-5% of cases.

**Nerve Injury-** Either from swelling around nerves or direct damage to the nerve fibers. This results in weakness of the involved muscles. 1% of cases have temporary weakness and return to normal in a matter of days weeks. 1% are permanent.

**Hair Loss-** Frequently there is temporary loss of hair resulting from the procedure. Normal regrowth within a couple of months is the rule. The hair pattern may change due to placement of the incisions. Men in particular should be aware of this change necessitating shaving behind the ear.

**Pain or numbness-** Usually around the earlobes or ears. Pain is significant for 24 hours but generally dissipates quickly.

**Infection-** Rare due to the ample blood supply to the face. 1%

**Swelling and bruising-** All patients swell and bruise! The acute swelling will last for 2-3 weeks but final resolution may take 6 months. Persistent swelling may require evaluation. Bruising occurs from blood under the skin showing through and usually is gone 3 weeks after surgery. Rarely bruising is extensive and may require months to resolve. It is possible that dark discoloration or loss of pigmentation will persist indefinitely.

**Scarring –** poor healing with visible, sensitive wounds is rare and may be amenable to repair. Skin slough usually results in loss of pigment.

**Surface irregularities-** Occasional depressions and lumps may develop.

**Ear deformities-** distortion of the ears or lobes may occur from unfavorable healing of the incisions.

## Rhytidectomy (Face Lift)

### Preoperative Instructions

- Please refer to general instructions
- You will have chance to see the doctors in the morning before going in to surgery. Last minute things may be addressed at that time.

### The First Night After Surgery

- You will be under the care of a nurse throughout the night.
- Try to sleep with your head elevated on 2-3 pillows. Ice your face as much as possible.
- You may get out of bed to go to the bathroom with assistance.
- It is normal to be drowsy, but try and eat a light, soft meal, **Avoid salt.**
- It is normal to have swelling, bruising, and tightness of the dressing
- Taking medication as instructed
- If there is excessive swelling accompanied by excessive bruising and pain (especially if it is only on one side) call the office immediately.

### First Day After Surgery

- The tight dressing will be removed and a looser protective dressing will be applied for another 2-3 days.
- You should relax and ice continuously.
- Avoid bending over or lifting objects.
- Sleep on your back with your head elevated.

### Follow-Up Care

- The dressing will be removed on the third day.
- You may shower (unless additional procedures prohibit it). Be careful, as you may be dizzy and unsteady on your feet.
- Wash your face gently with a mild soap. Avoid scrubbing.
- Your hair may be washed, but do not attempt to pick the crusts out of your hair. These will fall out over the next couple of weeks. Do not blow dry your hair while the staples are in the scalp as they may heat up.
- Try to sleep on your back with your head elevated for two weeks.
- All sutures will be removed by the 8<sup>th</sup> or 9<sup>th</sup> day; be sure not to place undo tension on the incision after that time.
- Make-up may be applied after the sutures are out.
- No smoking.
- You will likely look terrible by the 3<sup>rd</sup> or 4<sup>th</sup> day after surgery. You will improve over time but it is important to remember that full healing takes approximately 6 months.

## Reminders

- Rest and nutrition are important components to successful wound healing. You should eat well and take it easy for a few weeks. You may return to regular exercise after 3 weeks, but start slowly!
- Numbness, swelling, tingling, discoloration, bumpiness, hardness, crusting, tightness and redness around the incision are normal complaints and should go away over time.
- Avoid alcohol and salt for a few weeks.
- Flying may cause swelling. It is recommended that you refrain from flying for 10 days
- It is not unusual to have thinning of your hair for several weeks after surgery. This should be temporary and your hair should return to normal in time.
- Do not color your hair for 3 weeks after surgery.
- It is advisable to follow up with the doctor as healing progresses.

## BLEPHAROPLASTY – RISKS AND COMPLICATIONS

Your surgery will be performed safely and with care in order to obtain the best possible results.

You have the right to be informed that the surgery may involve risks of unsuccessful results, complications or injury from both known and unforeseen causes. Because individuals vary in their overall health and healing abilities, skin textures, anatomy, circulation, and the way they may react to medications and anesthesia, there can be no guarantee made as to the results of surgery. Furthermore, there always exists the potential for complications.

The following complications have been reported in the medical literature. They are listed here for your information, not frighten you, but to make you aware and more knowledgeable concerning this surgical procedure.

If you have any questions regarding the potential complications listed, please discuss them with the doctor prior to your procedure.

### **Scarring**

The incisions will go through a period of healing that will take a minimum of three months until they look and feel as hoped for. Rarely (1-3%) a firm, visible scar may result. There are many things which can be done to improve such scars, but these depend on the healing abilities of the particular patient, which are not entirely predictable.

### **LAGOPHTHALMOS (Inability to close eyes)**

Rare. If at all present initially it usually resolves in a matter of weeks to months. Persisting problem may require surgery.

### **DRY EYE**

If pre-existing, this condition can worsen. Usually this condition is temporary, but it may persist indefinitely. Corneal exposure may require treatment.

### **SWELLING AND BRUISING**

Normally lasts for 2 weeks, but may take longer. Occasionally people develop longstanding discoloration under the eyes which may be difficult to correct.

### **ECTROPION**

Lower eyelids may be pulled downward, showing more of the eye than before surgery. This occurs from wound contracture as part of the healing process, and although it may correct itself, it may require surgery to repair.

### **LUMPINESS**

May occur from the persistence of fat under the skin. This is extremely rare in standard cases where fat is removed; but may be more common when the fat is repositioned.

### **LOSS OF EYELASHES OR BROW HAIRS**

Rare.

### **PAIN AND LIGHT SENSITIVITY**

Usually is moderate for 24-36 hours then they go away entirely

### **INFECTION**

Extremely rare in this surgery.

### **VISUAL CHANGE**

Blurred vision may result from swelling of the conjunctiva, increased tear production, decreased tear drainage, ointment or weak muscles. All of these usually improve rapidly and vision should return to its normal pre-operative state.

### **BLINDNESS**

Has been reported in literature as rare complication. Usually from unrecognized or untreated bleeding into the orbit (hematoma). Potentially avoidable complication even if bleeding occurs.

## Page Two Nasal Surgery Risks and Complications

### **Skin necrosis**

The blood supply to the nasal skin may be compromised, particularly in patients that have had several prior nose operations. Such a problem could result in scarring and distortion of the nasal soft tissue

### **Irregularities or asymmetries**

The overall shape of the nose may differ from your expectations due to the vagaries of healing and technical issues.

### **Pneumothorax**

Related to harvesting of rib graft.

---

Signature of patient

Date