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 plastysmaplasty
   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