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WHAT YOU SHOULD KNOW ABOUT the LOCAL MINI-LIFT

- ◆ A Mini-Lift is a facelift that helps to restore mild to moderate sagging jowls and tighten the cheek skin. The incision is hidden directly in front of your ear, and then behind your ear into your scalp.
- ◆ The Mini-lift provides similar results to a traditional facelift, but is combined with neck liposuction, usually neck plication, but is performed under local anesthesia, and has less "down time."
- ◆ To optimize results, the Mini-lift is often combined with laser resurfacing which will additionally tighten and smooth the skin and/or fat transfer to give a fuller, more youthful look to your cheeks.
- ◆ A Mini-lift is performed under local anesthesia using numbing medication with the tumescent technique. Tumescent anesthesia facilitates the procedure, and reduces the risk of bleeding and bruising. There is no nausea because this is not general anesthesia. An oral medication will be given to help you relax.
- ◆ After the procedure, you will have some swelling in your cheeks as well as experience a sensation of tightness. You may have some bruising in you neck due to the liposuction.
- ◆ Though it is rare, there is a risk of a collection of blood or inflammatory fluid. Should this occur, we will need to remove this fluid by a needle and syringe. This may require you to return to the office several times.
- ◆ Though it is rare, some of the skin near the area where it has been sutured could slough off. Should this occur, we will provide local skin care.
- ◆ Though it is rare, you may experience a temporary weakness in smiling, or you may have an eyelid droop. These are usually temporary and will resolve with time.
- ◆ Because of the bruising and swelling with a Mini-lift, expect to take 7 days off from work.

POST TREATMENT CARE

- ✓ You should place ice bags or frozen vegetables covered in a wash cloth over both of your cheeks for 20 minutes per hour while you're awake for at least the first 72 hours after the procedure.
- ✓ You should avoid lying flat. You should elevate your head when going to bed.
- ✓ You should take it easy for the next 2 weeks. No heavy physical exertion. You may resume jogging and non-contact sports 3 weeks after the surgery. You may resume more strenuous sports at 6 weeks.
- ✓ You may eat a soft diet for the first day or two. You then may resume a normal diet, though you may experience some tenderness on chewing.
- ✓ Please remember to take the prescribed medications.
- ✓ You will need to keep the suture areas dry for 48 hours.
- ✓ You may gently shampoo your hair 72 hours following the surgery.
- ✓ You will need to return the day following the operation for a dressing change, and so that Dr. Gladstone can make sure everything is going well.
- ✓ You will need to keep the dressing on until your next post-operative visit one week after the procedure.
- ✓ Should you experience any steady increase in pain, swelling or fever, you must immediately page Dr. Gladstone through the hospital paging operator 650.723-6661.
- ✓ If you had laser resurfacing in addition to the Mini-lift, you must avoid excessive sun exposure for at least 3 weeks as this may increase swelling. Thereafter, please remember to use sunblock or protective hats.

Follow-up appointment _____