



GOLD COAST
Plastic Surgery



Your comprehensive guide to

FACELIFT SURGERY

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Facelift Surgery

A facelift, also known as rhytidectomy, is a surgical procedure used to improve the signs of ageing in the facial skin. A facelift can tighten sagging skin, remove deep wrinkles, lines and creases, eliminate fatty deposits along the jawline, and also firm the neck area. As a result, your facial skin will appear younger, firmer and smoother.

The following conditions could indicate that facelift surgery is right for you:

- Facial skin is loose and sagging
- The creases below the lower eyelids and around the lower lip and chin are becoming deeper
- A deep line, or fold, running from the corner of your nose to the corner of your mouth
- Loss of a well-defined jawline
- Loose skin, wrinkles, or vertical bands of skin in your neck
- Excess fat in the neck a facelift can be done in combination with other facial cosmetic procedures, such as a brow lift or eyelid surgery to help give a more balanced, natural rejuvenation.

Surgery considerations

Over the years, facelift surgery techniques have improve immensely. From simple skin lifting which left patients looking like their faces were being pulled back, modern technique are now designed to lift and reposition the facial features in a balanced, more natural way. While loose skin can be tightened by a facelift, the texture of the skin will not be changed. If you have sun damage, wrinkles around the mouth, irregularities in skin colour, acne scars, and/or age spots, you may want to also consider skin-resurfacing procedures in combination with a facelift to help improve the skin.

Setting realistic expectations

Ageing changes the facial structure. Facial surgery does not make you look like you did in your 20's. Realistic expectations of surgery are pivotal to achieving a pleasing result. While surgery should never be a solution for lifestyle or personal issues, we cannot ignore the significant improvements many of our patient experience, both physically and emotionally. Looking and feeling your best often reflects on all aspects of your life.

The Procedure

Depending on your individual goals and needs, the facelift procedure varies quite a bit. Today, many different techniques exist with outcomes that are consistently reliable and durable.

Surgical technique

Dr Mark Doyle's facelift procedure usually involves an incision in your hairline starting at your temples. This continues down and around the front of your ears, ending behind your ears and may extend into your scalp. An incision might be made under your chin to improve the appearance of your neck.

Once the incisions are made, various degrees of undermining of the skin are performed, and the deeper layers of the face are lifted. Muscle tightening as well as liposuction of the neck and jawline may be performed. The skin will then be draped over the new contours and the excess skin will be trimmed away creating a more youthful, natural-looking appearance.

Procedure – what to expect

Depending on the complexity of the facelift, a facelift procedure can last three to seven hours. After a facelift, your head will be wrapped loosely in bandages that provide gentle pressure to minimise swelling and bruising. Following surgery, a small, thin tube may be temporarily placed under the skin behind your ear to drain any excess blood or fluid that may collect. Any bandages and drainage tubes will usually be removed in one or two days, and most stitches are removed during visits within a week of the surgery. Once the dressings and drains are removed, puffiness and discolouration may be more pronounced in some portions of the face than others. Any unevenness or temporary asymmetry caused by this variance in swelling and bruising is normal.

Swelling and inflammation

Majority of swelling usually occurs in the first 24 to 48 hours and might distort your facial features or stiffen your facial movements. Keeping your head elevated during rest is extremely helpful in reducing the initial post-operative swelling. You can expect the majority of the bruising and swelling to subside after about two weeks. You may also experience numbness to the face, which usually resolves itself within several months. Medication will be prescribed to help control the pain as needed.

Post-operative care

Straining, bending, and lifting should be avoided during the early post-operative period to reduce exposing your incisions to excessive pressure or motion. This includes heavy work, aerobics, running or weight lifting, and sex for at least 2-3 weeks. Walking and mild stretching are fine. Additionally, do not wear clothing that needs to be placed over your head.

Scarring

Generally, scars from the incisions are hidden within your hair and in concealed skin creases. Scars will remain pink for a few months and will fade over the next 6 months.

Recovery

Concealing makeup is usually permitted after the first week. Since the healing process is gradual, you should expect to wait at least several months to realise the full benefits of the facelift. Although a facelift will last for many years, you will continue to age at a normal rate and your facial skin may begin to droop again. However, you will continue to look younger than you would if the facelift procedure had not been performed.

Surgery risks

Each year thousands of women and men undergo successful facelift procedures, experience no major problems and are happy with the results. Significant complications from a facelift surgery are infrequent. However, make sure you understand what surgery involves, including possible risks, complications and follow-up care.

Facelift surgery poses various risks, including:

- Scarring
- Changes in skin sensation in your cheeks, scalp and neck for a few months up to two years • Temporary or permanent hair loss near the incision sites
- An accumulation of blood under the skin (hematoma)
- Facial nerve damage which can result in temporary or permanent numbness and weakness of the facial muscles
- Skin loss due to an interruption to the blood supply of your facial tissues
- The need for revision surgery to correct rare complications of the facelift surgery

Like any major surgery, a facelift poses a risk of bleeding, infection and an adverse reaction to anaesthesia. It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of Dr Mark Doyle, both before and after your facelift surgery.

If you have any concerns about the risks involved with facelift surgery, please consult Dr Doyle and the team at Gold Coast Plastic Surgery.



Contact Us

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