

National Plastic Surgery Survey

Operative Planning, Face Lift Techniques, and Adjunct Procedures

Demographics

1. Years in Practice
 - A) 0-5 years
 - B) 6-10 years
 - C) 11-15 years
 - D) 16-20 years
 - E) 20+ years

Practice Classification

2. Type of Practice
 - A) Group
 - B) Solo
3. Type of Practice II
 - A) Academic-salaried
 - B) Private-Academic affiliate
 - C) Private-Community practice
 - D) Military practice
4. Percentage of your practice that's Aesthetic versus Reconstructive (Choose ONE)
 - A) 0% Aesthetic- 100% Reconstructive
 - B) 25% Aesthetic- 75% Reconstructive
 - C) 50% Aesthetic- 50% Reconstructive
 - D) 75% Aesthetic- 25% Reconstructive
 - E) 100% Aesthetic- 0% Reconstructive
5. Patient Age Population (Choose MOST common)
 - A) 40 years old or younger
 - B) 41-50 years old
 - C) 51-60 years old
 - D) 61-70 years old
 - E) 70+ years old

Facelift Technique

6. Over the last 12 months, how many facelifts have you performed?
 - A) 0-5
 - B) 6-10
 - C) 10-15
 - D) 16-20
 - E) 21-30
 - F) >30
7. Percentage of Facelifts Male versus Female (Choose ONE)
 - A) 0% Male- 100% Female
 - B) 25% Male- 75% Female
 - C) 50% Male- 50% Female
 - D) 75% Male- 25% Female
 - E) 100% Male- 0% Female
8. How often do you do a Short Scar Facelift (Choose ONE)
 - A) 0% of time
 - B) 25% of time
 - C) 50% of time
 - D) 75% of time
 - E) 100% of time
9. What's your PREFERRED modality in patient undergoing Facelift with Deep/Prominent Nasolabial Folds (Choose MOST common)
 - A) Nothing different
 - B) I don't believe that anything works well
 - C) Composite lift
 - D) Subperiosteal lift
 - E) Liposuction/Defatting the fold
 - F) Direct excision
 - G) Grafting the fold
 - H) More extensive undermining
 - I) Fat grafting
 - J) Alloplastic implant
 - K) Other
10. Which SMAS technique do you use? (Choose MOST common)
 - A) None (Skin Only facelift)
 - B) Minimal Access Cranial Suspension Suture (MACS)
 - C) SMAS plication
 - D) Lateral SMASectomy
 - E) Extended SMAS
 - F) High SMAS
 - G) Deep plane/Composite

11. Reason for choosing this level of dissection (Choose ONE)
- A) Safety
 - B) Other methods may be more effective but are not worth risk
 - C) Ease
 - D) It's as good as any other method
 - E) It's the way I was trained
 - F) More effective than other methods
12. If you operate on active smokers, how do you modify your technique? (Check ALL that apply)
- A) I don't operate on smokers
 - B) I don't alter my operation
 - C) Less skin undermining
 - D) Deep/composite facelift
 - E) Cessation of smoking for 1 month or more prior to surgery
 - F) Negative urine cotinine test before surgery
13. Type of facelift technique you perform on Massive Weight Loss (MWL) patients (Choose MOST common)
- A) I have not performed a facelift on MWL patient
 - B) Skin Only
 - C) Minimal Access Cranial Suspension Suture (MACS)
 - D) SMAS plication
 - E) Lateral SMASectomy
 - F) Extended SMAS
 - G) High SMAS
 - H) Deep plane/Composite
14. Average time to perform a Facelift (Choose MOST common)
- A) Less than 2 hours
 - B) 2-3 hours
 - C) 3-4 hours
 - D) 4-5 hours
 - E) Over 5 hours
15. How have you significantly changed your method of facelift surgery since starting to practice (Choose ONE)
- A) Changed SMAS dissection to more extensive
 - B) Changed SMAS dissection to less extensive
 - C) Have made No significant changes
 - D) More skin undermining
 - E) Less skin undermining
 - F) Now perform composite dissection
 - G) Other
 - H) Not applicable

Management of the Neck

16. What is your Most frequently used method to address submental fat (Choose MOST common)
 - A) Liposuction
 - B) Direct excision
 - C) Do nothing
 - D) Other
17. What's your MOST common approach to the neck (Choose ONE)
 - A) Submental Liposuction
 - B) Submental incision and defatting above platysma
 - C) Open the platysma, subplatysmal contouring, and platysmaplasty
 - D) Lateral Skin Platysma Displacement (LSD)
 - E) Lateral approach Only without submental incision
18. Do you perform isolated necklift thru submental incision only (Choose ONE)
 - A) Yes
 - B) No
19. How often do you open the neck (Choose ONE)
 - A) 0% of time
 - B) 25% of time
 - C) 50% of time
 - D) 75% of time
 - E) 100% of time
20. If you perform open submentalplasty, how do you handle the platysma (Choose MOST common)
 - A) Mid-line suture/plication
 - B) Open transection
 - C) Open lipectomy
 - D) Band excision
 - E) Transection and suturing
 - F) Sling suture across neck to mastoid
 - G) Subplatysma defatting
 - H) Platysma muscle flap (i.e. Z-flap)
 - I) Do not perform open submentalplasty
21. What type of platysma manipulation do you perform (Choose MOST common)
 - A) Medial platysmaplasty
 - B) Lateral platysma window
 - C) Lateral skin displacement (LSD)
 - D) Horizontal platysmal transection
 - E) Direct band excision
 - F) Spanning/Suspension platysmal sutures

22. How often do you treat ptotic submandibular glands (Choose ONE)
- A) Do nothing
 - B) Excise
 - C) Plicate/Pexy
 - D) Other

Adjunct Procedures during Facelift

23. How often do you supplement your facelift with fat transfer (Choose Most common)
- A) <25% of time
 - B) 25-50% of time
 - C) 50-75% of time
 - D) 75-100% of time
24. How much fat volume do you usually inject into the face (Choose Most common)
- A) Less than 10mL
 - B) 10-20mL
 - C) More than 20mL
25. Location of fat grafting (Choose ALL that apply)
- A) Temporal
 - B) Lid-Cheek junction
 - C) Nasolabial fold
 - D) Malar region
 - E) Jawline
 - F) Perioral
26. What other adjunct procedures do you perform during facelift (Choose MOST common)
- A) PRP injections
 - B) Partial face laser resurfacing
 - C) Full face laser resurfacing
 - D) Partial face chemical resurfacing
 - E) Full face chemical resurfacing
 - F) Dermabrasion
 - G) Microneedling

Perioperative Management

27. Do you use surgical drains (Choose MOST common)
- A) No
 - B) Yes, I use closed suction drains
 - C) Yes, I use penrose drains
 - D) Yes, I use other drains

28. If you use a drain, typically for how long (Choose MOST common)
- A) Less than 24 hours
 - B) 24-48 hours
 - C) More than 48 hours
29. Type of anesthesia you use to perform a facelift (Choose MOST common)
- A) Local anesthesia Only
 - B) Local anesthesia and sedation
 - C) General anesthesia
30. Type of local solution (Choose MOST common)
- A) Lidocaine
 - B) Lidocaine with epinephrine
 - C) Tumescent fluid without epinephrine
 - D) Tumescent fluid with epinephrine
 - E) None
31. In addition to direct hemostasis, what ancillary techniques do you use to minimize bleeding and drainage (Choose MOST common)
- A) None
 - B) Tissue sealants (i.e. Fibrin glue)
 - C) Quilting sutures
 - D) Tranexamic acid (TXA)
32. How do you administer tranexamic acid (TXA) (Choose MOST common)
- A) I don't use tranexamic acid (TXA)
 - B) Intravenous
 - C) Subcutaneous infiltration
 - D) Topically to surgical field
33. Do you routinely prophylax your facelift patients for DVT (Choose MOST common)
- A) No
 - B) Yes, mechanical prophylaxis (i.e. Intermittent compression devices/stockings)
 - C) Yes, pharmacological prophylaxis (i.e. Heparin/Lovenox)
 - D) Yes, mechanical and pharmacological prophylaxis
35. Do you routinely use prophylactic antibiotics for facelifts (Choose MOST common)
- A) No, I don't use antibiotics
 - B) Yes, just preoperatively
 - C) Yes, preoperatively and intraoperatively
 - D) Yes, preoperatively, intraoperatively, and postoperatively