



The Pre-Operative Roadmap For The Reset Lift™

*How High-Achieving Patients Prepare
for Elite Facial Rejuvenation*

Introduction: Preparation Is Part Of The Result

Exceptional results are not accidental — they are the product of careful planning, layered optimization, and clear expectations. Your pre-operative visit is designed to set you up for the smoothest, most predictable recovery possible.

Patients who invest in preparation tend to:

- Heal faster
- Experience less stress
- Have fewer questions
- See better aesthetic outcomes
- Refer more friends and family
- Experience the highest satisfaction

This guide outlines what to expect.

Review Of Your Surgical Plan

During your pre-op, we review:

- Lift strategy (deep plane + temple/midface/neck vectors)
- Neck sculpting plan (Crevasse Technique)
- Fat transfer details
- Upper/lower eyelid considerations
- Planned nanofat areas
- CO₂ laser timing
- Skin preparation and optimization timeline

Patients at this level prefer precision and clarity. You will know exactly what is being done and why.

The Emotional And Physical Timeline

Patients appreciate knowing what is normal. Predictability reduces anxiety.

The emotional low at Day 7 is physiologic and expected. Swelling fluctuates for weeks. By Week 3, confidence returns. By Month 3, patients typically feel that the surgery was one of the best decisions they ever made.

Medications And Pain Control Without Opioids

Most patients choose to avoid narcotics entirely. This is fully supported.

- Pain is minimal due to:
- Long-acting local anesthesia
- Gabapentin
- Jernavix (non-opioid sodium-channel blocker)
- Targeted anti-inflammatory medications

This combination is highly effective and allows a clear, calm mental state during recovery.

Safety, Medical Clearance, And Aftercare Support

We review:

- Medical history
- Lab work
- Anesthesia plan
- Aftercare nursing
- Hyperbaric oxygen scheduling
- Travel, childcare, and work considerations

This creates a predictable, guided experience without surprises.

Skin Optimization Protocol

Patients who use the recommended topicals pre-operatively consistently see:

- Faster healing
- Better laser outcomes
- Higher skin-quality improvement
- More even tone and texture postoperatively

Your regimen will include a combination of retinoids, niacinamide, hyaluronic acid, hydroquinone (when appropriate), and barrier-strengthening ingredients.

Logistics And Recovery Planning

You will receive detailed instructions on:

- What to wear the day of surgery
- How to manage the first 24–72 hours
- How to use postoperative wraps and garments
- When to resume activity, exercise, and socializing
- Travel restrictions and airline timing
- Work considerations
- How to communicate with your children or family

This level of preparation supports smoother recoveries and excellent outcomes.

Questions And Communication

High-performing patients generally have excellent questions. You are encouraged to bring a list. The more we talk, the more personalized and predictable your results will be.

Final Thoughts

Your pre-operative appointment is not simply a formality; it is part of the procedure. It ensures your results are optimized, your recovery is supported, and your transformation aligns with your lifestyle and goals.

If you invest your time and trust in the process, the results will reflect it.