

FACELIFT

Enhance and Empower

FOR PREVIEW ONLY

FOR PREVIEW ONLY

FOR PREVIEW ONLY

FOR PREVIEW ONLY

FOR PREVIEW ONLY

Knowledge is Beautiful

A facelift, or rhytidectomy, is the most comprehensive approach to treating facial aging. It removes excess skin, tightens underlying tissues and muscle, and redrapes skin on the face and neck. It improves midface sagging, marionette lines, jowls, and a double chin, maintaining its reputation as the 'gold standard' for facial rejuvenation. Patients undergoing a facelift may also benefit from procedures like brow lift, eyelid lift, lip lift, neck lift, earlobe reduction, or facial resurfacing.

A FACELIFT MAY BE RIGHT FOR YOU, IF:

- You feel that your facial appearance does not reflect your youthful spirit and energy level
- You determine that your facial sagging and excess skin is a social or career obstacle
- You show signs of facial aging but still have some skin elasticity
- You're in good health and have realistic expectations

A MEMBER OF THE AESTHETIC SOCIETY

There is nothing more important than choosing the right plastic surgeon. With a member of The Aesthetic Society, you can rest easy, knowing you are in good hands.



BEYOND BOARD CERTIFIED

Unlike some plastic surgeons, members of The Aesthetic Society are board-certified by accredited boards, like the American Board of Plastic Surgery (ABPS) in the US, which require the highest level of education, training, and experience.

Do not be confused by other official-sounding boards and certifications. The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with "cosmetic surgery" in its name.



*If you live outside the United States or Canada, check your surgeon's affiliation with the International Society of Aesthetic Plastic Surgery (ISAPS). Canadian plastic surgeons are certified by the Royal College of Physicians and Surgeons of Canada.

Preparing For Surgery

Preparation for surgery begins after your plastic surgeon examines you and discusses the details of the procedure. Your plastic surgeon will provide thorough preoperative instructions and may recommend you achieve certain weight goals before surgery or make other lifestyle changes to help improve your results and minimize possible complications.

BEFORE YOUR PROCEDURE, YOUR SURGEON WILL DISCUSS WITH YOU:

- The impact that smoking and tobacco products have on your surgery. Your surgeon may recommend that you stop smoking and using other tobacco products, including nicotine patches, gum, and nicotine-containing electronic cigarettes before surgery.
- The importance of avoiding aspirin, nonsteroidal anti-inflammatory medications (NSAIDs: Advil, Motrin, Aleve), and vitamins or homeopathic regimens before surgery, since these products can increase bleeding.

Your facelift may be performed in a hospital or an outpatient surgical facility. If it is done outpatient, be sure to arrange for someone to drive you home after surgery and stay with you for the first 24 hours, or even a couple of days if possible—unless you and your surgeon have decided on other postoperative recovery options.



Your surgeon will provide complete instructions on preoperative and postoperative care. Read the instructions carefully to ensure that you fully understand them and know what to expect before, during, and after your procedure.

Procedural Steps

STEP 1 | ANESTHESIA

Medications are administered for your comfort during the surgical procedure. Your surgeon will recommend whether general anesthesia or intravenous sedation is the best option for you.

STEP 2 | THE TECHNIQUES

Most facelift techniques focus on the lower facial areas, such as the jawline, jowls, and cheeks. A facelift can also focus on the midface. In some, deeper facial tissues may be repositioned or tightened to restore a more youthful contour. In others, removal or addition of fat or other soft-tissue fillers may be necessary to achieve the best results. Today, many different techniques exist with outcomes that are consistently reliable, safe and durable, which your surgeon will discuss with you. Your incisions will depend on the area of the face that is targeted and the amount of change you want.



Facelift incisions may be placed within the hairline and within natural contours in front of and behind the ears, as shown. Skin is then pulled back and the incision closed. Modified incisions include variations of the 'short scar,' with shorter incisions around the ear.

After surgery, the skin on your face and neck will look smoother, firmer and fresher.

STEP 3 | THE PROCEDURE

- Once the incisions are made, various degrees of 'undermining' of the skin are performed, and the deeper layers of the face are lifted. Undermining is the use of surgical facelift scissors to separate the overlying skin of the face and neck from the muscles and tissues deep to the skin. This frees or loosens facial and neck skin so it can be redraped (pulled tight) at the end of the procedure.
- Your surgeon will raise the skin from the temples, cheeks, and neck and lift and reposition the underlying connective tissue, removing excess fat and skin.
- Finally, your surgeon redrapes the skin over the new underlying structure and closes the incisions with stitches and small metal clips in hair-bearing areas.
- The surgeon then inserts drainage tubes and applies bandages.
- If this procedure is performed in conjunction with a neck lift, the surgeon will make a small incision underneath your chin. They will then draw the neck muscles together, stitching them together at midline, forming a strong sling of muscles that supports the entire neck and jaw.
- Your surgeon may also include liposuction of the neck and jowls. Implants may be added to increase cheek or chin volume.

STEP 4 | THE RESULTS

The goal of your aesthetic plastic surgeon and the entire staff is to help you achieve the most beautiful and natural-looking results and to make your surgical experience as easy and comfortable as possible.

Recovery, Safety and Risks

After surgery, your surgeon will give you detailed instructions about postsurgical care, including information about drains (if they have been placed), normal symptoms you may experience, and signs of potential complications.

The amount of time it takes for recovery varies. Ask your doctor how long it will be before you can return to your normal level of activity and work, and follow all postsurgical instructions.

- You may be placed in a compression garment or wrap immediately following surgery. Wear exactly as directed and remove it only for cleansing incisions or showering.
- Recline, do not lie down, to help reduce swelling. Always keep your head elevated. Do not bend forward or over. Avoid using a pillow.
- You will have some discomfort, easily controlled with oral medications.
- The discomfort should begin to decrease within 48 hours after surgery. If you have a significant increase in discomfort after this period or severe pain, call your plastic surgeon immediately.
- Expect bruising and swelling. These symptoms will peak within the first 36 to 48 hours after surgery and will gradually subside over the next 10 to 14 days. To minimize swelling, sleep with your head elevated for a couple of weeks after the surgery.
- It is not unusual to have some slight drainage for the first 48 hours. A bulky cotton compression dressing with drains will cover your scalp and face for one to two days to help prevent blood collections under the skin.

SURGERY RISKS

All surgery has risks and potential complications. Your surgeon will go over this information with you. Be sure you understand these potential complications before proceeding with any surgical procedure, as no surgeon can offer risk-free surgery or guarantee a perfect result.



Final Results

Your genes and skin quality are important factors in the longevity of your facelift, but the facelift technique is the number one factor in how long the result will last. The more extensive the procedure, the longer the recovery period will be, and the longer you will enjoy the results.

MAINTAINING A RELATIONSHIP WITH YOUR PLASTIC SURGEON

For the most beautiful and healthy outcome, it is important to return to your plastic surgeon's office for follow-up evaluation at prescribed times and whenever you notice any surgery-related changes in your body.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. If you have questions or concerns during your recovery or need additional information at a later time, you should contact your plastic surgeon.

Questions to Ask My Surgeon



FEEDBACK ABOUT MY CASE, GOALS, AND PROCEDURE

1. Am I a good candidate for a facelift?
2. Are the results I am seeking reasonable and realistic?
3. Do you have facelift before-and-after photos?
4. Where will my incisions be?
5. Will my scars be visible?
6. What kind of anesthesia do you recommend for me?
7. What will be the costs associated with my facelift?
8. What can I do to help get the best results?

POSTOPERATIVE QUESTIONS

1. What kind of recovery period can I expect, and when can I resume normal activities?
2. What are the risks and complications associated with my procedure?
3. How are complications handled?
4. What are my options if the cosmetic outcome of my facelift does not meet the goals we agreed on?

Your Next Step

After reading about facelifts, you understand more about what this procedure is and what it can do for you. Your plastic surgeon will tell you if you are a good candidate for the procedures that interest you and the kind of results you can expect. Further, your surgeon will provide additional, detailed information about risks, possible complications, and potential benefits. Advances are constantly being made in the field of cosmetic plastic surgery, and your plastic surgeon may also present their preferred variations to the surgical techniques described in this booklet. If there is a cosmetic procedure that you have heard about from another source, such as a magazine article, TV program, or on social media, ask your plastic surgeon if it will benefit you. If there are any problems or safety concerns, your surgeon will alert you to those issues.

Above all, confide in your plastic surgeon by thoroughly discussing your goals, expectations, and concerns. Your plastic surgeon's most important job is to help you safely and comfortably achieve both physical well-being and satisfaction with your appearance.

For more information about aesthetic medical procedures, visit theaestheticsociety.org, the most comprehensive collection of information online.



With a member of
The Aesthetic Society,
you can rest easy,
knowing you are
in good hands.

FOR PREVIEW ONLY
FOR PREVIEW ONLY
FOR PREVIEW ONLY
FOR PREVIEW ONLY

