

Surgical information leaflet for people who are considering undergoing a face lift and/or neck lift procedure.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about face and/or neck lifts: why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result and lastly, the complications and risks that may arise. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

Why and when

The skin often develops more folds and wrinkles as we age. The skin also starts to sag, specifically along the jaw line ('hamster cheeks') and the neck ('turkey neck' in extreme cases). The sagging of the jaw line and neck line in particular is considered cosmetically unattractive. People feel that this makes them look old and that the appearance does not match the way they feel on the inside. If you experience the problems listed above and this bothers you, then this can form a good reason to consider a face lift (alone or in combination with a neck lift). You can have a non-binding, informative personal consultation with the plastic surgeon to examine your personal situation and your options.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes, complaints and questions in detail. He/she will examine your face and discuss with you whether a face and/or neck lift will sufficiently resolve your problem. Next, your questions will be answered and he/she will provide the most detailed possible information about the preparation, the procedure, the expected result and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea. Sometimes the examination reveals that the ageing appearance is not only due to the neck/jaw line, but also due to the loss of fat from your face and/or due to a drooping forehead, resulting in low eyebrows and drooping eyelids. This can mean that a different type of procedure plan may offer you a better result. If the plastic surgeon is not convinced that your problem can be adequately resolved with a face and/or neck lift, he/she will discuss this with you, as well. If possible, the surgeon will propose a different solution. If you wish, you can be referred to a colleague for a second opinion.

Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. In addition, you will attend a pre-operative screening with the anaesthesiology assistant several

weeks prior to your surgery, in which your health and the medication policy will be discussed. This included a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.

- **Submit the signed Informed Consent Form:**

You will receive this form once your surgery has been scheduled

- Pay the invoice according to the terms of payment*.

ALCOHOL POLICY:

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY:

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery.

NAIL VARNISH POLICY:

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY:

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can otherwise cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics.
- This does not apply to prescription amphetamine use for AD(H)D.
- The same rules as for smoking apply to cannabis.

FASTING POLICY:

- Please refer to the anaesthesiology leaflet for the fasting policy.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Non-sterile gauze

The surgery

- The surgery will take place under local or general anaesthesia, depending on the extent of the surgery. Your plastic surgeon will discuss this with you.
- The face lift will tighten the skin, mainly in the area of the neck and jaw. The skin is pulled taut together with the deeper tissue layers. If excess fat is present under the chin, or if the neck contains thick skin folds and/or visible

platysma bands, then a neck lift will also need to be performed to correct this: liposuction alone, or in combination with the reattachment of the platysma bands. If not, just the face lift will suffice.

- The procedure does not affect the wrinkles on the forehead, around the mouth (nose/lip fold) or the eyelids. If you want to have these wrinkles removed, you will need to undergo a separate procedure.
- The plastic surgeon can also use a different face lift technique: a so-called 'short scar' face lift (also referred to as a PRS face lift). If a lot of lifting and surgery is required, then the plastic surgeon will use a more extensive face lift technique. If only a PRS face lift is required, then this can easily be performed under local anaesthesia. During the face lift, the musculature located deeper under the skin (SMAS) is also shortened and the facial skin is lifted.
- The only scars caused by a face lift are located in the fold of skin in front of the ear (under the sideburns) and behind the ear.
- The slack skin is pulled tight towards the ear and the excess skin is removed.
- Depending on the situation of the neck, liposuction of the neck is often performed first, combined if necessary with the opening of the neck via a skin incision under the chin. The subcutaneous platysma bands are then sutured.
- If the skin is very stretched and slack, the skin will generally need to be detached over a much larger area. In that case, the scar will continue behind the ear into the hair.
- The plastic surgeon will discuss the face lift procedure that will be performed with you in detail before the surgery. Depending on the extent of the face lift, two thin tubes (drains) may be left in the wound at the end of the surgery. Wound exudate and blood can be drained from the wound via these tubes. The drains will be removed before you are discharged.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

Your face and your neck will be swollen and discoloured after the surgery. Most people do not find a face and/or neck lift very painful. You may experience some pain in front of the ear during the first days after surgery. This is due to the fact that the subcutaneous musculature has been shortened. This pain usually lasts about two weeks. The pain will gradually decrease and you will only be left with a taut sensation for a while. This is normal. You can take the prescribed pain medication if you experience any pain. Please contact the number +31 (0)88 9000535 if you have any questions about this.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side
- Shower on a daily basis at home; you may also wash your hair again
- Use non-sterile gauze for any oozing of the wound
- Mobilise according to the pain, listen to your body
- Increase your activities further each day
- You can start driving and cycling 2 weeks after surgery (this depends on your healthcare insurance company)
- Sauna, bath, swimming pool and exercise after 6 weeks.

You will wear a chin-up after the surgery.

You should wear these:

- Day and night during the 1st week
- Only at night during the 2nd week

Although the scars will always be visible upon close inspection, they are barely noticeable in daily interactions. The scars run along the hairline on your forehead and down along your ear. They then take a small turn around the earlobe. A more extensive face and/or neck lift results in longer scars, extending behind the ear and disappearing under the hair. A neck lift also results in an extra scar under your chin. The skin that has been detached from the subcutaneous layer (in front of and possibly also behind the ear) has reduced sensation, which will gradually recover over time. This recovery process usually takes 12 to 24 weeks. You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

The result of a face and/or neck lift is often not immediately clear after the surgery. The plastic surgeon can only determine the final result after twelve weeks. The wrinkles in your face, which develop as a result of the way in which you speak or laugh, will not disappear after a face and/or neck lift. These wrinkles form part of your facial expression and will always remain present. You need to take into consideration that a face and/or neck lift cannot stop the natural ageing process of your skin. The skin will gradually lose elasticity after the surgery, as it did before surgery. Another small surgery may be required if the result is not sufficiently symmetrical. The duration of the effect of a face and/or neck lift cannot be determined exactly and varies per person. Another face and/or neck lift may be required after a number of years. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention in your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur:

- Sometimes a post-op bleed occurs after a face and/or neck lift. The surgical field will swell, blood will ooze from the wound or via the drains and you may experience pain as a result. In this case, it may be necessary to open the wound again under general anaesthesia to stop the bleeding.
- In very rare cases, an allergic reaction to the anaesthetic can occur.
- Sometimes the scars after a face and/or neck lift are thicker than normal. The risk of this is greater for people with a darker skin colour. Corrective surgery and/or camouflage with make-up is sometimes necessary.
- Sometimes a suture will appear via the scar during the first two months after the surgery. This can cause the scar to open slightly in this area. A simple removal of the suture solves the problem and the wound heals quickly.
- In very rare cases a branch of the facial nerve is damaged during surgery. You will no longer be able to move the part of your face that is controlled by this nerve branch. However, this nerve does usually recover partially or completely.

Always contact us after surgery in the following cases:

- Significantly increased swelling of the wound or the surgical area
- Pain, if the pain medication does not help or the pain even increases
- Redness and some swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)
- Persistent nausea
- Acute tightness across the chest

- Acute pain in the leg, possibly with swelling
- Being unable to urinate, whilst drinking normal quantities
- Concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.
For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant. If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure. In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for the period after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and result of your treatment.