

## Active/Passive Practice: Procedure

# KEY

*The underlined verb is the correct form of the verb*

### The Facelift Procedure

The facelift procedure, or rhytidectomy is carried out to tighten the skin of the face and neck, giving the patient a more youthful and rested appearance. In an effort to rejuvenate the appearance of their face, more and more people undergo the procedure, placing it among the top five plastic surgeries performed in the U.S. Patients must, however, be aware that the texture of the skin on the face is not modified by the facelift procedure; that is, facial skin conditions such as fine lines, acne scars, and age spots return to their original texture and presentation regardless of how tightly the skin is pulled. Nevertheless, some patients (believe) believe they appear a decade younger than their actual age after the procedure. Facelift surgery is performed in three stages.

In the first stage, a number of steps are taken to prepare the patient for the procedure. These include taking the patient's medical history since certain conditions, such as hypertension or past clotting problems, make the surgery more risky. When the medical history is taken, the patient is asked to inform the doctor of any medications or supplements s/he is regularly consumes. Also during this preparatory visit, the doctor gives the patient a set of instructions to follow. Smokers are required to stop smoking four weeks in advance of the surgery, and aspirin is avoided a week prior to the surgery. Finally, the patient arranges for a companion who can drive him home after the surgery. Just prior to the surgery, the patient is anesthetized.

The second stage is the procedure itself, which usually lasts around four hours. To begin with, incisions are made in areas such as the hairline and/or around the ears. The surgeon then repositions and tightens the underlying muscles and sagging tissue. Excess skin is removed to create a more youthful look. If there is a double chin, a small incision usually is made under the chin, where it is hidden by a natural crease, so that the fat may be removed by liposuction or by a restructuring technique. Once the incisions are stitched closed, dressings and a custom pressure wrap are applied. It is important to note that throughout the entire procedure, the patient is monitored to insure his/her well-being.

The third stage involves recovery. After the patient rests in the recovery room, he/she is driven home by his/her companion. Most patients experience some discomfort after the surgery, but medication is prescribed to help minimize it. Aside from taking pain medication, the patient is advised to keep his/her head elevated for a few days after the surgery to lessen any swelling. After a week passes, the doctor must be visited for a checkup.