



"LIVE YOUR BEST LIFE"

the Jonathan Britto clinic

For current news on Surgery, Aesthetics and Lifestyle Medicine

October 2021 ~ The Twilight Facelift Issue



The Twilight Facelift

“For the last five years, 95% of my facial, eyelid and brow surgery has been safely and comfortably done with the benefit of ‘twilight anaesthesia’. This means ‘conscious sedation’, where the surgical patient is conscious and comfortable without pain. The technique has been developed with my specialist colleague anaesthetists to allow me precise and bespoke surgery in the animated face, for the best possible result.” ~ Jonathan

The ‘twilight pathway’ begins at first meeting in clinic. Assessment of the face is in context of the holistic assessment of the patient. We present a calm and professional team, and our experience and expertise builds trust. That trust is key to the ‘twilight experience’ :- “you mean I will be awake during surgery?”

By the time our patients get to the operating theatre, we have already established kindness, care, professionalism and trust. Our pre-assessment process, ‘Prepare’ , is honed by experience for the best surgery outcomes in the rapid ‘Repair’ phase - with minimal bruising and swelling.

‘Twilight’ enables exquisite surgical accuracy in the animated face, allowing positioning of tissues in the ‘static’ and ‘dynamic’ face. Eyelid surgery takes on new accuracy where the lids can be open and closed comfortably during the surgery. Surgical precision has made for technical developments, and our results get better and better – as our reviews have shown.

Twilight Anaesthesia



'Twilight Anaesthesia' is an anaesthetic technique where a mild dose of sedation is offered to produce anxiolysis, a sense of sleepiness and relief of short term memory. In combination with local anaesthetic delivered at specialist points of the face, precise surgery is carried out, without pain, but with gentle and comfortable consciousness.

There is a 'sedation continuum' where the patient experiences a 'twilight state', relaxed and sleepy but able to follow instructions in comfort - a **perfect balance** - is achieved. Some patients remember the instructions from our team during the surgery but have no memory of anything other than a gentle wake up. Most patients do not have a sense of the time that has passed, which is a very positive outcome.

The beauty of this technique is that the consultant anaesthetist, who is extremely knowledgeable about the surgical steps and present throughout the surgery, anticipates points at which the patient might feel stresses, and prevents them occurring; thus delivering a depth of 'twilight sedation' which is entirely bespoke.

Excellent Safety Profile & Recovery

As the patient is not under general anaesthesia, there is less 'intervention' in the functioning of the heart and lungs, increasing the safety profile of the technique. There is no need for a breathing tube, and no throat discomfort afterwards. Nausea and sickness is also markedly reduced.

The initial recovery period is stable and comfortable with no shift of blood pressure. This means that the bruising and swelling is less, and the risk of a bleed post-surgery is extremely low. There is no prolonged 'post anaesthetic downtime' with a swift recovery to full consciousness in a very comfortable patient.

Please note that you will need to be accompanied by a responsible adult for the first night after twilight sedation procedures, and to refrain from responsible decision-making or complex tasks for a full day.

The "Twilight Anaesthesia" technique at the Jonathan Britto clinic was developed by consultant anaesthetists Dr Paulo Barragia and Dr Oliver Sykes.

Prepare & Repair

In conjunction with 'Twilight Anaesthesia' we recommend all our surgical patients follow the 'Prepare & Repair' Plan. This is a Lifestyle Medicine plan based on our unique four-pronged approach:

~ EAT ~ MOVE ~ REVIVE ~ SLEEP ~

The four-week peri-operative programme ensures best health is achieved and maintained prior to the procedure; followed by optimal healing and recovery after surgery.

The combination of 'Twilight Anaesthesia' and the 'Prepare & Repair' plan effect a smooth 'on-the-day' experience and an enhanced recovery.



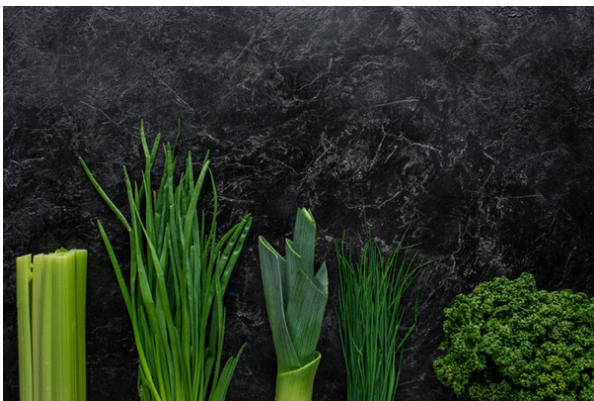
How does it work?

The combination of targeted nutrition, adequate activity and strength work, a positive mindset and effective sleep prepares the body so the inflammatory response mounted to the surgery is optimised to achieve rapid recovery without causing damage and avoiding infection. This also

ensures the stress response to both the surgery and any anxiety surrounding the whole event is appropriate, minimising water retention, fatigue and disrupted sleep.

The diet and exercise prescribed achieve blood sugar balance and limit any detriment the period of starvation prior to the surgery may otherwise cause. They also recalibrate the gut microbiome which is vital to a well-functioning immune system, not to mention the post-operative comfort of a working digestive system. Activity and movement is integral to our plan in order to reduce the risk of blood clots and chest infections in the recovery period.

The "Prepare & Repair" plan was devised by our Lifestyle Medicine Physician, Dr Shyamala Moganasundram.



Please contact us for more information on the 'Prepare & Repair'

E-mail: medsec@jonathanbritto.com

OR

Call us: 02037521566

Skin Health: Treat the 'Envelope'



There are many ways in which you can prepare in the weeks leading up to your surgical procedure, to get 'in the zone' for comfort and a confident healthy result.

Getting your skin into the best shape will make a significant difference to the final results, and at the Jonathan Britto Clinic we spend time planning and supporting the health of your skin before and after surgery.

Where facial surgery rebuilds and rebalances the structure of the face, skin health strategies rejuvenate the 'skin envelope' - building the defences of the skin, repairing skin damage, and optimising beauty, vibrancy and glow. Let us banish wrinkles and age spots, harmonise pigmentation, and defend the skin against the sun and environmental pollution.

Pre-emptive skin health strategies optimise scar quality, skin conditioning and optimise surgical longevity. Bespoke skin health strategies are designed with your individual needs in mind – the busy day, the stretched budget, and the pressures of life.

Come find out more form our Aesthetician at the Jonathan Britto clinic, Karen Sargeant
