

Face Lift (Rhytidectomy)

The Effect of a Face Lift

A facelift will help erase the years by tightening the skin around your neck and face. It also removes deep creases especially around the nose and mouth that are common with aging. It results in a younger, fresher looking face with tighter skin tone that lasts 5 to 10 years.

The Face Lift Procedure

Known in the medical world as Rhytidectomy, this is a surgical procedure to tighten facial skin and muscles around the face and neck. It can be performed alone or in conjunction with a forehead lift and/or eyelid surgery.

Best Candidates for Face Lift

The best candidates for a facelift are:

- Men and women over the age of 40 with good bone structure but sagging skin or deep creases around the nose and mouth

Risks

All surgery carries risk, and you should be fully aware of the medical risks associated with this procedure before you consent to surgery. Your surgeon will discuss these risks with you during your consultation, and you are encouraged to ask questions if there is anything you do not understand.

You will be required to sign a consent form before surgery stating that you have been informed of the risks involved; that you understand those risks; and that you accept those risks. This is standard hospital protocol and surgery will not be performed if you do not sign.

It is your obligation to inform your surgeon of key medical information that may influence the outcome of your surgery or may increase the level of risk. These include medications you are taking, history of disease, medical complications, etc.

Risks and risk rates vary from patient to patient depending on a range of factors. No two people are alike. **The risks listed below are possible risks associated with this type of surgery and are mentioned regardless of how remote the possibility:**

Injury to the nerves that control facial muscles or feeling (usually temporary but may be permanent). Infection, bleeding. Poor healing; excessive scarring. Asymmetry or change in hairline.

Surgery

Time required: 2-3 hours

Anesthesia: Local with sedation or general

Post surgical side effects

Temporary bruising, swelling, numbness and tenderness of skin

Tightness around face
Dry skin

Face Lift Recovery time

Back to work: 10 to 14 days.
Strenuous activity: 2 weeks or more.
Bruising: 2 to 3 weeks.
Must limit exposure to sun for several months.

Your Consultation

Your physician consultation is very important, because it is the moment when you can discuss your medical issues face-to-face with your doctor. If you are traveling from overseas, this will be the first time you meet with your doctor so it critical that he/she understands:

- Your medical needs
- Your expectations
- Your medical history

Most people have a good idea of what the procedure or outcome they want ("I want smaller breasts"), and the physician's responsibility is to listen and then explain what can be done, the procedures or techniques to achieve your objectives, and the risks and costs involved.

You will have a lot of questions to ask, so preparation is key to make the most of your consultation. We suggest that you:

- Write your questions down to make sure you remember them
- Come with your medical history/survey already completed
- Bring any photos or visuals aids that will help explain what it is you want or expect from treatment

Please note that this information should be used only as a guide to your treatment. All specifics will be discussed with your Physician at your consultation.