



## face lift (*rhytidectomy*)

When considering cosmetic surgery, it is important that you are fully informed on all aspects of the procedure that you are seeking.

### What is a facelift?

A facelift or Rhytidectomy is where the loose skin on your face and neck is smoothed, underlying tissue can be tightened and excess fat removed. The results make your face appear firmer and fresher, often taking years off your appearance.

### Are you a good candidate for a facelift?

A facelift smooths the contours to your face and neck, reducing the effect of unsightly wrinkles and sagging. The following conditions may indicate that you may benefit from a facelift:

- Jowls or loss of a well defined jaw line.
- Deep wrinkles in the cheeks and sagging around the cheekbones.
- Loose skin, wrinkles, vertical cords; or excess fatty tissue in the neck.

A facelift can improve all of these problems. There are a number of conditions that a facelift cannot help, such as sagging eyebrows, excess skin in the upper and lower eyelids or wrinkles around the mouth. There are other procedures to treat these areas, please enquire for further information.

### Your personal consultation

Your surgeon will consult with you about the results you would like to achieve from a facelift. This will help your surgeon to understand your expectations and determine whether they can be realistically achieved. Your surgeon will evaluate your suitability for facelift surgery, assess the thickness, texture and elasticity of your skin, and the severity of the wrinkles and folds. Your hairline will be examined to determine where incisions can be discreetly places.

All of these factors, as well as your bone structure and underlying tissue, will be considered in developing your personal treatment plan. Additional procedures that can be performed along with a facelift will be discussed with you, by your surgeon.

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# Profile

cosmetic surgery

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## The facelift procedure

Achieving the best result will depend on individual factors and personal preferences. Your surgeon will discuss with you the particular method that they recommend for your particular procedure.

## Following the operation

When can I get back to my normal routine? Recovery time varies among individuals. In many instances, you will be able to resume most of your normal activities within two to three weeks and begin to exercise four weeks after surgery.

## Understanding the risks

Fortunately, significant complications from facelifts are infrequent. Every year many people undergo successful facelift surgery, experience no major problems and are delighted with the results. Anyone considering surgery however should be aware of both the benefits and the risks. Your surgeon will discuss these with you during your consultation.

## Results of your facelift

The results of your facelift may be dramatic or subtle, depending on how you looked before surgery. Since the healing process is gradual, you should expect to wait several weeks for an accurate picture of your 'new look'.

## What does the operation entail?

We will do our best to make this experience as easy and comfortable as possible. Facelift surgery in most cases requires a general anaesthetic to be administered so that you will be asleep throughout the procedure. You should be prepared to spend one night in hospital.

After surgery you will be asked to do very little activity, you should relax for a few days. Swelling, generally occurs 24 to 48 hours after surgery, it may take several weeks before all the puffiness goes down. Most bruising will disappear within two weeks. After a few days, you may wear makeup, which will help to conceal any discolouration. You will also experience some numbness in the facial area, which may be present for several weeks. Stitches are usually removed in stages over a period of 5-10 days.