

Facelift

PROCEDURE GUIDE



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PLASTIC SURGEON

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What is a Facelift?

A facelift, or rhytidectomy, is one of several surgical procedures designed to reverse the visible signs of ageing in the face and neck. It involves the removal and tightening of excess loose skin but more importantly it includes a repositioning or elevation of the underlying soft tissues that have dropped. Facelifts can vary in complexity and technique and can be limited to improvements predominantly in the neck and jaw-line or to more extensive procedures to also improve the mid-face.



Facelift Procedure

The facelift procedure is a multi-step surgical process that begins with a thorough consultation and planning phase. Facelift is a complex procedure that typically involves several steps, and the exact technique used may vary depending on the patient's individual needs and the surgeon's approach. Here's an overview of the facelift procedure:

INITIAL CONSULTATION

The process begins with an initial consultation with Dr Sophie. You may be asked to complete a pre-consultation questionnaire to help Dr Sophie and her team build a picture of what your concerns are. During this first consultation, you will be encouraged to discuss these concerns in greater detail as well as your goals and medical history with Dr Sophie who will provide an overall assessment of your face with a balanced approach. The face is considered as a whole, and rarely has one area aged in isolation and Dr Sophie will explain to you the changes that have occurred with age and gravity and where they

ANAESTHESIA

On the day of surgery, the patient is prepared for anaesthesia. Most facelifts are performed under general anaesthesia as they are lengthy procedures.



INCISION PLACEMENT

Dr Sophie makes carefully planned incisions, taking into account factors like the patient's hairline, natural facial contours, and specific areas to be treated.

TISSUE REPOSITIONING AND TIGHTENING

After making the incisions, Dr Sophie gently releases, lifts and repositions the underlying facial soft tissues. Dr Sophie routinely uses a Deep Plane technique however may also use SMAS techniques where appropriate.

Unwanted fat may be removed or repositioned, and, in some cases, fat grafting may be performed to restore lost volume.

SKIN REDRAPING AND REMOVAL

Dr Sophie redrapes the skin over the repositioned deeper tissues to create a smoother appearance. Any unwanted skin is carefully trimmed away to eliminate sagging and wrinkles.

CLOSURE

The incisions are closed meticulously with sutures, most of which are dissolvable.

Incisions are typically closed in multiple layers to optimise healing and minimise scarring.



FAQ

Am I a good candidate for Facelift?

Whether undergoing a facelift is suitable for you is a highly individualised decision based on many factors. During your facelift consultation, Dr. Sophie will help determine whether you are a good candidate.

Facelift may be an option for patients who are generally in good health and may have one or more of the following concerns:

- Sagging Skin
- Deep wrinkles and creases
- Loss of facial plumpness or volume
- Poor jawline definition
- Loose neck skin
- Fatty deposit under the chin

It is important to note that while a facelift can address many of these concerns, it may not be the right option for everyone, or there may be an alternative treatment. A thorough consultation with Dr Sophie is essential to determine the most suitable treatment plan based on an individual's unique concerns, expectations, and overall health. Dr Sophie can provide guidance on whether a facelift or other complementary procedures would best meet the patient's goals

FAQ

What are the potential risks of Facelift?

Like all surgical procedures, facelifts come with potential risks and complications. These may include:

- Infection
- Scarring
- Haematoma
- Facial weakness
- Nerve Damage
- Unsatisfactory Results.
- Anaesthesia Risks

Understanding these potential risks is crucial for making an informed decision about whether to proceed with a facelift and to ensure you are prepared for the surgical journey.

Recovery

The recovery period after a facelift involves several phases and a full recovery is thought to be around 3 months.

IMMEDIATE POST-OPERATIVE CARE

It is usual to stay 1 night in hospital after a facelift. The procedure is typically long and you will be monitored overnight in hospital for both your comfort and safety. Dr Sophie will see you the morning after surgery and remove some of your bandages and fit your face-garment. You will generally feel comfortable enough to be discharged day 1 after the procedure.

WEEK 1

The first week is a stay-at-home time of recovery. You will be self-caring but mostly resting and taking it easy.

WEEK 2

Most patients will still have swelling and some bruising during the second week. There may be some asymmetry of facial movements or slight facial weakness as a result of swelling.

WEEK 3-6

Most patients can return to light activities from week 3. Walking is the best form of exercise and work-from-home is possible. Everyone recovers at a different rate, but for most people, face-to-face encounters are best deferred for at least 4 weeks (preferably 6 weeks) after surgery.

MONTHS 1-3

The majority of swelling subsides during the first couple of weeks but there are subtle changes in skin softness and your face will take on a more natural appearance closer to the 3 month mark. Following post-operative care instructions, including scar management, is essential to optimizing healing. The full recovery period for a facelift and your final results are seen at about 3 months.

Dr Sophie will provide specific guidelines for your recovery, including restrictions on physical activities and post-operative appointments to monitor your progress.



Gallery



Facelift Procedure Guide



WHAT ARE THE DIFFERENT TYPES OF FACELIFT PROCEDURES, AND HOW DO I KNOW WHICH ONE IS RIGHT FOR ME?

There are several types of facelift procedures including mini facelifts, SMAS lifts, deep plane facelifts, and neck lifts. The choice of procedure depends on factors such as the extent of ageing concerns, skin laxity, individual goals and duration of effect. During a consultation, Dr Sophie will assess your unique situation and recommend the most suitable technique to achieve your desired results. Dr Sophie offers all types of facelift and will discuss the pros and cons of these with you during the consultation.

HOW LONG CAN I EXPECT THE RESULTS OF A FACELIFT TO LAST?

Facelift results are long-lasting, but the exact duration varies among individuals. On average, the results can last around 10 years. Factors such as genetics, lifestyle, and skin care practices can influence the longevity of your results.

WHAT IS THE RECOVERY PROCESS LIKE AFTER A FACELIFT, AND WHEN CAN I RETURN TO NORMAL ACTIVITIES?

The recovery process typically involves some swelling and bruising, which gradually subsides over several weeks. Most patients can return to light activities and work after about 1-2 weeks. More strenuous activities and exercise should be avoided for 4-6 weeks to allow for proper healing. It is best to avoid close face-to-face encounters such as meetings, social events or photography during the first 6 weeks if practical. Dr Sophie will provide specific postoperative care instructions tailored to your case.



Get in touch with Dr Sophie Ricketts and her team today!

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