

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**

WELCOME TO THE START OF YOUR *JOURNEY*
ARCHER FACIAL PLASTIC SURGERY

Kaete Archer, MD



Copyright, Legal Notice, and Disclaimer:

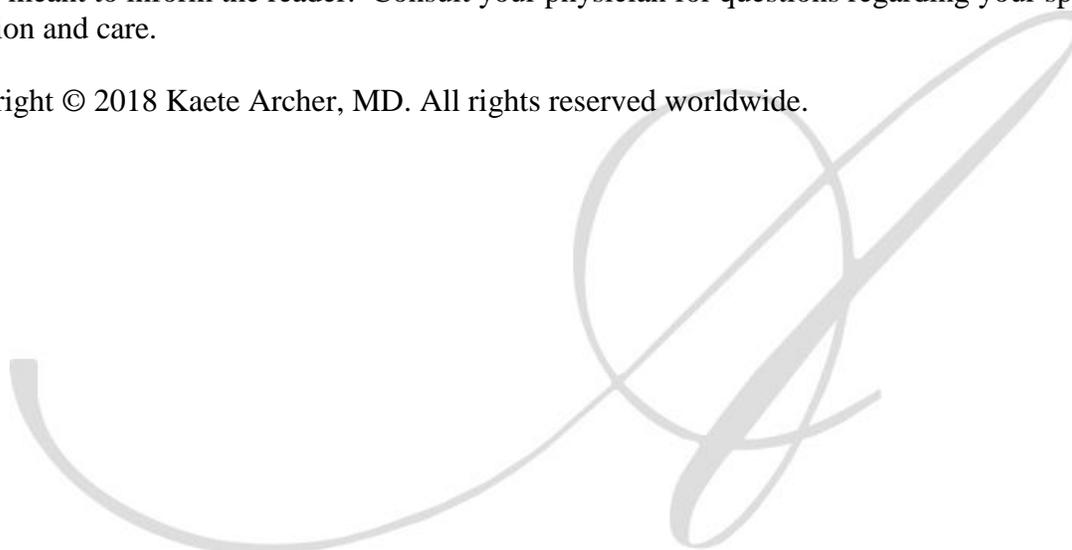
This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved, including resale rights.

Please note that this publication is based on personal experience and medical training. Although the author and publisher have made every reasonable attempt to achieve complete accuracy of the content, they assume no responsibility for errors or omissions.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners and are used only for reference. There is no implied endorsement if we use one of these terms.

This Guide is not intended to replace common sense, legal, medical or other professional advice, and is meant to inform the reader. Consult your physician for questions regarding your specific situation and care.

Copyright © 2018 Kaete Archer, MD. All rights reserved worldwide.



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



Contents

<u>ARCHER FACIAL PLASTIC SURGERY TITLE</u>	<u>2</u>
<u>COPYRIGHT, LEGAL NOTICE, AND DISCLAIMER:</u>	<u>3</u>
<u>DEDICATION</u>	<u>4</u>
<u>FOREWORD</u>	<u>5</u>
<u>WELCOME TO OUR PRACTICE</u>	<u>6</u>
<u>WHAT PATIENTS ARE SAYING</u>	<u>ERROR! BOOKMARK NOT DEFINED.</u>
<u>PROCEDURES PERFORMED AT ARCHER FACIAL PLASTIC SURGERY</u>	<u>ERROR! BOOKMARK NOT DEFINED.</u>
<u>MAKING THE DECISION FOR FACIAL PLASTIC SURGERY</u>	<u>12</u>
<u>CONTACT US</u>	<u>18</u>

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 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

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 CO₂ 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.

FACELIFT (RHYTIDECTOMY)

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!*

NOSE RESHAPING SURGERY (RHINOPLASTY)

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.

EYELID SURGERY (BLEPHAROPLASTY)

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.

BROW LIFT

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.*

CHIN ENHANCEMENT AND FACIAL IMPLANTS

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!*

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

