

## Keep your front desk sharp with this aesthetic procedure cribsheet.

*(Courtesy Louie L. Patseavouras, M.D., Greensboro, NC.)*

<b>Name of Procedure</b>	<b>Description of Procedure</b>	<b>Life of Operation</b>
Face Lift	Excess skin is removed from face. Underlying muscles and remaining skin is stretched and tightened	5-7 years
Nose surgery	Bone and cartilage are reconstructed and excess removed from nose to reshape	Permanent
Eyelid lift Eye surgery	Fat and excess skin around the eye are eliminated to remove wrinkles and pouches	10 years- permanent
Eyebrow lift	A section of skin is removed just above the sagging area of eyebrow and outer portion of the eyebrow is lifted	10 years
Ear surgery	The cartilage of protruding ears is reshaped thus repositioning or pinning back of the ears	Permanent
Forehead lift	Lines and wrinkles are modified by removing excess skin and tightening and stretching remaining skin	10 years
Chin surgery, Chin augmentation	A small grade silicone implant is made to augment receding chin. Often performed with a nose surgery to improve profile	Permanent
Double-chin surgery	Fat deposits beneath the chin, which result in a “double chin” are removed and the underlying	Permanent

Double-chin surgery	Fat deposits beneath the chin, which result in a “double chin” are removed and the underlying muscles and skin of the upper neck are tightened	Permanent
Face sanding (dermabrasion)	Face is gently rubbed to remove outer layer of skin, lessening age lines and acne scarring	Usually permanent
Chemical peel	Through a controlled burn with a caustic solution, the outer layer of skin is removed, giving the face a smoother texture. This technique removes superficial scars and age lines.	Usually permanent
Augmentation mammoplasty	A pocket is created within the breast and filled with an implant, usually of silicone	Permanent
Liposuction	Suction tube separates and removes fat cells in areas such as hips, double chin, abdomen, waist, thighs	Permanent

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## Blepharoplasty Q&A

1. Usual time out of work?  
1 week
2. When can patient resume normal activities?  
2 weeks
3. When can patient start exercise?  
Light exercise — 5 to 7 days; strenuous — 3 weeks
4. When can patient drive?  
Within 48 to 72 hours provided patient does not have any excess swelling of eyes, not taking pain medication.
5. When can patient shower/bathe?  
May bathe day after surgery, may shower 2 to 3 days after surgery
6. When can patient wash hair?  
Day after surgery
7. Hair color?  
One week before; three weeks after.
8. When can patient get a permanent?  
One week before; three weeks after.
9. When can patient use make up?  
2 days after stitches are removed
10. When can patient wear glasses?  
Immediately
11. When can patient wear contact lenses?  
As soon as swelling of eyes is down
12. When do staples come out?  
No staples
13. When do stitches come out?  
Usually 4 days
14. When are bandages removed?  
No bandages
15. When can patient have dental work?  
One week before; four weeks after.
16. When can patient get out in sun? Tanning?  
4-6 weeks



## FaceLift Q&A

1. Usual time out of work?  
2 to 3 weeks
2. When can patient resume normal activities?  
Within 3 weeks
3. When can patient start exercising?  
Light exercise — may begin walking at 5 to 7 days; strenuous — 4 to 6 weeks.
4. When can patient drive?  
Usually within 3 to 4 days after surgery if they are not taking pain medication.
5. When can patient shower/bathe?  
May bathe the day after surgery, may shower 3 to 5 days after surgery.
6. When can patient wash hair?  
As soon as bandage is off.
7. Hair color?  
One week before; three weeks after.
8. When can patient get a permanent?  
One week before; three weeks after.
9. When can patient use makeup?  
As soon as patient wants to wear makeup.
10. When can patient wear glasses?  
Immediately after surgery.
11. When can patient wear contact lenses?  
Provided no excess swelling, can be worn next day.
12. When do staples come out?  
7 to 9 days
13. When do stitches come out?  
Normally dissolve
14. When are bandages removed?  
All bandages are off within 3 to 4 days.
15. When can patient have dental work?  
One week before; four weeks after.
16. When can patient get out in sun? Tanning booth?  
Six weeks until sun exposure; 2 to 3 months for tanning booth.

## Nasal Reconstruction/Septorhinoplasty Q&A

1. When does cast come off?  
Normally 8<sup>th</sup> day following surgery.
2. Usual time out of work?  
10 to 14 days
3. When can patient resume normal activities?  
3 to 4 weeks
4. When can patient start exercising?  
Light walking may be resumed 5 to 7 days after surgery; strenuous, one month.
5. When can patient drive?  
Normally 2 to 3 days after surgery if patient doesn't have excessive swelling, and not taking pain medicine.
6. When can patient shower/bathe?  
The day after surgery, but advised to keep cast dry and not get it wet.
7. When can patient wash hair?  
The day after surgery, but not get cast wet.
8. Hair color?  
One week before; three weeks after.
9. When can patient get a permanent?  
One week before; three weeks after.
10. When can patient use make up?  
Day after surgery if so desired.
11. When can patient wear glasses?  
Glasses may sit upon patient's cast but have to be either taped to forehead or elevated off nose with clips for 4 to 6 weeks after surgery.
12. When can patient wear contact lenses?  
Usually can be put in within 3 to 4 days after surgery or when swelling has subsided enough to put them in.
13. When do staples/stitches come out? N/A
14. When can patient have dental work?  
One week before (provided not impacted wisdom tooth); 4 weeks after.
15. When can patient get out in the sun? Tanning booth?  
With sun protection in 4 to 6 weeks, two months.