

CM01lite Facelift

This document will give you information about a facelift. If you have any questions, you should ask your GP or other relevant health professional.

What is a facelift?

A facelift is an operation to tighten and lift the soft tissues of your face and neck.

Is a facelift suitable for me?

As you get older, gravity pulls down on the skin and soft tissues of your face. You are most likely to benefit from a facelift if you have deeper folds of skin on the sides of your nose and mouth, your cheeks have begun to sag or you have a double chin. Your surgeon will carry out a detailed assessment before deciding if surgery is suitable for you.

What are the benefits of surgery?

If the operation is successful, your face should look younger.

Are there any alternatives to a facelift?

Resurfacing or injecting Botox can smooth out fine wrinkles. Deeper wrinkles can sometimes be filled out using implants.

What does the operation involve?

The operation is performed under a general anaesthetic and usually takes about two to three hours.

SMAS facelift – Your surgeon will make a cut on both sides of your face in the hairline around your ears. They will cut under the deeper layer of tough tissue (SMAS layer), lifting and tightening it. Your surgeon will then tighten the skin towards your ears and remove any excess (see figure 1).

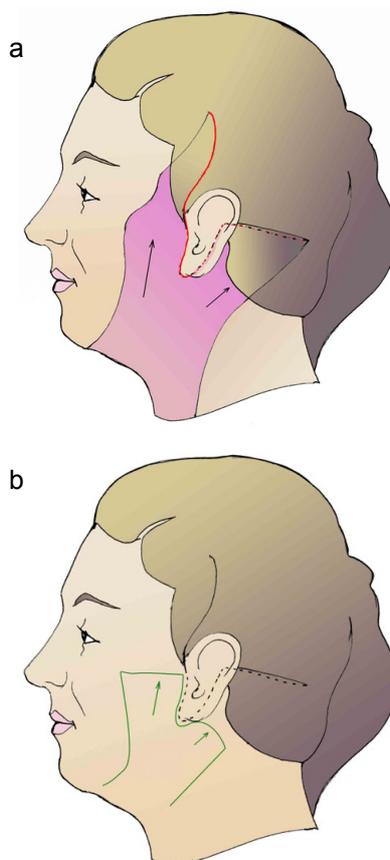


Figure 1

- a The SMAS layer lifted and tightened
- b The skin tightened and excess skin removed

MACS facelift –Your surgeon will tighten the SMAS layer with special suspension stitches to avoid cutting underneath it. This involves less surgery but the results may not last as long.

Mid-facelift – Your surgeon will make small cuts along your hairline and either inside your mouth or in your lower eyelid. They will use special surgical instruments and stitches to lift the cheeks.

What complications can happen?

1 General complications of any operation

- Pain
- Bleeding
- Minor infection
- Unsightly scarring
- Blood clots

2 Specific complications of this operation

- Loss of skin or hair
- Developing a collection of blood under the skin
- Developing pale or dark areas on your face
- Damage to the facial nerve
- Cosmetic problems

How soon will I recover?

You should be able to go home the same day or the day after.

You should be able to return to work after the second week, depending on your type of job.

You should avoid sex for the first two weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

The results of a facelift last for a long time. Your face will still continue to age but your face should always appear younger than if you had not had surgery.

Summary

A facelift is a cosmetic operation to make your face appear younger. It is only suitable for certain people. You should consider the options carefully and have realistic expectations about the results.

Further information

- NHS smoking helpline on 0800 169 0 169 and at www.gosmokefree.co.uk
- www.eatwell.gov.uk – for advice on maintaining a healthy weight
- www.eidoactive.co.uk – for information on how exercise can help you

- www.aboutmyhealth.org - for support and information you can trust
- "Considering cosmetic surgery" booklet available from the Department of Health at www.dh.gov.uk
- NHS Direct on 0845 46 47 (0845 606 46 47 - textphone)

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