

FACE LIFT

ABOUT THE PROCEDURE

As you get older, your skin loses some of its supportive scaffolding of collagen and elastin. As a result, you start to notice wrinkles, drooping skin (particularly along the jaw line) and deepening furrows around the mouth and chin. Your neck may start to develop excess fatty tissue due to stretched supportive muscles and loose skin.

Face lifts counteract these signs of aging by tightening muscle, removing fat, and trimming excess skin, giving your face a fresher, youthful look. After surgery, some patients look up to 10-15 years younger. This is all done through a very fine incision that starts beside the hairline of the temple, along the edge of the ear in front, and then around to the back of the ear into the hairline. Sometimes a second incision under the chin is needed as well. We will discuss your particular needs and options during your personal consultation.

WHO IS A GOOD CANDIDATE?

You may feel that facial drooping, deep wrinkles and folds are making you look older or more tired than you really are.

A face lift can help rejuvenate your appearance if you have:

- Deep creases between the nose and mouth (nasolabial folds).
- Deep furrows in the chin (marionette lines).
- Jowls due to loss of muscle tone.
- Sagging skin and fat under the chin and jaw.
- Loose wrinkled facial skin.

POST-OPERATIVE INSTRUCTIONS

- Time off work 2-4 weeks.
- Don't do any activity that increases your blood pressure for 4-6 weeks.
- If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. a maxi pads or gauze work well for replacement dressings).
- Shower 2 days after surgery and remove bandages in the shower.
- Apply antibiotic ointment and light Band-Aid then put garment back on – do this daily.
- Wear the garment 24 hours a day for 6 weeks.
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- Call my office to make an appointment for 1 week after surgery for stitch removal.
- No smoking.

COMMON POST-OPERATIVE EXPERIENCES

- Scars can take up to 1 year to completely heal.
- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread down neck and chest.

OUTCOME

- See general post-op instructions.