

# Grupo CHRISTUS MUGUERZA®

*Information about:*

**Ritidectomy (Facelift)**

**For International Patients**

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## Rhytidectomy

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A facelift, technically known as a rhytidectomy (literally, surgical removal of wrinkles), is a cosmetic surgery procedure used to give a more youthful appearance. It usually involves the removal of excess facial skin, with or without the tightening of underlying tissues, and the redraping the skin on the patient's face and neck.

## Surgical Indications

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- Seeks to improve facial rhytidosis and overall sagging of the skin and deeper facial layers. These changes can include blunting of the cervicomandibular angle and jowl formation, cheek laxity and absorption of the buccal fat pad, neck laxity, neck bands, a large neck, and prominent melolabial (nasolabial) folds.
- Patients with facial palsy and rhytidosis changes in the mid face and lower face. These include ptosis of the malar fat pad, deepening of the melolabial folds, and development of a malar crescent.

## Suggested studies and indications for case examination

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### Laboratory Results:

Complete Blood Count (CBC)

### Radiological Results:

In patients over 40 yr:

Chest x ray

EKG

*\*Preoperative studies no more than 2 months old*

### Others:

Photos (front, back, and both side views of the target areas).

### History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

### Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):

**Patient discarded by having:** contraindications to facelift surgery are presented by patients who are not good candidates from a psychosocial perspective. Performing the surgery on patients who smoke ideally should be deferred until smoking cessation has been achieved (additional risk of postoperative wound complications). Patients with collagen vascular diseases, keloid formation, bleeding abnormalities, diabetes, prior facial radiation, or other conditions that contribute to hematoma formation and poor wound healing should be counseled appropriately. Other contraindications include inability to tolerate the surgery or anesthesia from a medical point of view. Relative contraindications include significant medical problems that can potentially increase the surgical risk.

**High risk patient by having:** Cardiovascular or respiratory diseases, patients who smoke or have diabetes, or asthma have significantly higher complication rates.

**Criteria for Postponement of Procedure:**

- Skin infection, respiratory diseases.

**Preop tests required:**

Complete Blood Count (CBC)  
Prothrombin time (PT)  
Partial thromboplastin time (PTT)  
Serum chemistry

**Instructions before procedure:**

- 1) Patients who take blood thinners (e.g., warfarin [Coumadin]), clopidogrel (Plavix), aspirin or anti-inflammatory medications should stop taking these medications at least two weeks before surgery.
- 2) Vitamin E and Vitamin C should be stopped for 3-4 weeks pre-op due to potential for increased bleeding and impairment of clotting.
- 3) Stop any homeopathic or herbal medicine (herbal teas; Ginseng, St.John's Wort) for at least 4 weeks pre-op, because they are unregulated regarding side effects, and many may impair clotting, or interfere with serum chemistry pre-op.
- 4) Do not drink alcohol for 24 hrs. pre-op.
- 5) If you smoke, plan to quit at least three weeks before your surgery and not to resume for at least two weeks after your surgery.
- 6) The day before surgery: nothing to eat or drink after midnight
- 7) Wear no makeup the day of surgery.

## Sample Schedule

<b>Length of Examination:</b> 2-4 hrs, 1 night at hospital		
<b>Sample Schedule:</b>		
Day 1	AM	Departure
	12PM	Arrival to Monterrey
	4PM	Consultation with plastic surgeon at his office
	6PM	Pre op studies at CHRISTUS MUGUERZA® Hospital Alta Especialidad.
	7PM	Studies are left at general surgeon's office; confirmation of procedure by phone or in person; hotel stay
Day 2	10AM	Procedure takes place; hospital stay
Day 3	AM/PM	Hotel stay
Day 4	AM/PM	Hotel stay
Day 5	AM/PM	Hotel stay
Day 6	AM/PM	Hotel stay
Day 7	10AM	Consultation with Plastic surgeon
	12PM	Patient may depart if cleared by the doctor

### **Standard Discharge Instructions**

- Use common sense in the first 14 days after surgery in restricting your normal activities, exercise regimens and any activity requiring lifting/straining. Fatigue may persist for 2-3 days due to the normal effects of the anesthesia and surgical procedure.
- When you move, stand or change positions, do so deliberately and carefully for the first 7 days. In turning your head, move the head and shoulders deliberately as a single unit.
- You may eat a normal diet the day after surgery. In moderation, talking and smiling are perfectly okay.
- Your head should be elevated on at least two pillows during sleep for the first 14 days, in order to keep your head higher than your heart to help facilitate the resolution of swelling. Do not sleep face down, rather on your back or side.
- Do not take aspirin or any aspirin containing medicines for 14 days, and then only on the advice of your personal physician. Other routine medications may be taken as needed.
- Any unexplained development of pain, facial swelling or fever should be reported to us immediately.
- Some facial and neck swelling and bruising are normally present after facelifts, but the degree of each varies widely from patient to patient. Do not be concerned if you have more or less than others who have undergone the "same" operation. Generally, most patients appear quite sociably acceptable within 10-14 days after surgery.
- Do not apply any ointment or medication unless we prescribe it.
- You may gently shampoo your hair 72 hours after surgery, avoiding any strong rubbing or combing trauma to the incisions in the hair and around the ear. Do not blow dry for 5 days, and postpone any planned permanent or hair coloring for 4 weeks following surgery.
- Your earlobes and portions of your face that have been lifted and repositioned will be slightly numb for several weeks; sensation will return as healing progresses. Do not wear heavy or tight earrings for 6 weeks, and avoid prolonged exposure to extremely cold temperatures.
- It is acceptable to do some light walking 72 hours after surgery. Jogging and light non-contact exercises should not be resumed until 3 weeks, and strenuous sports require 6 weeks of healing before being safely resumed.
- Excessive exposure to sun (including sun-tanning parlors) in the first 3 weeks after surgery may result in prolonged facial swelling and injury to the skin.
- The rest of instructions will be specified in discharge instructions form.

### **Follow-up Protocol from Remote Provider:**

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local plastic surgeon writes a confirmation email to the remote provider about the patient's progress.

## How do I get started?

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1. Choose your surgeon, package and preferred travel dates. Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
  - Email [internationalpatients@christusmuguerza.com.mx](mailto:internationalpatients@christusmuguerza.com.mx)
  - Fax: +52 81 8155 5151 to Medical Travel Department
  - Mail to the following address:

**CHRISTUS MUGUERZA MEDICAL TRAVEL**  
*Carretera Nacional 6501 Col. La Estanzuela*  
*Monterrey, NL, Mexico CP. 64988*
4. Please let us know:
  - a) if you have any pictures, tests or studies relevant to your condition
  - b) the physician you selected and
  - c) the date(s) you would prefer to have your procedure done
5. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
6. One of our CSRs (Customer Service Representatives) will contact you to let you know the final review of your case, program a conference call with the surgeon if needed, inform you about travel arrangements and visas, and answer any additional doubts you may have.
7. Make payment and confirm
8. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
9. Your assigned representative will confirm consultation and surgery dates and coordinate with you to make all travel arrangements

## Contact Information

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