

## **Cosmetic Surgery: Facelift (Rhytidectomy)**

This is a guide for people who are considering a facelift surgery. We advise that you talk to a plastic surgeon and only use this information as a guide to the procedure.

Also known as rhytidectomy, a **facelift** is a surgical procedure to improve visible signs of aging in the face and neck.

### **Enhancing your appearance with a facelift**

If you are bothered by the signs of aging in your face, a facelift may be right for you. Technically known as rhytidectomy, a facelift is a surgical procedure to improve visible signs of aging in the face and neck, such as:

- Sagging in the midface
- Deep creases below the lower eyelids
- Deep creases along the nose extending to the corner of the mouth
- Fat that has fallen or is displaced
- Loss of muscle tone in the lower face may create jowls
- Loose skin and excess fatty deposits under the chin and jaw can make even a person of normal weight appear to have a double chin

Rejuvenation procedures typically performed in conjunction with a facelift are brow lift, to correct a sagging or deeply furrowed brow, and eyelid surgery to rejuvenate aging eyes.

**What it won't do:** As a restorative surgery, a facelift does not change your fundamental appearance and cannot stop the aging process.

A facelift can only be performed surgically; non-surgical rejuvenation treatments cannot achieve the same results, but may help delay the time at which a facelift becomes appropriate and complement the results of surgery.

### **Is it right for me?**

A facelift is a highly individualized procedure and you should do it for yourself, not to fulfil someone else's desires or to try to fit any sort of ideal image.

Facelift surgery is a good option for you if:

- You are physically healthy
- You don't smoke
- You have a positive outlook and specific, but realistic goals in mind for the improvement of your appearance

### **What to expect during your consultation**

The success and safety of your facelift depends very much on your complete candidness during your consultation. You'll be asked a number of questions about your health, desires and lifestyle.

### **Be prepared to discuss:**

- Why you want the surgery, your expectations and desired outcome
- Medical conditions, drug allergies and medical treatments
- Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- Previous surgeries

**Your surgeon may also:**

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Discuss the options available to you for facelift and facial rejuvenation
- Examine and measure your face
- Take photographs for your medical record
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of a facelift and any risks or potential complications
- Discuss the type of anesthesia that will be used

**Preparing for surgery**

**Prior to surgery, you may be asked to:**

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking well in advance of surgery
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

**Special instructions you receive will cover:**

- What to do on the night before and morning of surgery
- The use of anesthesia during your face lift
- Post-operative care and follow-up

**Procedural Steps:**

**What happens during facelift surgery?**

**Step 1 – Anaesthesia**

Medications are administered for your comfort during the surgical procedure. The procedure is done under General Anesthesia. A variety of other procedures can further enhance the outcome of a facelift. They include:

- Facial implants
- Soft tissue augmentation to recontour the facial structure
- Resurfacing techniques to improve the tone and texture of facial skin
- Wrinkle reduction by injection

**Step 2 – The incision**

Depending on the degree of change you'd like to see, your facelift choices include a traditional facelift, limited incision facelift or a neck lift.

A traditional facelift incision often begins in the hairline at the temples, continues around the ear and ends in the lower scalp. Fat may be sculpted or redistributed from the face, jowls and neck, and underlying tissue is repositioned, commonly the deeper layers of the face and the muscles are also lifted.

Skin is redraped over the uplifted contours and excess skin is trimmed away. A second incision under the chin may be necessary to further improve an aging neck. Sutures or skin adhesives close the incisions.

***Traditional Facelift***



***Limited Incision Face Lift***



***Neck Lift***

Sagging jowls, loose neck skin and fat accumulation under the chin may be corrected with a neck lift. The neck lift incision often begins in front of the ear lobe and wraps around behind the ear ending in the lower scalp.



### **Step 3 – Closing the incisions**

Once healed, the incision lines from a facelift are well concealed within the hairline and in the natural contours of the face and ear.

### **Step 4 – See the results**

The visible improvements of a facelift appear as swelling and bruising subside. Your final result should not only restore a more youthful and rested appearance, but also help you feel more confident about yourself.

### ***Important facts about the safety and risks of facelift surgery***

The decision to have a facelift is extremely personal and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable.

Your plastic surgeon and/or staff will explain in detail the risks associated with surgery. You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo and any risks and potential complications.

#### **The risks include:**

- Unfavourable scarring
- Bleeding (haematoma)
- Infection
- Poor wound healing
- Anesthesia risks
- Correctable hair loss at the incisions
- Facial nerve injury with weakness
- Facial asymmetry
- Skin loss
- Numbness or other changes in skin sensation
- Fatty tissue found deep in the skin might die (fat necrosis)
- Fluid accumulation
- Pain, which may persist
- Skin contour irregularities
- Skin discoloration, sensitivity or swelling
- Sutures may spontaneously surface through the skin, become visible or produce irritation that require removal
- Unsatisfactory results may include asymmetry, unsatisfactory surgical scar location, unacceptable visible deformities at the ends of the incisions (It may be necessary to perform additional surgery to improve your results)
- Deep vein thrombosis, cardiac and pulmonary complications
- Possibility of revisional surgery
- Other side effects. (Please note this list is not exhaustive)

**Be sure to ask questions:** It's very important to ask your plastic surgeon questions about your facelift procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

#### **When you go home**

If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure. Another surgery may be necessary.

#### **Be careful**

Following your physician's instructions is key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing. Avoid wearing any clothing that must go over your head. Your doctor will give you specific instructions on how to care for yourself.

#### **My Recovery**

When your procedure is completed, a bandage could gently be placed around your face to minimize swelling and bruising. A thin tube may be present to drain any excess blood or fluid that may collect under the skin.

**You will be given specific instructions that may include:** how to care for the surgical site, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in overall health, and when to follow up with your plastic surgeon.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery? When will they be removed?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

#### **The results will be long-lasting**

It may take several months for swelling to fully dissipate and up to 6 months for incision lines to mature.

Life-long sun protection will help to maintain your rejuvenated appearance by minimizing photo-aging or sun damage.

In addition, a healthy lifestyle will also help extend the results of your rejuvenated, more youthful appearance.

**Duration of stay in Kuala Lumpur Malaysia:** The recommended stay in Malaysia for this as a single procedure is 14 nights, depending on how many areas you are treating and how well you recover post operation. The surgeon may recommend a longer stay if you combine your face lift with other procedures.

Our procedures guide is intended to give you a general outline on all aspects of our standard cosmetic surgery procedures. It is not in any way meant to be a substitute for a thorough consultation with the surgeon, as each of our client cases are bespoke to the individual's needs and medical background.

Please take time to read through and familiarize yourself with the procedures available at our Medical Centre and use our after surgery guide to help estimate how long you will need to stay in Malaysia for after surgery before flying home or returning to work.

**For more information or to request a medical questionnaire and quotation please email [enquiries@beverlywilshiremedical.com](mailto:enquiries@beverlywilshiremedical.com)**

**The final explanation and decision for your cosmetic surgery treatment/s will be made at the time of the consultation with the respective plastic surgeon.**

**Following your consultation with the consultant plastic surgeon you will be asked to sign a consent form prior to surgery.**

**The below statement should be understood before signing the consent to surgery form.**

I recognise that the practice of medicine is as much an art as a science and therefore acknowledge that no guarantees have been or can be made regarding the likelihood of success or outcomes. The aim is to give you significant improvement and not perfection.

Cosmetic Surgery

I understand that the effects of cosmetic surgery may not be immediately visible. I understand that the effect of cosmetic surgery is much more limited for smokers, that mild asymmetry is normal and that the rate of healing will depend upon age, skin type, compliance with doctor's advice or factors beyond control.

I have carefully read, understand and fully agree with the above declaration and the information I am providing is true and accurate to the best of my knowledge.