

GOLD COAST

Plastic Surgery



ULTIMATE GUIDE TO FACELIFT SURGERY

(07) 5598 0988
www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED IN 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.

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.

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. 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.

AM I A GOOD CANDIDATE?

You might be a candidate for facelift surgery if you have:

- 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.

To help decide if a facelift is right for you, find out what results you can realistically expect and take time to explore the benefits and risks of the procedure.

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

WHAT HAPPENS DURING THE SURGERY?

Depending on the complexity of the facelift, a facelift procedure can last three to seven hours. 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.

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 discoloration 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.

RECOVERY FROM A FACELIFT

After surgery when you wake you will spend time in a recovery room, where you are monitored for complications. It is recommended that you stay overnight in hospital to be monitored but a day stay is possible if preferred. It is important that you wear your post operative garment for 6 weeks following surgery 23 hrs a day.

After the operation, you can expect:

- Mild pain or discomfort
- Numbness
- Use of cool compresses, gauze and dressings over the head
- Swelling and bruising
- Possible bruising on the whites of the eyes

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.

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.

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.

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.



WHAT RISKS MAY BE INVOLVED?

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.

IMPORTANT REMINDER

It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.

COMMON QUESTIONS



IS A FACELIFT COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

Medical reasons for facelift include:

Severe saggy skin which can directly obscure a person's visual field or cause irritation.

On average, a facelift surgery can cost \$11,600*+.

If it is considered medically necessary, Medicare may cover part of the costs associated to the surgery less the doctors fee. How much Medicare covers will depend on the nature of the surgery you require.

To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

IS A FACELIFT PAINFUL?

Pain is usually manageable. You may be given a pain reliever, for mild discomfort, but remember to avoid anti-inflammatory medication such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

WHEN CAN I RETURN TO WORK?

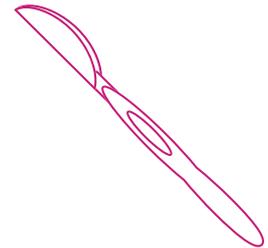
The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work, Typically most people return to work 2 weeks after the initial surgery.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive following your procedure. This is due to the decreased movement and the inability to see due to swelling. After 1-2 weeks when you can see and react without pain and are no longer taking any pain medication you may recommence driving.

HOW LONG AFTER SURGERY UNTIL I CAN WEAR MAKEUP?

We recommend waiting at least a week before applying any type of makeup.



WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. Post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots in your calves.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, push-ups and running.

HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with your upper body slightly raised on 1 to 2 pillows for as long as swelling persists. Keeping your head elevated at least 45 degrees during rest is extremely helpful in reducing the initial post-operative swelling.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 4-6 weeks of surgery due to infection as your wounds are not completely healed.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON DR. MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

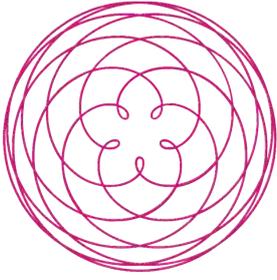


Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.



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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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