

PATRONELLA

True Form PLASTIC SURGERY®



model

TRUE FORM FACIAL REJUVENATION®

True Form Facial Rejuvenation[®]

True Form Face Lift[®] | Neck Lift | Eyelid Lift | Brow Lift | Nose Surgery | Otoplasty

Key Elements

A MULTI-DIMENSIONAL TREATMENT

In determining the most effective facial rejuvenation strategy for a patient, Dr. Patronella evaluates and treats the four primary factors which contribute to the facial aging process:

1. Soft tissue descent (sagging on the face, neck and jowls)
2. Skin laxity
3. Skin quality
4. Volume loss: hollowness under the eyes, temples, tear troughs and around the mouth

In order to create the most comprehensive rejuvenation possible, Dr. Patronella may recommend a procedure to address one of these factors that you may not have considered. Over time, most adults experience a loss of bone structure as well as a decline in the quality and quantity of deep tissue muscle and fat. Restoration of this lost tissue is key to attaining a healthy, youthful facial appearance.

Dr. Patronella uses micro fat grafting to rebuild the facial architecture. In addition, he frequently incorporates skin laser treatments and other rejuvenation procedures to improve skin tone and texture. He works closely with his aesthetic nurses and skin care specialists to provide the best skin care products and nonsurgical treatments to help patients maintain and enhance their results.

BALANCE

Though patients often focus on one or two aged features such as jowls or loose neck skin, most will also have other aged facial features such as fine lines and wrinkles around the mouth. If these remain unaddressed, they result in the patient looking partially rejuvenated—an unnatural-looking, less than optimal outcome. To avoid this, Dr. Patronella assesses each aging facial feature to determine a strategy that will achieve balanced rejuvenation.

METICULOUS DETAIL

Dr. Patronella is attentive to a myriad of details in order to avoid any tell-tale signs of surgery. For example, as part of a face lift procedure, he pulls the tissues vertically rather than horizontally because the tissues descend vertically with aging. This creates more authentic-looking results and avoids the artificial "wind-tunnel" look.

He is careful to apply an equal distribution of lift to each area of the face, as pulling any one area excessively could lead to an artificial look. By placing incisions in the natural creases of facial features such as the eyelids and ears, subsequent scars are very hard to detect.

Natural Looking Facelift Surgery Results

Tracy's Testimonial

As a permanent makeup artist who has worked with Dr. Patronella for 20 years, I chose Dr. Patronella to perform my facelift and necklift because I see his patients both before and after surgery with him – their beautiful results. I've always been amazed at how natural they look and how well their scars are concealed. They speak so highly of him! Many told me they wished they had done it sooner rather than waiting until their 60s. Their regret prompted me to resolve that, if ever I needed one, I would do it at age 55.

As I approached that milestone, I increasingly felt that I looked tired most of the time, even when I wasn't. I woke up one day and thought "Who is this?" Facial aging seemed to have happened overnight, though, logically, I know it was gradual. It seemed to take more time to put myself together with makeup. I had been buying time for the last 16 years with Botox and fillers, and although this diminished some of my facial concerns, I couldn't get rid of excess facial skin, particularly the jowling I noticed in my lower face. When I asked Dr. Patronella for his advice, he replied, "I think it's time, Tracy" – time to consider surgical methods to achieve the advanced degree of rejuvenation that nonsurgical treatments could not provide. Admittedly, I felt a bit vain going this route, but seeing Dr. Patronella's consistently excellent results was the driver for me. Still, though I knew I was in the best of hands, I weighed some concerns: "What if I didn't look like myself anymore?" and "Will it be obvious I've had facial surgery?" We've all seen the surgery-gone-bad results, particularly in high-profile celebrities who I assumed had access to competent surgeons.

Dr. P suggested I do a skin resurfacing laser treatment at the same time as my facial surgery to help with fine lines, sun damage and skin texture. He left this decision to me, explaining that skin laser treatments like the Sciton TRL erbium laser he recommended require more downtime than less intensive lasers. The payoff, however, is the comparatively dramatic improvement the former typically delivers. Having grown up in Florida, the effects of sun damage had taken their toll to a degree that the premium skin care products I used were not enough alone to reverse it.

I said "yes" to the laser, and it was so worth it! I was amazed how quickly I healed after a week. As my skin exfoliated to reveal a fresher, youthful complexion, my face was a bit pink and swollen at two weeks, but I loved the softness of that look. Already, I was feeling and looking great!

What I'm most pleased with is how natural I look – 10 years younger, I can confidently say. I don't have that tight, stretched, "deer-in-the-headlights look." No one has been able to tell I've had surgery. I suspect many think I'm using filters on my photography! I wear much less makeup. Now it takes me a fraction of the time it once did to get ready for the day. My experience has inspired my younger sister to see Dr. P. for the same surgery. I've enjoyed this time looking like the younger sister for a little while! I would recommend to anyone, "Do this if it makes you feel better!" It's definitely given me more confidence. And I'd do it again tomorrow without hesitation.



Tracy, before and after her facelift, necklift, and skin laser procedures with Houston plastic surgeon Dr. Chris Patronella

“ Rejuvenation
procedures should
create a refreshed
appearance while
preserving the
unique characteristics
of an individual's face.”

DR. CHRISTOPHER

Patronella



Throughout his career, Dr. Patronella has won some of plastic surgery's top awards and honors. Here are some of the highlights.

AWARDS

- Newsweek: America's Best Plastic Surgeons 2022, 2021*
- *(in the categories of Facelift, Liposuction, and Breast Augmentation)
- Voted One of "The Ultimate 100 Global Aesthetic Leaders" - 2019, 2020, MyFaceMyBody
- Winner: "Surgical Makeover of the Year – Face" – MyFaceMyBody awards, 2019
- Winner: "Male Plastic Surgeon of 2018-South U.S." - MyFaceMyBody awards
- Winner: "Best Aesthetic Practice" in Texas - MyFaceMyBody awards, 2016
- Texas Super Doctors Hall of Fame – Texas Monthly, 2018 - present

Dr. Patronella has been a three-time winner of awards from MyFaceMyBody Global Aesthetic Awards, considered the "Oscars of the Aesthetic Industry." MyFaceMyBody celebrates and honors those considered the best of the best in the beauty and aesthetics business. The panel of judges, which included some of the most brilliant minds in the aesthetic industry, selected Dr. Patronella from hundreds of applicants across the globe.

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TRUE FORM FACIAL REJUVENATION SURGERY® RECOVERY GUIDE

Congratulations on taking the exciting step to enhance your look through facial rejuvenation with Dr. Patronella! This guide will provide you with helpful information typical of recovery for many patients, while also recognizing that each patient is unique, and recovery may vary. Those in better physical condition and closer to ideal body weight are more likely to experience a faster recovery.

Though patients typically can resume work after one week, the majority feel presentable in social settings 2 to 3 weeks after surgery, when most bruising and swelling has resolved.

OPTIMAL RECOVERY GUIDE FOR AESTHETIC SURGERY

Prior to your surgery, Dr. Patronella and his staff will provide you with detailed information to help you prepare for your facial surgery and recovery. We will review a packet of information with you which covers topics such as preparations to follow before surgery; medications, herbs, and supplements to avoid; and instructions for the postoperative period.

As an additional helpful resource, Dr. Patronella has created this recovery guide that will lead you step-by-step through the recovery process and provide you with guidelines to follow regarding exercise, activities, diet, and incision care.

While this guide is comprehensive, most patients will have some questions after surgery that may not have been anticipated. We are always available during your recovery to assist you with any questions or concerns you may have. You may reach us by calling our office at 713.799.9999

PREPARATION FOR FACIAL SURGERY

These recommendations have a specific purpose such as reducing the risk of bleeding (herbal supplements, aspirins, Advil, etc.), blood clots (estrogen hormones, smoking), and wound healing complications (smoking, vaping, nicotine use).

1. Begin a high protein-diet that includes foods such as lean chicken, fish, eggs, beans, and protein shakes. Protein enables your body to more effectively heal wounds.
2. NO SMOKING for four weeks before your surgery and four weeks after. There should be NO SMOKING/ VAPING/ NICOTINE USE by you or anyone that is living with you during this period. Smoking significantly compromises blood flow to incisions and increases the likelihood of complications such as skin death, wound separation, and poor scarring.
3. Avoid Aspirin and other over-the-counter anti-inflammatory medications such as Advil or Aleve (you will receive a full list from the office), aspirin, alcohol, and herbal supplements for two weeks before and two weeks after surgery.
4. Avoid close contacts that are ill for 2 weeks before surgery.
5. To aid in wound healing and lessen bruising and swelling, begin taking the vitamins that are provided to you 2 weeks before surgery.
6. Postoperatively, avoid using any heating pads or warming blankets on the surgical areas in order to avoid potential burns.

ITEMS YOU SHOULD HAVE READY PRIOR TO YOUR SURGERY

1. Loose clothing such as sweat pants; zip-up jackets; or loose, button-up shirts

You'll be temporarily more swollen than usual so loose clothing will be most comfortable for you.

2. Mild facial cleanser for your face - You will need to use the facial cleanser daily. Cetaphil is an over-the-counter cleanser that is gentle. The ACPS spa also has recommended products for you to use.

3. Baby shampoo – You will need gentle shampoo to wash your hair the first few weeks after surgery.

4. Laxatives or stool softeners - A common side effect of the pain medication is constipation the first week following your surgery. Dulcolax, MiraLAX, and Magnesium Citrate are all acceptable.

5. A big water bottle - You will need to ensure you drink plenty of water to help you stay hydrated. We recommend drinking at least 8 cups of water per day.

6. Bland, soft foods - Toast, crackers, ginger ale, broth soups, etc.

7. Aqua Cool Machine - You will need to rent this device prior to your surgery date.

THE DAY BEFORE YOUR FACIAL SURGERY

1. Eat a liquid/soft diet, and have a bowel movement. You may need to use a laxative or Fleet enema.

2. To reduce the risk of infection, thoroughly cleanse your face with the gentle cleanser.

3. If you are anxious, take a Xanax (one of the medications that will be prescribed to you) the night before your surgery. Please take it before midnight.

SURGERY DAY

1. On the night before surgery, have nothing at all to eat or drink after midnight. Do not chew gum.

2. You may brush your teeth in the morning, but do not swallow any water.

3. Do not wear contacts to the surgery center. Please wear your glasses. If you do accidentally wear your contacts, please notify your nurse.

4. If you are on your menstrual cycle, do not wear tampons on the day of your surgery.

5. The clinic will tell you what time to arrive at the surgery center. Please arrive on time and leave all valuables at home. The only things you will need on the day of surgery will be your filled medications and

your clothes. The nurse will verify you have all the medications you need.

6. Take off and leave all jewelry at home.

EVENING AFTER SURGERY

1. Most patients undergoing facial surgery will have to stay overnight in our fully-accredited facility for attentive and prompt care during the early post-op period. The nurses in the surgery center will monitor your vitals, manage your pain, and assess for any signs of healing complications.

2. Sequential Compression Devices (SCDs) will be kept on the legs overnight to reduce the risk of blood clots and to eliminate the need to get out of bed for a walk that evening.

3. If you are staying overnight, dressing and garment changes will occur between 5 a.m. - 6 a.m. the morning after surgery.* For those who are recovering at home, an experienced ACPS provider will assist with dressing and garment change during the home visit the next day.

**Facelift patients must stay overnight.*

4. Discharge from our surgery center will occur at about 7 a.m. Your caregiver should arrive to the surgery center between 6 - 6:30 a.m. to receive discharge instructions from your nurse.

5. Upon home arrival, empty your bladder, and attempt to void every 4 hours.

DAYS 1-3 AFTER FACIAL SURGERY

1. You will need to wear your Aqua Cool mask and use the cooling system the first 5 - 7 days after surgery. The discharge nurse at the surgery center will show your caregiver how to properly set up the machine and mask.

2. You will need to sleep on your back with your head elevated at 30 degrees. Avoid flexion of the neck if you have had a face lift. This should help reduce the swelling. Do not flex your head forward with pillows as this will put strain on the incision line and reduce circulation. A recliner also works well for positioning. Place pillows on your sides to remind you not to turn over.

3. To reduce the risk of blood clots and help speed recovery, you should get out of bed with assistance for 10 - 15 minutes every two hours during the day while awake. During the evening hours, remember to flex and extend the feet at the ankles to activate the calf muscles and pump blood out of the legs.

4. To help prevent a hematoma, please AVOID the following:

- Consuming caffeine
- Smoking or being near a smoker

- Having sexual intercourse
- Exercising or engaging in strenuous activity
- Taking Aspirin or blood thinning agents (Advil, Aleve, Excedrin, etc.)
- Taking hormones
- Bending over
- STRAINING ON THE TOILET

5. Although discomfort may occur, it is important to expand the lungs fully with deep breathing exercises while awake.

6. You may shower 24 hours after your surgery using an antibacterial soap like Dial or Lever 2000. You will also use the baby or gentle shampoo for your hair. Have someone assist you while showering in case you get dizzy or lightheaded. Avoid bathtubs, pools, and Jacuzzis until Dr. Patronella says it is okay.

7. During the first week, you will clean your incisions with ½ hydrogen peroxide and ½ filtered water. You may use a clean Q-tip to clean and then apply Bacitracin ointment on the incisions.

8. Your diet will consist of foods that are easy to digest and should be high in protein. Please avoid salty foods including canned and packaged foods. Low sodium or sodium-free foods help reduce swelling, and protein improves wound healing.

9. An ACPS certified home health provider will come to your home or hotel in Houston on the second and possibly third day after your surgery to assist and teach wound care and dressing change. This home visit is provided to patients who are staying within a certain geographical perimeter of Houston after their surgery. At your preoperative appointment with Dr. Patronella, provide your zip code and confirm if this service will be scheduled for you.

10. Constipation is very common after surgery. We recommend that you use a stool softener (Colace or Dulcolax) while taking the pain medication. Make sure to drink plenty of water (8 - 12 cups per day). If constipation persists, use over-the-counter Magnesium Citrate.

DAYS 4-7 AFTER FACIAL SURGERY

1. The sutures will be removed at your first post-op appointment.

2. If drains are placed, they will be removed within a few days after surgery during your homecare visit or at the office, depending on the drainage output.

3. You will be given a chin strap to wear for an additional 2 weeks and will no longer use the Aqua Cool machine.

4. Gradually increasing light activity is recommended. Avoid overexerting yourself. Lift NO more than 10

pounds during the first two weeks.

5. A family member or caregiver should have been trained to assist with dressing changes once daily by now, usually done after showering.
6. Avoid contact with animals to reduce the risk of infection.
7. Avoid contact with any ill family member, friend, and acquaintance.
8. Eat a low-salt and high-protein diet.
9. No driving or exercising is allowed at this point.
10. Some sutures (stitches) are dissolvable; the sutures that require removal are usually removed 5 - 8 days after surgery.

DAYS 10-14 AFTER FACIAL SURGERY

1. Driving is allowed at the 12 - 14 day point if you do not require pain medication.
2. Usually a minimum of 10 full days of recovery is required before you can return to work with light duty restrictions (no lifting, stooping, prolonged standing, or strenuous activity).
3. Increase activity to half a mile twice a day (about 30 - 45 minutes) to improve your mobility.

WEEKS 2-4 AFTER FACIAL SURGERY

1. Your exercise may include brisk walking or using a stationary bicycle for 45 - 60 minutes. Avoid any straining or heavy lifting.
2. Discoloration and/or bruising of the skin usually disappears in 2 - 3 weeks. The scars usually remained discolored for 6 months or more.
3. Swelling is normal. Most will subside in 2 - 4 weeks.
4. You may resume wearing makeup.
5. Resume or begin using medical grade skin care products.
6. Resume all previous medications/supplements you were taking prior to surgery.

WEEKS 4-6 AFTER FACIAL SURGERY

1. Keep your exercise at about 50 - 75 percent of your pre-surgery ability.
2. You may resume hair treatments at this time (hot hair dryers, rollers, and hair coloring)

WEEKS 6-12 AFTER FACIAL SURGERY

You may slowly begin increasing exercise intensity to full capacity. Aerobic exercises, jogging, Pilates, and yoga are allowed. Light weight lifting can be initiated with caution.

2. Avoid direct or excessive sun exposure for 3 months after surgery. Make sure you wear SPF to protect your face and neck.

FOR BLEPHAROPLASTY/BROW LIFT PATIENTS:

In addition to the general facial surgery guidelines,

please follow these instructions:

1. ICE your eyes and surrounding areas while awake for 30 minutes at a time as much as possible during the first 72 hours. This will help minimize bruising.
2. DO NOT point any vents or ceiling fans at your face while your eyes are healing.
3. When showering or washing your face, be gentle and use a gentle cleanser with warm water to clean the eyes. Avoid the shower spray hitting your face.
4. WASH YOUR HANDS prior to touching your eyes.
5. Use a Q-tip and clean with ½ hydrogen peroxide and ½ filtered water. Lightly apply Bacitracin ointment on the UPPER eye incisions only. AVOID getting in the eye. Do this regimen twice per day.
6. NO contacts for 2 weeks; wear glasses instead.
7. Avoid using electrical devices such as computers and smartphones for long periods of time. Bright lights can strain the eyes and make dryness worse.
8. Use natural tears/saline drops in both eyes as needed to decrease irritation.
9. Use lubricant eye gel inside your eyes in the evening to protect your cornea from drying out further during sleep.
10. The vision may be blurry after surgery due to an ointment used in surgery. It will improve during the first week after surgery. Artificial tears or lubricants may be used to moisten the eyes throughout the day and night.
11. We will remove eyelid sutures 5 - 7 days after your surgery.
12. If you have had a brow lift, screws will be removed between 10 to 14 days.

FOR LASER/PEEL PATIENTS: LASER SKIN CARE KIT INSTRUCTIONS

1. If having a skin laser procedure done, you will want to prepare your skin approximately 2 weeks before surgery. Apply the following in the morning and at night.
 - Cleanse with Gentle Cleanser (May also use Cetaphil)
 - Apply Regenerating Skin Nectar with TriHex Technology®
2. Immediately after surgery, you will use the Alastin Soothe + Protect Recovery Balm. You will continue applying it for the first 3 days after surgery. You should also cleanse your face at least once per day.
3. On days 4 - 10 after surgery use the following in the morning and at night:
 - Cleanse with Gentle Cleanser
 - Apply Regenerating Skin Nectar with TriHex Technology®
4. After the 10th day, continue the same regimen. You may now add the Alastin Broad Spectrum SPF 30+ or HydraTint Pro Mineral SPF 36 in the morning and the Ultra Nourishing Moisturizer with TriHex Technology®.