

**WELCOME TO THE START OF YOUR *JOURNEY***

**ARCHER FACIAL PLASTIC SURGERY**

“The art of Facial Plastic Surgery is the ability to make each procedure as unique as the pursuit of *beauty* itself.”

Kaete Archer, MD

**INNOVATION  
*DEDICATION*  
COMPASSION**

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ARCHER FACIAL PLASTIC SURGERY

Kaete Archer, MD



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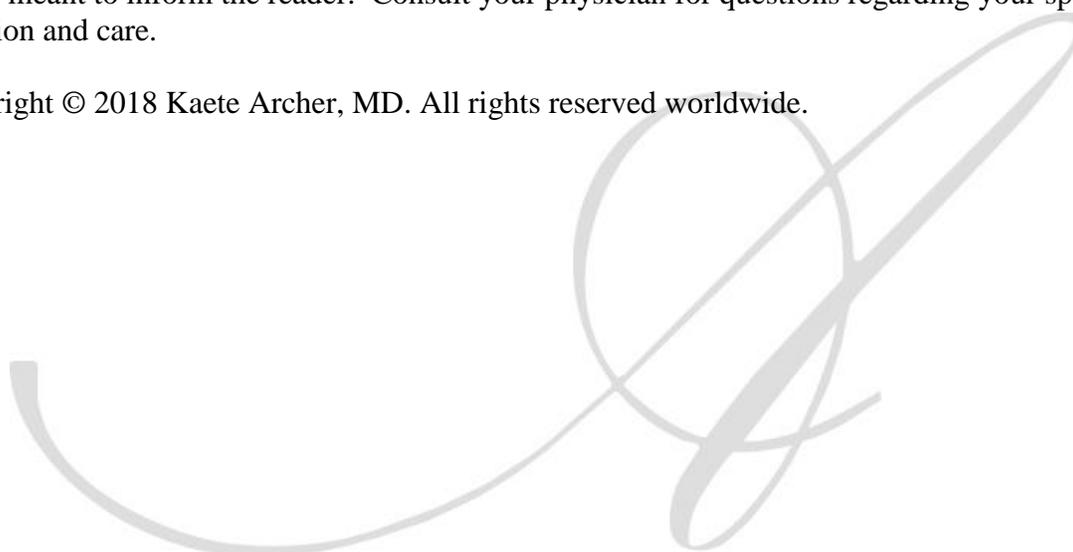
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## Dedication

This book is dedicated to my parents, Ernest and Marilyn, my brother, Graeme, and my sister, Jessica, who have surrounded me with unwavering love and support.



## Foreword

“What is beauty to me? Beauty is an internal beam of light that glows externally of kindness, authenticity, confidence, passion for life, integrity and empathy for others. Beauty shines from within.”

~Amanda Bouslog, licensed medical esthetician and master cosmetic injector, Indianapolis, Indiana



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## Welcome to our practice

Thank you for your interest in Archer Facial Plastic Surgery! Whether cosmetic or reconstructive, there are many reasons to pursue a transformative procedure, and your journey through Facial Plastic Surgery is very personal. The art of Facial Plastic Surgery is the ability to make each procedure as unique as the pursuit of beauty itself. Dr. Archer is a double board certified Facial Plastic Surgeon who has dedicated her practice to empowering men and women through positive changes with compassion, innovation, and dedication.

If you look in the mirror and think about plastic surgery or the fact that you feel great but look tired – you are not alone. At Archer Facial Plastic Surgery, we offer many options to fit different lifestyles and interests including surgical and non-surgical rejuvenation. We will discuss Facial Plastic Surgery from not just a surgery standpoint but also incorporate skin health, facial wellness, and sun protection to maximize and optimize your results.

In this e-book, please enjoy reading about Dr. Archer, her approach to comprehensive facial rejuvenation, and her mission trips to Vietnam with FACE TO FACE: International, a humanitarian program of the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) that helps children in countries across the world with facial deformities. Her accounts of the trips were published in *Facial Plastic Times*, the official newsletter of the American Academy of Facial Plastic and Reconstructive Surgery.

We invite you to visit us at [www.archerfacialplastics.com](http://www.archerfacialplastics.com) to follow Dr. Archer's blog and see Before and After photos in the Photo Gallery. We also invite you to follow us on Facebook, Instagram, and Twitter to learn about flash specials, new procedures, and office and community events. If you are interested in a consultation with our doctors, you can book a private consultation on the website or call our office and access our patient portal for important documents prior to your exclusive consultation.

We look forward to meeting you!

Love,

Archer Facial Plastic Surgery

## Meet Kaete Archer, MD

Beauty BY A FACE, NECK, AND NOSE SPECIALIST

Dr. Kaete Archer is a double board certified Facial Cosmetic Surgeon specializing in cosmetic surgical and non-surgical procedures of the face, neck and nose and facial skin cancer reconstruction in New York City, New York. Her practice is a luxury destination for facial wellness emphasizing innovation, compassion, and dedication.

Because the aging process is complex, her approach to facial rejuvenation is individualized, multidimensional, and comprehensive. *She believes that the art of Facial Plastic Surgery is the ability to make each procedure as unique as the pursuit of beauty itself.* Having completed her fellowship through the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), she has learned the latest and most advanced techniques in Facial Plastic Surgery.

She specializes in cosmetic procedures of the face, neck and nose including face lifts, neck lifts, rhinoplasty, and cosmetic eyelid surgery. She also performs reconstructive surgery for facial skin cancer (Mohs reconstruction) and functional rhinoplasty. She performs non-surgical rejuvenation procedures including chemical peels, dermabrasion, laser resurfacing, neuromodulators (Botox®/Xeomin®/Dysport), multiple facial injectables, and Kybella®.

### Professional Excellence Through Dedication and Passion

Dr. Archer has been attracted to the art, functionality, and patient-centered capacity of Facial Plastic Surgery from the beginning of her career. Dr. Archer received her Doctorate of Medicine at the University of Arkansas College of Medicine. She graduated with top distinction as a member of the Alpha Omega Alpha Honor Medical Society and Phi Beta Kappa Honor Society. She performed multiple research projects and graduated with Honors in Research. She matched into her top choice for Otolaryngology-Head and Neck Surgery residency at SUNY Upstate Medical University in New York. During her residency, she trained with Dr. Robert Kellman, past President of the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) and Dr. Sherard Tatum, who performs and lectures on Reconstructive and Craniofacial Surgery around the world.

In 2014 and 2017, she traveled to Vietnam with the AAFPRS FACE to FACE medical mission trip where she lectured on Asian blepharoplasty, her facelift techniques, and performed surgery. Dr. Archer continued her training after residency by completing a competitive fellowship through the American Academy of Facial Plastic and Reconstructive Surgery under the direction of Dr. Stephen Perkins, past President of the AAFPRS.

After her fellowship, she became double board certified in Facial Plastic and Reconstructive Surgery by the American Board of Facial Plastic and Reconstructive Surgery and in Otolaryngology-Head and Neck Surgery by the American Board of Otolaryngology-Head and Neck Surgery.

### Commitment to Innovation, Research, and Education

[www.archerfacialplastics.com](http://www.archerfacialplastics.com) · [drarcher@archerfacialplastics.com](mailto:drarcher@archerfacialplastics.com) · [@archerfacialplastics](https://www.instagram.com/archerfacialplastics)

Dr. Archer is passionate about innovation in the field of Facial Plastic Surgery and has been active in research projects throughout her education and career. She has been published in peer-reviewed journals, in *Facial Plastic Times*, and continues to work on many Facial Plastic Surgery research projects individually and in partnership with SUNY Upstate Medical University. She has authored several chapters in Facial Plastic Surgery textbooks and has presented on her experience and research at national and international conferences. Dr. Archer is an Assistant Professor at the University of Central Florida College of Medicine. She conducts admissions interview and serves as a mentor for students interested in Facial Plastic Surgery.

#### **Board Certification and Training**

1. American Board of Facial Plastic and Reconstructive Surgery
2. American Board of Otolaryngology-Head and Neck Surgery
3. Facial Plastic and Reconstructive Surgery Fellowship, American Academy of Facial Plastic and Reconstructive Surgery, Indianapolis, IN
4. Otolaryngology-Head and Neck Surgery Internship and Residency, SUNY Upstate Medical University, Syracuse, NY
5. University of Arkansas College of Medicine, Little Rock, AR

#### **Professional Appointments and Affiliations**

1. Member, American Academy of Facial Plastic and Reconstructive Surgery
2. Member, American Academy of Otolaryngology-Head and Neck Surgery
3. Member, *Alpha Omega Alpha* Honor Medical Society
4. Member, *Phi Beta Kappa* Society
5. Assistant Professor in Otolaryngology-Head and Neck Surgery, University of Central Florida College of Medicine

#### **Honors and Awards**

1. Selected as a Top Plastic Surgeon in Melbourne, FL by the International Association of Plastic Surgeons, 2017
2. 10 Best Plastic Surgeon for Patient Satisfaction by American Institute of Plastic Surgeons 2017
3. Named in “America’s Top Plastic Surgeons”, 2017
4. 10 Best Plastic Surgeon for Patient Satisfaction by American Institute of Plastic Surgeons 2016
5. Named in “America’s Top Plastic Surgeons”, 2016
6. Medical Graduation with Honors in Research
7. Class of 1965 Alumni Scholarship
8. Barton Scholarship
9. Washington County Medical Society Scholarship
10. Class of 1946 Alumni Scholarship
11. Dr. Fred O. Henker Memorial Scholarship
12. Johnson Biology Award
13. Hendrix College Leadership Scholarship

**Philanthropy and Service**

1. FACE TO FACE: International medical trip to Ho Chi Minh City, Vietnam (AAFPRS) 2017
2. FACE TO FACE: International medical trip to Ho Chi Minh City, Vietnam (AAFPRS) 2014
3. Brevard Health Alliance
4. Friends of Sally's House Member
5. Northwest Arkansas Free Health Center

**Professional Leadership**

1. Member, Emerging Trends and Technologies Committee (AAFPRS)
2. Member, Patient Safety, QI, and Accreditation Committee (AAFPRS)
3. Member, Young Physicians Committee (AAFPRS)
4. Member, Membership/Residency Relations Committee (AAFPRS)
5. Member, Women in Facial Plastic Surgery Committee (AAFPRS)
6. Brevard County Medical Society, Board of Directors (2016-2018)
7. Arkansas Healthcare Access Foundation, Board of Directors

## Q&A with Dr. Kaete Archer

Exclusive interview with Dr. Archer

*Q: Why did you want to go into Facial Plastic Surgery?*

A: It's interesting – I don't remember ever "choosing" medicine. I knew I was going to be a doctor from as early as I can remember. I grew up in a small community outside of Woodstock, Ontario and started ballet classes at four years old. My dad was an OB-GYN in Canada. He would go with me to ballet classes and I remember that we would stop at the hospital to and from the classes for him to round on patients. He never told me to become a doctor. It was just in my stars.

In medical school, I was drawn to head and neck surgery because of the complexity, intricacy, and delicacy of the anatomy and my love of procedures. It was a challenge that pushed me and was considered the toughest part of gross anatomy class. I was introduced to the sub-specialty of Facial Plastic Surgery in residency and worked with many amazing leaders and mentors in the field. My chairman was Dr. Robert Kellman and, at the time, he was the President of the AAFPRS. He played a critical role in introducing me to Facial Plastic Surgery. During residency, I did a medical trip to Vietnam with the AAFPRS FACE TO FACE: International team and worked with trauma patients, patients with congenital abnormalities of the face and neck, and cleft lip and palate, and it really opened my eyes at how powerful and transformative Facial Plastic Surgery can be. The cosmetic interest started at the end of my residency when I realized that I wanted to dedicate my life to men and women who want to make positive changes to their lives through Facial Plastic Surgery. Personally, I loved learning about medical skin care products, new injectables, cosmetic procedures and found it all as fun and exciting as trying out a new hairstyle!

Facial Plastic Surgeons at the time were very focused on surgery. No one was talking about the fact that the facial aging process is incredibly complex and therefore, addressing these issues needs to be multi-dimensional. A facelift isn't going to look natural if you lift the cheeks and jowls but the skin remains aged and sun damaged. The eye is going to tell the brain that something is off. A facelift isn't going to look natural if you lift the cheeks and jowls but the face is still filled with hollows, sallowness, and sunken areas. So, I started the conversation about Modern Facial Plastic Surgery. A surgeon should not be doing just surgery on the face. You need to incorporate the right sun protection, medical grade skin care, maintenance routines for skin health, vitamin supplementation for inside out health and wellness, volume, and anti-gravity procedures for comprehensive rejuvenation!

Yes – we aren't curing cancer – but we are helping with something just as powerful – something that can't be cut out – something that can change lives. And you know what? It's ok to change yourself. And it's ok to not.

*Q: What do you love most about what you do?*

A: I love the incredible capacity in Facial Plastic Surgery to improve people's lives and empower patients through positive changes whether it is repairing facial trauma, repairing a congenital deformity or undergoing a cosmetic procedure – which is the biggest part of my practice. Facial Plastic Surgery is a very personal and unique journey and it is an honor to be on that journey with my patients.

*Q: What is unique about your approach to Facial Plastic Surgery?*

A: My approach to Facial Plastic Surgery is called Modern Facial Plastic Surgery which is a comprehensive and multidimensional approach to the aging face and neck. The aging process is complex and multidimensional and therefore your treatment should be a well. In the past, Facial Plastic Surgeons were only focused on the surgical aspects of aging changes. What is missing in this is the many other dimensions of the aging process – photo-aging, collagen loss, pigment changes, loss of volume, gravity, skin laxity, and that rough skin texture. In my practice, we emphasize prevention and maintenance as much as treatment. Our goal is to create long term relationships with our patients and be their go to for not JUST face but EVERYTHING face. We talk about Modern Facial Plastic Surgery as more of a lifestyle and philosophy rather than just procedures. Patients should learn about the benefits of high quality skin care and cosmeceuticals, vitamins for inside out skin wellness, what makes a good sunscreen, and balance in our lives. All of this allows them to adopt a natural and graceful approach to aging while having procedures done overtime to feel better than ever.

*Q: What changes have you seen in Facial Plastic Surgery?*

A: Two main changes I have seen in Facial Plastic Surgery are the fact that patients are more educated than ever. They have all searched and done their research before coming into the office. Next is my shift to Modern Facial Plastic Surgery. We are not only looking for the most innovative techniques and technologies but also how to combine them to get the most advanced and comprehensive treatments and create treatment plans to address all of the signs of facial and neck aging.

*Q: How do you develop long term relationships with your patients?*

A: I create long term relationships with my patients by being meticulous, conservative, reliable, freely discussing expectations, and simply “taking care of my patients”. I am proud to have happy and healthy patients. We work hard to earn a patient's trust and develop those relationships rather than having them come in just for a quick procedure. I perform many procedures but that is only 1 aspect of facial rejuvenation, facial health and facial wellness. We get people on comprehensive protocols and programs to make sure they are taking the best vitamins to make their skin/hair/nails feel amazing, the best sunscreen to prevent sun damage, natural looking dermal fillers for volume, lifting procedures when needed to combat gravity and laxity, the highest quality cosmeceuticals and skin care to actually reverse photo-damage in the skin, regular microneedling and facial treatments to brighten skin, smooth skin texture, blend pigment, plump so much collagen. Sprinkle in some growth factors and platelet-rich plasma – and WOW we are taking your face and neck to a whole new level. The aging process doesn't stop so neither do we! That's why long-term relationships are so important for us.

## Why choose Dr. Kaete Archer

Enhancing your Beauty through Specialization

Have you ever looked in the mirror and thought about plastic surgery? You are not alone. Whether cosmetic or reconstructive, there are many reasons to pursue a transformative procedure, and your journey through Facial Plastic Surgery is very personal. *We are here to listen.* We want to be on that journey with you, every step of the way. The first step on this journey is to choose a Facial Plastic Surgeon with training through the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS, [www.aafprs.org](http://www.aafprs.org)). Dr. Archer has completed extensive training and exclusively performs procedures on the face, neck, and nose.

Dr. Archer's practice is a *luxury destination for facial wellness and rejuvenation* emphasizing *innovation, compassion, and dedication*. Dr. Archer builds long-standing relationships and creates a custom approach to each patient. She understands that your self-esteem and overall happiness is closely related to how you feel about your appearance. She transforms lives with a comprehensive approach that includes both surgical and non-surgical options that include the latest techniques that are customized to meet your unique needs and aesthetic goals.

Dr. Archer is passionate about organizations that fight for women's rights and that help victims of domestic violence. Dr. Archer is an international member of the Speak Out organization based in Pakistan. Speak Out helps women and children overcome violence and injustice and promotes education. She is proud to support local charities Serene Harbor, Sally's House and The Women's Center, that provide comprehensive services to meet the needs of women and children in crisis in Brevard County. Dr. Archer also participates with the Brevard Health Alliance to provide surgical services and coordinate medical care for the medically underserved.

## What patients are saying

*Dr. Archer Is easily one of the best I have met.*

“For 13 years I have maintained a flight status for work which has taken me to, or over, five continents. Throughout 11 of those years I have also had the pleasure of taking part in, and commanding aircraft in, a number of training and real-world medical evacuation missions of Department of Defense personnel throughout the Pacific and Japan. I can say with full confidence that in all of that time, and out of all of those medical professionals Dr. Archer is easily one of the best I have met. She exudes a rare mix of sincerity, professionalism, and compassion, which many attempt but few employ as seemingly effortlessly. In my humble opinion Dr. Archer is a particularly rare example of physician and is a credit to your practice as well as your profession.”

*Nicest, most intelligible and skillful doctor I have ever encountered*

“This is literally the greatest medical facility I have ever set foot in. Dr. Archer is the nicest, most intelligible and skillful doctor I have ever encountered. She performed a compound skin graft and bifold flap on my nose that was bitten off by a dog, and she was somehow able to make my nostrils symmetrical, and the overall shape is identical to how it was before. In addition, she also performed a rhinoplasty while doing the other procedures and I couldn't be more happy with the outcome. The staff is all incredibly friendly and accommodating and they are up front and honest about their pricing. Honestly, you won't find a better place around, which is also the reason why I drive 2.5hrs...to go see them.”

*Above and beyond*

“Dear Dr. Archer and Wendy,  
My genetics teacher said my lip looked like it was stitched by a Plastic Surgeon. Imagine her surprise when I said it was! You went above and beyond with your time and expertise. I am so appreciative. Thank you for your after-hours care. I am truly grateful.”

*She is so talented and has an artistic eye for injectables.*

“I was very fortunate to have had the opportunity to work beside Dr. Kaete Archer for one year. She is so talented and has an artistic eye for injectables. She will deliver a natural look, never overdone. You must meet Dr. Archer. She has a beautiful spirit!”

*Dr. Archer is a very talented and caring surgeon.*

“I was also very fortunate to work with Dr. Archer during her fellowship in our office. Not only did I work with her I was also her patient. She assisted on a couple of cosmetic surgical procedures I elected to have performed/amazing results. She also has a special talent in regards to injectables. Dr. Archer is a very talented and caring surgeon. Thank you, Dr. Archer.”

*Amazing results of her surgical expertise*

“Dr. Kaete Archer is not only beautiful but is also a very talented Plastic Surgeon. I had the opportunity to work with her & to see the amazing results of her surgical expertise. I highly recommend her to any one that is contemplating facial plastic surgery.”

*Caring, compassionate, and detail oriented*

“Dr. Archer is an extremely talented surgeon. She is caring, compassionate and detail oriented. The results from her work are amazing. I highly recommend her.”

*Did a great job on my eyelids*

“Dr. Archer performed my blepharoplasty, and I am very glad I was referred to her. She is extremely nice, was very informative, and most of all did a great job on my eyelids. She showed a high level of professionalism from the initial consultation all the way to the 4 week post procedure follow up. I was hesitant to get this procedure done, but my eyelids were affecting my site. I am extremely happy with the process and outcome. The entire staff at her office are equally as professional and were all very polite.”

*Dr. Archer has lots of personality and talent*

“Yesterday I met with Dr. Archer for a consultation on concerns I had with my aging face. Dr. Archer has lots of personality and talent, she was approachable, compassionate and realistic. She presented several options to me in a very detailed manner and took her time to explain pro's/con's of each. My time with her was very well spent and while I haven't yet scheduled a procedure with her, I certainly plan to and I know the outcome will be great. I totally trust her (not to mention she is so likeable!). Next, her staff was very professional and caring s well -- a lovely office setting -- the whole package! I highly recommend Dr. Archer and her team. Thank you!”

*Dr. Archer and her staff are awesome!*

Dr Archer and her staff are awesome! She is up to date on the latest techniques with regard to the latest non-surgical procedures; she listens to your concerns and makes sure she gives you the best results possible. She is personable and has a great "bed side manner". I highly recommend Dr. Archer!”

*Warm, welcoming, professional*

“Dr Archer and her staff are awesome! They are warm, welcoming, professional and take the time to address any/all issues and answer all questions. As a new patient with this office I was warmly greeted and helped by Coral and Megan. My appointment with Amy was exceptional. Not only did I learn a great deal about my skin and proper skin care, Amy gave me a phenomenal facial/microdermabrasion. Everyone including Dr Archer make you feel as if you are the only patient they have.”

*Very professional and comfortable experience*

“5 out of 5 stars. Yesterday I had lower lid surgery preformed by Dr. Kaete Archer. What a lovey and talented associate of Dr. Diaz. My initial appointment was with Dr. Diaz and he shared, that in his opinion, Dr. Archer, who is a facial specialist, would be a better fit. After a through exam by both of them I agreed and chose Dr. Archer to do my surgery. She thoroughly explained the procedure{s} and gave me options that I didn't decide to do now, but may consider in the future. The office staff made the arrangements and everything went very smoothly. The day prior to surgery (Sunday) I received calls from Jenna, the OR nurse to review all the preop instructions,

what time to arrive, what to wear and shortly after Dr. Archer called to see if I had any questions or concerns. Monday morning I was greeted by Jenna and made to feel very comfortable and confident in her expertise. She shared with me her positive experiences with Dr. Archer, what beautiful work she does, and that she has "little gentle hands".... I loved that. Then I met Dr. Thesson (sp?), the anesthesiologist, again a person who filled me with confidence and peace of mind. He mixes a fine cocktail of drugs that put me to sleep, didn't make me sick, and woke me back up. I haven't taken any pain meds (not even Tylenol). I saw Dr. Archer today and will see her next Monday to remove stitches. My once baggy eyes are bruised, swollen, and look like I lost the boxing match but I'm so looking forward to not looking like I'm tired and grumpy all the time."

## Procedures performed at Archer Facial Plastic Surgery

### Insurance and Cosmetic Procedures

#### **Insurance procedures**

Biopsy and excision of facial skin cancer  
Mohs skin cancer reconstruction  
Functional rhinoplasty  
Septoplasty  
Turbinate reduction  
Facial and neck scar revision  
Otoplasty for protruding ears  
Excision of facial lipomas  
Excision of facial/neck cysts  
Shave excision and biopsy of facial/neck/chest lesions  
Repair of nasal bone fractures  
Repair of facial fractures  
Repair of facial lacerations

#### **Cosmetic procedures**

Facelift  
Cheek lift  
Neck lift  
Submentoplasty  
Lip lift  
Lip advancement  
Midface lift  
Endoscopic brow lift  
Lateral brow lift  
Upper and lower blepharoplasty  
Facial implants  
Autologous fat grafting for facial deflation  
Fractionated CO<sub>2</sub> laser  
Dermabrasion  
Chemical peel of face, neck, and chest  
Platelet-Rich Plasma (PRP)  
Kybella® for double chin  
Liposuction under the chin and neck  
Silhouette Instalift™  
Botox®/Xeomin®/Dysport®  
Dermal injections  
Torn and stretched ear lobe repair  
Gauge ear lobe defect repair  
Homeopathic health and wellness vitamins  
Sunscreen  
Medical skincare

## Making the decision for Facial Plastic Surgery

The more information, the better when it comes to deciding on Facial Plastic Surgery. Please enjoy the following information about the top procedures at Archer Facial Plastic Surgery.

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### *FACELIFT (RHYTIDECTOMY)*

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When you look in the mirror, do you recognize yourself? Have you recently noticed that you look much older than how you feel? As the years go by, the skin begins to loosen on the face and neck. The jawline becomes hidden by jowls, and beneath the chin, another chin or vertical bands appear at the front of the neck. Aging of the face and neck is inevitable. What we do about it, however, is not!

#### **Making the Decision for a Facelift**

*As a Facial Plastic Surgeon, Dr. Archer performs cosmetic procedures exclusively on the face, neck, and nose.* Dr. Archer believes that successful facial plastic surgery is the result of good rapport between patient and surgeon. Trust, based on realistic expectations and exacting medical expertise, develops in the consulting stages before surgery is performed.

In your consultation, Dr. Archer will discuss your areas of concern and what your best options are. She will examine the structure of your face, skin texture, color, and elasticity. Photographs will be taken so she can study your face and neck. Individual risks will also be examined, especially those related to medical conditions such as high blood pressure, a tendency to scar, tobacco use and any issues with bleeding or healing.

#### **Understanding the Surgery**

Dr. Archer has mastered the latest and greatest techniques in Facial Plastic Surgery. Her Facelift technique involves an incision around the ear and into the hairline, hiding the incision in natural curves and lines. This approach results in beautifully camouflaged scars which are very hard to detect once healed. In men, the incision is often slightly altered to accommodate the natural beard lines. Some fat along the neck and jowls may be removed during the Facelift procedure. The most significant improvements are made by lifting and tightening the underlying fibrous tissues (SMAS - superficial muscular aponeurotic system) that have drooped over time. The drooping of these tissues is partly to blame for the jowling and “turkey neck”.

After the deep tissues are tightened and the fat is removed, the overlying skin is gently re-draped and the excess removed. This avoids an overdone, pulled, unnatural appearance. The surgeon closes the incisions with fine sutures. Depending on the extent of the surgery, the process can take from 3-5 hours. General anesthesia is usually used. Following the surgery, the surgeon

will apply a dressing to protect the entire area which will be removed in 24 hours. Sutures are removed after 7 days. Make-up can be worn after 10 days. Most patients are healing well and comfortable being out in public in 2 weeks following surgery. *Dr. Archer will discuss with you your areas of concern, options and the surgical plan that will best meet your goals and expectations.*

### **Is a Facelift for You?**

As with all facial plastic surgery, good health and realistic expectations are important. A facelift cannot stop aging. What it can do is help your face and neck look *more defined, youthful and natural* with long-lasting results. *Dr. Archer's goal is to make you look as amazing as you feel!*

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## ***NOSE RESHAPING SURGERY (RHINOPLASTY)***

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Because the nose is the most defining characteristic of the face, nothing has a greater impact on how a person looks than the size and shape of the nose. Even a slight alteration can greatly improve one's appearance. For some, they have always been unhappy with the appearance of their nose and some with the way aging has changed their nose. For others, an injury may have distorted the nose, or the goal may be improved breathing.

### **Making the Decision for Rhinoplasty**

*As a Facial Plastic Surgeon, Dr. Archer performs cosmetic procedures exclusively on the face, neck, and nose.* Dr. Archer believes that successful facial plastic surgery is the result of good rapport between patient and surgeon. Trust, based on realistic expectations and exacting medical expertise, develops in the consulting stages before surgery is performed.

In your consultation, Dr. Archer will discuss your areas of concern and what your very best options are. She will examine the structure of your nose, both externally and internally, to evaluate what you can expect from rhinoplasty. Individual risks will also be examined, especially those related to medical situations such as high blood pressure, a tendency to scar, smoking and any issues with blood clotting or healing.

### **Understanding the Surgery**

The goal of rhinoplasty is to improve the nose aesthetically, make it harmonize better with other facial features, and, if needed, to improve nasal airflow. First, incisions are made and the bone and cartilage support system of the nose are accessed. The majority of incisions are made inside the nose, where they are invisible. In some cases, an incision is made in the area of skin between the nostrils. Next, appropriate amounts of underlying bone and cartilage are removed, added to,

or re-arranged to provide a newly shaped structure. For example, when the tip of the nose is too large, the surgeon can sculpt the cartilage in this area to reduce it in size. The angle of the nose in relation to the upper lip can be altered for a more youthful look or to correct any distortion. The tissues are then re-draped over the new framework and the incisions are closed. A splint is applied to the outside of the nose to help retain the new shaped while the nose heals.

### **Is Rhinoplasty for You?**

Whether the surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic surgeon is paramount. *Dr. Archer is trained in both ear, nose, and throat (ENT) and has completed a competitive fellowship in facial cosmetic surgery, which provides you, the patient, with the highest level of training and expertise.*

As with all facial plastic surgery, good health and realistic expectations are important. Skin type, ethnic background, and age are important factors. Before the nose is altered, a young patient must reach full growth, usually around 15 or 16 years old. Exceptions are cases in which breathing is severely impaired. Dr. Archer will discuss any additional surgery that would enhance the appearance of your face. Many patients have chin augmentation in conjunction with rhinoplasty to create a better balance of features.

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### ***EYELID SURGERY (BLEPHAROPLASTY)***

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Despite your energetic lifestyle, do people tell you that you look tired? You are not alone. The first area of the face to show signs of aging is around the eyes. Droopy eyelids and puffy bags under the eyes can make you look older. Blepharoplasty corrects these problems that make you look tired. *We can't stop aging but we can help to restore your refreshed glow!*

### **Making the Decision for Blepharoplasty**

*As a Facial Plastic Surgeon, Dr. Archer performs cosmetic procedures exclusively on the face, neck, and nose.* Dr. Archer believes that successful facial plastic surgery is the result of good rapport between patient and surgeon. Trust, based on realistic expectations and exacting medical expertise, develops in the consulting stages before surgery is performed.

In your consultation, Dr. Archer will discuss your areas of concern and what your very best options are. She will examine the upper and lower eyes, your brow position and the midface – as all of these areas contribute to a tired, aged appearance around the eyes. Though Blepharoplasty is often performed as a single procedure, Dr. Archer may recommend additional procedures to achieve the most rejuvenated results.

## Understanding the Surgery

In upper eyelid surgery, incisions are carefully camouflaged in natural skin creases. Excess skin, bulging fat, and thick muscle are removed. Fine sutures are used to close the incisions thereby minimizing the visibility of any scar.

In lower eyelid surgery, there is more than one surgical approach available to the surgeon. In the most common approach, the surgeon makes the incision in an inconspicuous site below the lashline of the lower lid. Excess fat, muscle, and skin are then trimmed away before the incision is closed with fine sutures. Eyelid puffiness caused primarily by excess fat may be corrected using an incision inside the lower eyelids. This type of incisions leaves no external scar. *Dr. Archer will discuss these options with you to achieve your most beautiful results!*

## Is Blepharoplasty for You?

As with all facial plastic surgery, good health and realistic expectations are prerequisites. Blepharoplasty removes the excess fat, muscle, and skin from both upper and lower lids. The results can be a refreshed appearance, with a younger, firmer eye area.

People with circulatory, ophthalmological, or serious medical conditions may require consultation with other specialists to determine their candidacy for this procedure. As mentioned, Dr. Archer may recommend planning a simultaneous forehead lift to correct a drooping brow and smooth the forehead, or skin peel to remove the fine line wrinkling in the eye area.

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## *BROW LIFT*

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The effects of aging are inevitable, and, often, the brow and forehead show early signs. The skin begins to lose its elasticity. Sun, wind, and the pull of gravity all affect the face, resulting in frown lines, wrinkling across the forehead, and heaviness of the eyebrows and the upper eyelids. Even people in their thirties may have faces that look older than their years. *The tired, angry or sad expression you see in the mirror may not reflect how you actually feel.* Facial plastic surgery makes it possible to correct signs of aging that can undermine self-confidence. As a result, many people have opted for a Brow Lift. Based on variation in how men and women age and on new advances in medical technology, different methods are used to perform this procedure.

## Making the Decision for a Brow Lift

*As a Facial Plastic Surgeon, Dr. Archer performs cosmetic procedures exclusively on the face, neck, and nose.* Dr. Archer believes that successful facial plastic surgery is the result of good rapport between patient and surgeon. Trust, based on realistic expectations and exacting medical expertise, develops in the consulting stages before surgery is performed.

In your consultation, Dr. Archer will discuss your areas of concern and what your very best options are. She will examine your facial structure, the condition of your skin, and your hairline to decide where incisions should be made to maximize your rejuvenated results. Often, a Brow Lift is combined with Blepharoplasty (Eyelid Lift) or Face lift to provide a harmonious rejuvenation.

### **Understanding the Surgery**

The main difference among the various options for a Brow Lift is the placement of the incision. Dr. Archer favors a minimally-invasive technique called an Endoscopic Brow Lift.

Endoscopic techniques include the entirely endoscopic approach, which involves small incisions in the scalp behind the hairlines and the small pre-trichial approach, which includes the small endoscopic incisions as well as an incision made directly at the hairline. The direct brow technique is primarily used in men with deep pre-existing forehead lines. The incision is camouflaged within the mid-forehead creases. If need, she removes part of the muscles that cause vertical frown lines between the brows.

After a thorough consultation with Dr. Archer, a recommendation for the approach best suited to you will be determined. The procedure takes about 2 hours to perform. It is most commonly performed under general anesthesia.

### **Is a Brow Lift for You?**

As with all elective surgery, good health and realistic expectations are prerequisites. *Dr. Archer specializes in a natural Brow Lift that can immediately brighten and refresh the eye area to create a smoother and youthful expression.*

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## ***CHIN ENHANCEMENT AND FACIAL IMPLANTS***

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A well-defined chin and a soft curve to the cheek help give balance to the face and create a pleasing overall appearance. When people look in the mirror, most focus on the size and shape of their noses, their ears, sagging jowls, or fine wrinkling of the skin. But even though few examine their chins and cheeks with the same discerning eye, having a “weak chin” or a “flat or hollow face” can be equally troubling. Dr. Archer, who specializes in Facial Plastic Surgery, is often the first to suggest that changes in the chin size or the cheek shape may enhance the overall look of a face as much as a Rhinoplasty (Nose Surgery) or Face Lift.

### **Making the Decision for a Facial Implant**

*As a Facial Plastic Surgeon, Dr. Archer performs cosmetic procedures exclusively on the face, neck, and nose.* Dr. Archer believes that successful facial plastic surgery is the result of good

rapport between patient and surgeon. Trust, based on realistic expectations and exacting medical expertise, develops in the consulting stages before surgery is performed.

In your consultation, Dr. Archer will discuss your areas of concern and what your very best options are. She will examine your facial structure, chin position, jaw and facial shape to pinpoint problem areas. In some instances, she will suggest chin implant surgery as a supplement to rhinoplasty because a small chin can make the nose appear larger. A chin implant, sometimes in combination with a pre-jowl implant, can also enhance the results of a Face Lift by deepening the angle of the chin to the neck. Cheek implants can subtly contour the shape of the face when the cheek area is flat or hollowed.

### **Understanding the Surgery**

To augment the chin, Dr. Archer begins by making an incision either just under the chin in a natural crease or inside the mouth, where the gums and lower lip meet. By gently stretching this tissue, the surgeon created a space where an implant can be inserted. The implant is a very stable material that has been used in surgery for decades. It is soaked in an antibiotic solution, trimmed and fashioned to fit your individual needs. This allows custom fitting of the implant to the configurations of the patient's face. After implantation, Dr. Archer uses fine sutures to close the incision. When the incision is inside the mouth, no scarring is visible. If the incision is under the chin, the scar is usually imperceptible. Another possibility for improvement through chin surgery is submental liposuction in which excess fatty tissue is removed to redefine the chin or neckline.

In cheek implant surgery, incisions are made in the mouth. The surgeon gently lifts the tissues in the area of the cheek and cheekbone. The implants are sculpted and placed into position. Temple fat pad atrophy and wasting is a tell-tale sign of aging. Temple implants can be placed using an incision behind the hairline to augment and smooth this area of hollowness.

### **Is Facial Implant Surgery for You?**

As with all elective surgery, good health and realistic expectations are prerequisites. A pleasing, balanced profile can be achieved by inserting an implant to build up a receding chin and soften cheek and temple hollows. *The result can be greater facial harmony and an increase in self-confidence!*

## How to optimize your procedure results

To support healing and help diminish swelling and discoloration following surgery, we recommend using **VitaMedica** – physician formulated, medical grade, homeopathic wellness supplements. For larger procedures, we recommend the **VitaMedica Recovery System** 2 weeks before and 2 weeks after your surgery. For smaller procedures, use the **VitaMedica Healing Support** Program for 3 days before and 7 days after your surgery.

Homeopathic, physician-formulated, all natural, gluten free **VitaMedica Arnica Montana** is recommended for 2 weeks after your procedure to decrease bruising. We offer sublingual tablet and topical formulations that work synergistically to restore bruised skin. Start tablets (3 tabs/3 times a day) and topical formulations (3x/day) the evening of your procedure.

Avoid extensive UV and sun exposure for 2 weeks before and after your surgery. Significant sun exposure can discolor scars and make them more noticeable. We offer a physician formulated, gluten free, noncomedogenic, and fragrance free **EltaMD sunscreen** for many skin types. Every patient receives an individualized **Skin Kit** to optimize results which includes an **EltaMD sunscreen**.

Dr. Archer encourages Platelet-Rich Plasma (PRP) with all surgical procedures. Naturally, platelets travel to an area of injury and release growth factors to stimulate healing. PRP is your own *optimally* concentrated platelets that are used in surgery to promote the fastest recovery and healing.

Do not take herbal supplements, weight loss preparations, green tea, or nutraceuticals (excluding those we have instructed you to take) for 2 weeks before surgery. You have been given a list of the most common herbals to avoid, but every unsafe medication cannot be listed. Please call the office if you have any questions.

Avoid blood thinning medications 2 weeks before and 2 weeks after surgery. You have been given a list of blood thinning medications to avoid. Please call the office if you have any questions.

Remain alcohol free for 1 week prior to surgery and 1 week after surgery. Red wine, in particular, should not be consumed for 2 weeks prior to surgery and 2 weeks after surgery.

Do not smoke for 2 weeks before surgery. This includes using Nicotine gum, lozenges, and patches. Smoking/nicotine use before and after surgery can result in post-operative complications including, but not limited to: infection, sloughing of skin, and wound disruption (opening of the surgical site). Continue to avoid smoking for 2 weeks after any surgery.

Narcotic pain medications can cause constipation. Drink plenty of water, add high fiber foods to your diet, start stool softeners and a Probiotic before surgery, and/or use a laxative, if needed.

You will have a pre-operative appointment 2 weeks before surgery to review prescriptions, stopping medications, instructions for before and after surgery, review any labs/EKG, and go over a short shopping list of items to make your recovery as smooth and comfortable as possible.

## Medications to avoid before and after surgery

Discuss these medications with your surgeon before your procedure.

**We cannot list every unsafe item on our precautions list so be sure to tell us every medication you take. All of these medications must be avoided for 2 weeks before surgery and 2 weeks after surgery.**

### **ASPIRIN AND ASPIRIN CONTAINING MEDICATIONS, include, but are not limited to the following:**

|                         |                         |                            |                           |
|-------------------------|-------------------------|----------------------------|---------------------------|
| Aka Seltzer/Plus        | BAC                     | Encaprin                   | Orphengesic Forte<br>PAC  |
| Anacin                  | Bayer Aspirin           | Equagesic                  | Pamprin                   |
| APAC Tablets            | Bufferin                | Exedrin                    | Percodan/Percodan<br>Demi |
| APC Tablets             | Butalbital<br>Compound  | Fiorinal/#3                | Propox Compound           |
| Arthritis Pain Reliever | Carisprodal<br>Compound | Lortab ASA                 | Robixisal                 |
| Arthropan               | Cope                    | Magnaprin                  | Sine Off                  |
| Aspirin Tablets USP     | Darvon<br>Compound/65   | Measurin                   | Sodium Salicylate         |
| ASA                     | Doan's Pills            | Midol                      | SOMA Compound             |
| ASA + Codeine           | Ecotrin                 | Momentum                   | Synalgos                  |
| Ascriptin               | Emprin Compound         | Norgesic/Norgesic<br>Forte | Synalgos DC               |
| Asperbuf                | Compound #3             | Orphengesic                | Trigesic                  |
| Aspergum                |                         |                            | Vanquish                  |

### **ANTI-INFLAMMATORY MEDICATIONS include but are not limited to the following:**

|             |              |          |                |
|-------------|--------------|----------|----------------|
| Advil       | Daypro       | Meclomen | Ovuvail        |
| Aleve       | Dolobid      | Motrin   | Phenylbutazone |
| Anaprox     | Feldene      | Nalfon   | Ruten          |
| Ansaid      | Ibuprofen    | Naprosyn | Tolectin       |
| Butazoladin | Ifen         | Naproxen | Toradol        |
| Cataflam    | Indocin      | Nuprin   | Volaren        |
| Clinoril    | Indomethocin | Orudis   |                |

**BLOOD-THINNING MEDICATIONS to avoid, include, but are not limited to the following: These medications need to be discussed with your prescribing physician on when to stop and re-start prior to and after your surgery.**

|            |              |
|------------|--------------|
| Coumadin   | Methotrexate |
| Elmiron-1C | Plavix       |
| Fragmin    | Persantine   |

**DIET MEDICATIONS to avoid, include, but are not limited to the following:**

Adipex  
Meridia  
Phentermine

**HERBAL MEDICATIONS include but are not limited to the following:**

|                             |                                       |                     |                              |
|-----------------------------|---------------------------------------|---------------------|------------------------------|
| 5-Hydroxytryptophan (5-HTP) | Cranberry                             | Ginseng-Siberian    | Pyridoxine (Vitamin B6)      |
| Acai Berry                  | Cysteine                              | Glucosamine Sulfate | Royal Jelly                  |
| Aloe                        | Damiana                               | Goldenseal          | SAME=                        |
| Astragalus                  | Dong Quai                             | Gotu Kola           | S-adenosylmethionine         |
| Bee Pollen                  | Echinacea                             | Grapeseed Extract   | Sarsaparilla                 |
| Bilberry                    | Ephedra (Ma Hung)                     | Green tea           | Saw Palmetto                 |
| Black Cohosh                | Evening Primrose Oil                  | Guarana             | Spirulina (Blue-green algae) |
| Bovine Colostrum            | Feverfew                              | Kava Kava           | St. John's Wart              |
| Bromelain                   | Fish oils (omega-3 fatty acids)       | Lecithin            | Stinging nettle              |
| Cascara Sagrada             | Flaxseed Oil                          | Lovaza              | Valerian                     |
| Cat's Claw                  | Ginger                                | Melatonin           | Vanadium                     |
| Cayenne                     | Ginkgo Biloba                         | Milk Thistle        | Vitamin E                    |
| Chondroitin                 | Ginseng-Asian, Korean (Panax Ginseng) | MSM                 | Zinc                         |
| Chromium                    |                                       | Phenylalanine       |                              |
| Coenzyme Q10                |                                       |                     |                              |

**ADDITIONAL MEDICATIONS to avoid, include, but are not limited to the following:**

|                    |                   |                 |                |
|--------------------|-------------------|-----------------|----------------|
| Accutane (6 month) | Evista (72 hours) | Nicobid         | Surmontil      |
| Chloratrimeton     | Flagyl            | Oraflex         | Tagamet        |
| Clinoril           | Flexoril          | Pamelor         | Tenuate Dospan |
| Elavil             | Imitrex           | Parnate         | Tetracycline   |
| Endep              | Lioresal          | Phendimetrazine | Triavil        |
| Etiafon            | Mysteclin F       | Pentermine      | Vibramycin     |
|                    |                   | Ru-Tuss         | Zomax          |

## Important instructions for before surgery

1. On the day of surgery, before coming to the surgery center, please remove makeup and hair products, false eyelashes, wigs, hairpieces, contact lenses, and jewelry. We prefer you leave these items at home.
2. For your convenience, you will receive several medication prescriptions at your pre-operative appointment. Please have the prescriptions filled before your surgery. If you are prescribed an antibiotic, please start this 24 hours prior to surgery.
3. You may be asked to have lab work, an EKG, and medical clearance done prior to surgery. It is best to have these done as soon as possible, ideally 2 weeks before your surgery.
4. You will need to arrange for a friend or family member to pick you up after surgery and plan to stay with you the night of surgery. It is imperative that you not be alone following surgery.
5. Take all of your medications as scheduled. Most of your usual prescribed medications should be taken on the morning of surgery with a small sip of water only. (Most notably: blood pressure medications and heart medications.)
6. Stop use of any blood thinner medications, such as Plavix, Coumadin, aspirin, Motrin, Aleve, and ibuprofen products as instructed. If you need something for pain between now and the day of surgery, take Tylenol. Do not take aspirin, baby aspirin, ibuprofen, Aleve prior to surgery (refer to sheets of medications to avoid).
7. If your primary doctor starts you on a new medication between now and your surgery, please call our office.
8. Do not eat or drink anything after midnight the night before surgery (including the morning of surgery). This includes water and gum.
9. If you develop a cold, fever, chills, fatigue, fever blisters or skin eruption on the face prior to surgery, please call the office. None of these necessarily mean your surgery will need to be postponed or cancelled, but we may wish to give you some additional instructions.
10. Do not smoke cigarettes or use any tobacco products at least 2 weeks before and after surgery.
11. See shopping list for all items you will need after surgery.

## Important instructions for after surgery

It is very important for your smooth recovery that you carefully follow your doctor's instructions. Do not hesitate to call should any questions about your anesthesia, condition or care. You may reach Dr. Archer at 321-218-4577 office or 501-472-9226 cell. If you cannot reach Dr. Archer at the office or cell number and feel that you have an urgent problem, go to the **Emergency Department** or call **911**.

### **Report any of the following immediately to Dr. Archer:**

1. Temperature greater than 101 degrees F
2. Incision-redness, swelling, drainage, bleeding
3. Your pain is not relieved by the medication prescribed
4. Nausea/vomiting that is not relieved by medication prescribed

### **You may experience dizziness, drowsiness, or light-headedness after general anesthesia or IV Sedation.**

1. You must have a responsible person drive you home and a responsible adult to stay with you.
2. You should not drive, ride a bicycle, operate machinery or power tools or handle dangerous items such as hot grease or boiling water.
3. You should not sign any legally binding documents.
4. We recommend 7-10 days off of work depending on your surgery.
5. You may experience a sore throat for the first 24 hours following surgery.

### **Diet:**

1. We recommend clear liquids (Gatorade, Sprite, etc) for the day/evening of surgery to avoid upset stomach.
2. You may have toast or crackers when taking your medications.
3. Light diet of easy to prepare meals is recommended for the first week. Avoid spicy, greasy and fried foods.
4. You should not consume alcoholic beverages for 2 weeks after surgery.

### **Activity:**

1. You may begin light walking as exercise. You are encouraged to walk around as much as possible.
2. For the 2 weeks, avoid any activities that may increase your blood pressure or heart rate such as cardio exercise. This may lead to bleeding and a collection of blood that may require surgery to treat.
3. Sleep with head elevated either on 2 pillows or in a recliner. Some patients will put pillows under the mattress to elevate their head.
4. No lifting >5lbs, no bending over, no straining for 2 weeks after surgery.

5. Can start cardio exercise 2 weeks after surgery and weight lifting 3 weeks after surgery.
6. Avoid sun exposure without sunscreen after your surgery. This can cause your scars to be darker.

## Important instructions for after surgery

Surgery specific instructions for taking care of your face after surgery

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### *FACELIFT (RHYTIDECTOMY)*

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1. Clean incision area (around ears) with peroxide on a q tip. Then apply a layer of Bacitracin to keep your suture line moist at all times. You will need to repeat this routine 4 times a day for 1 week. You will then be given new instructions at your one week post-op visit.
2. You will be given a neck wrap the morning after your surgery. Wear this wrap for the next week as much as possible. You may take it off for cleanings and showers.
3. It is common for the swelling and bruising to increase for 2-3 days following surgery. It is strongly recommend that you use cold compresses (wash cloths soaked in ice water) and ice packs during this time to help keep the swelling to a minimum.
4. Watch for any abnormal swelling in front, behind, or under the ear areas shaped like a goose egg that feels firm or fluid filled (water balloon). If this were to happen, you would need to call the office. It may be a collection of fluid under the skin that needs treatment.
5. Shower at least once per day, shampooing your hair and cleaning behind the ears starting 48 hours after surgery. You can gently massage the incisions in the hairline with baby shampoo. We encourage you to use only baby shampoo to avoid stinging.
6. Do not use any hair products until you have returned for your 1 week appointment. Using regular hair products may cause stinging. After 1 week, you may use a little baking soda in the scalp to cut the grease. Please do not use peroxide in your hair. This may cause bleaching of the hair. Due to the numbness that you will have around your ears, we ask that you do not blow dry your hair unless you have a blow dryer with a cool setting. No hair color for 4 weeks.

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***RESHAPING SURGERY (RHINOPLASTY)***

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1. Your nasal splint will remain in place for 1 week.
2. You need to clean your nose ¼ of an inch into both nostrils with peroxide on a Qtip, then apply bacitracin to the inside of the nostrils 4 times a day to keep it soft and moist for 1 week. You will get further cleaning instructions at your 1 week appointment.
3. Your nose may bleed or have drainage for the first few days after surgery. Please wear the nasal dressing (drip pad) until it stops. Do not wipe the base of your nose with a tissue. Once the oozing stops, you do not need to wear the drip pad.
4. You should be breathing through your mouth during the first week of recovery. Try to keep your lips moistened with lip balm; they may become dry due to breathing from the mouth.
5. Very gently sniff the saline nasal spray 2 to 3 times a day in each nostril starting on the 2<sup>nd</sup> day after surgery. Continue for 2 weeks.
6. Use cold compresses as often as possible over the eye areas and sides of the nose during the first 2-3 days of recovery. These action will help to minimize swelling and oozing of blood.
7. You may shower on your 2<sup>nd</sup> day after surgery. Try not to let water hit directly on the splint and saturate it.
8. It is helpful if you can wean yourself off of the pain medications during the first week of recovery. Try taking extra strength acetaminophen (Tylenol) for pain or diazepam (Valium) and diphenhydramine (Benadryl) for restlessness. Do not take aspirin, Aleve, ibuprofen, and Motrin for 2 weeks after surgery. Do not take pain medications on an empty stomach as this may cause nausea/vomiting.
9. Keep a stiff upper lip. Try to avoid smiling or grinning during the first week of recovery. Brush your teeth with a baby toothbrush.
10. If you have to sneeze, do so with an open mouth. No nose blowing for 2 weeks after surgery.
11. No contact sports for at least 6 weeks after surgery.

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### ***EYELID SURGERY (BLEPHAROPLASTY)***

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1. Clean the eyelid suture lines 4 times a day with peroxide on a q tip then apply Maxitrol (prescription) over the suture line for 8 days. It is important to keep the suture lines lubricated with Maxitrol.
2. Before you rest or sleep, apply the OTC eye ointment (Genteal, Systane, Refresh, etc) to the inside edge of the lower eyelid. This will keep your eyes hydrated while you are sleeping. It will also make your vision very hazy, so only use when resting or when eyes feel dry and/or scratchy.
3. During the day, you **MUST** continuously use artificial tears in the eyes (Genteal, Systane, Refresh, etc). Do not wait for your eyes to become dry and scratchy. If you need to use this every thirty minutes to an hour that is fine. You cannot over lubricate your eyes. The more you use, the better they will feel. If you let your eyes get dry during the post-op recovery, you may develop a more permanent form of dry eyes symptoms.
4. If your eyes are tearing, it means the eyes are actually too dry and the tear duct begins over producing watery tears. If this happens, you need to increase ointment and drops in your eyes.
5. Try to wean yourself off of your pain medication as soon as possible. Try extra strength acetaminophen (Tylenol) for any pain or discomfort, diphenhydramine (Benadryl) or diazepam (Valium) for rest.
6. Please remember... bruising and swelling may increase for the first 2-3 days after surgery.
7. Ice the eye area for the first 3 days, 20 mins on and 20 minutes off while awake, as often as possible, using a clean wash cloth in an ice water bath.

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**RESURFACING (CHEMICAL PEEL, LASER)**

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1. Skin prep appointment with aesthetician 3-4 weeks before your treatment to start hydroquinone (HQ) and Retin-A. **Prep appointment:** \_\_\_\_\_
2. Stop HQ and Retin-A products 3 days before your treatment. **Stop date:** \_\_\_\_\_
3. We will apply **Laser Balm** on the treatment area right after your treatment. To do a cleaning, gently wipe off excess **Laser Balm** with a wet gauze (4x4) – warm tap water is ok. Then, wet another gauze (4x4) with warm water and apply small amount of **gentle cleanser** to the gauze to make it “sudsy”. Gently wipe the peeled area in small circles to remove the crusting/peeling skin off of the face/neck. Pat the face dry and re-apply **Laser Balm** to the entire treatment area. A chemical peel will not start to peel for about 3-4 days after the initial treatment.
4. Do 6 cleanings a day (while awake) beginning the day after your treatment. On the day of your treatment, do 1-2 cleanings.
5. Microdermabrasion and chemical exfoliation appointment with aesthetician 2 weeks after your treatment and re-start HQ and Retin-A. **Reveal date:** \_\_\_\_\_

## AAFPRS FACE TO FACE: VIETNAM 2014

When we stepped off the plane in Ho Chi Minh City, we were welcomed by warm air and the smell of incense. On October 27-31, 2014, six AAFPRS surgeons with FACE TO FACE conducted a Facial Plastic Surgery Review Course at the Cho Ray Hospital in Ho Chi Minh City, Vietnam. The FACE TO FACE team has been participating in the Facial Plastic Surgery Review Course since its start in 1999. This year, about 200 participants registered for the course.

Cho Ray Hospital is the largest hospital in Vietnam with 1,200 beds. The hospital has a 3-year ENT residency with 5 residents a year. There are 15 ENT and 9 Plastic Surgery attendings. Serving over 9,000,000 people in Ho Chi Minh City alone, the hospital treats 67,000 inpatients yearly. Multiple patients share hospital beds. Visitors and outpatients sleep on straw mats in the halls and lobbies at nighttime, and the operating room is never quiet.

The FACE TO FACE trip was led by Dr. John Hodges of Memphis, TN. Other team members included Dr. William Truswell of Northampton, MA; Dr. Sherard Tatum of Syracuse, NY; Dr. Philip Young of Seattle, WA; Dr. Albert Fox of Dartmouth, MA; Dr. Kaete Archer of Syracuse, NY; and Tam Nguyen of Seattle, WA, who documented the trip with video and photography.

For the first 2 days of the course, we gave lectures on Facial Plastic and Reconstructive Surgery and interviewed surgical patients. The patients were all new to the team except for one smiling face. Yen suffered severe facial soft tissue trauma in a motor bike accident as a child. She was left with a disfiguring nasal deformity and extensive scars. Three years ago, Dr. Truswell and Dr. Fox with FACE TO FACE performed a near total nasal reconstruction using a paramedian forehead flap and conchal cartilage grafting. Over the last few years, she expressed gratitude and emailed pictures showing her smiling face alongside those of her students.

Over the next three days, we performed about 20 surgeries at Cho Ray Hospital and the ENT Hospital, including a revision surgery on Yen. We demonstrated scar revision, advanced rhinoplasty techniques including cleft lip nasal deformity, and aging face procedures. The operating room nurses and staff were efficient and accommodating. We had two surgical teams running simultaneously in one large room. Every case was streamed live into a lecture auditorium on closed circuit TV with two-way audio. Vietnamese physicians scrubbed every case and were extremely eager to learn. One evening we operated until 8 pm and the lecture hall was filled with about 150 participants observing the surgery until the very end.

During a tour of the ENT hospital, the Vietnamese staff proudly showed post-operative pictures of techniques they had learned from previous AAFPRS FACE TO FACE teams. They have been able to help numerous patients with beautiful surgical results while demonstrating humility and gratitude. Seeing how these trips have tangibly played a role in the advancement of Facial Plastic Surgery around the world was incredibly special.

At the end of each day, our hosts shared Ho Chi Minh City with us. We enjoyed traditional and rare Vietnamese foods, Vietnamese wine, motorbike rides to the Ben Thanh market for shopping, and even singing karaoke. Nothing could have prepared me for the amazing experience of my

first FACE TO FACE trip. I was filled with inspiration, reward, and was extremely honored to be a part of our FACE TO FACE team. We left Vietnam after embracing our old and new friends, and we look forward to returning soon.

## AAFPRS FACE TO FACE: VIETNAM 2017

On October 8-13, 2017, four AAFPRS surgeons with FACE TO FACE participated in a Facial Plastic Surgery Review Course at the ENT Hospital and Cho Ray Hospital in Ho Chi Minh City, Vietnam. The FACE TO FACE team has been participating in the Facial Plastic Surgery Review Course since its start in 1999. This year, over 100 participants registered for the course.

The ENT Hospital serves over 9,000,000 people in Ho Chi Minh City alone and is dedicated to ENT/Plastic Surgery. The hospital treats about 3,000 patients per year in the Plastic Surgery Department. There are 57 ENT physicians and 3 Plastic Surgery attendings at the ENT Hospital.

The FACE TO FACE trip was led by Dr. John Hodges of Memphis, TN and Dr. Albert Fox of Dartmouth, MA. Other team members included Dr. Philip Young of Seattle, WA and Dr. Kaete Archer of Melbourne, FL. Several other surgeons including Dr. Eduardo Yap from the Philippines also participated in the course.

The course began with clinic at the ENT Hospital to select surgical patients. We evaluated patients with a combination of reconstructive and cosmetic issues including cleft lip nasal deformity, augmentation rhinoplasty, Asian blepharoplasty, and eyelid ptosis. Over the next 4 days, we performed surgery in the mornings and presented Facial Plastic Surgery lectures in the afternoons at the ENT Hospital. On the fifth day of the course, we were welcomed at Cho Ray Hospital, performed surgery and gave several lectures to the ENT and Plastic Surgery Departments. These surgeries included static repair for facial nerve paralysis, facial trauma, cleft lip nasal deformity, and reconstructive rhinoplasty. At both hospitals, the cases were streamed live into a lecture auditorium on closed circuit TV with two-way audio allowing the audience to interact with the surgeons.

At the end of each day, our hosts shared Ho Chi Minh City with us. We enjoyed traditional Vietnamese food and wine, Vietnamese history and sight-seeing, visited the beach and shopped at the Ben Thanh market. We were filled with inspiration, reward, and were extremely honored to be a part of this FACE TO FACE team.

After returning to the United States and reflecting on the trip, we decided that our favorite part was experiencing the camaraderie between our group and the Vietnamese teams. We enjoyed discussing surgeries and laughing around the dinner table. It is so much fun to come home with new tips and tricks that we learned from each other as well as from our Vietnamese colleagues! We look forward to our next trip in 2019 and hope to see you then!

## Contact us

Thank you for learning about our philosophy, our physicians, and our procedures. We are excited to discuss these options further and answer questions.

With many convenient options to reach us, we make it as easy as possible for our patients to contact us for an appointment:

1. Phone: **321-218-4577**
2. Email: **drarcher@archerfacialplastics.com**
3. Schedule directly from our website: **www.archerfacialplastics.com**
4. Message us on social media:
  - a. Instagram **@archerfacialplastics**
  - b. Twitter **@ArcherMD**
  - c. Facebook **Kaete Archer, MD**

We can't wait to meet you!

Love,

Archer Facial Plastic Surgery

