



# AGELESS BEAUTY CHOOSING THE LIFT

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Face lift is a surgical procedure that can help patients look younger by lifting sagging facial tissues, tightening loose facial skin and muscles, and removing excess facial skin. Several types of face lift surgery procedures are available, including the standard face lift, the mid-facelift, and the mini face lift. Usually completed on an outpatient basis, these options can be performed using general anesthesia or a local anesthesia and sedation combination.

## CREATING THE LIFT

In placing incisions during face lift surgery, cosmetic surgeons aim for the best combination of effectiveness and discretion. Incisions are commonly made within the hairline, and within natural facial creases (for example, the line where the ear meets the side of the face), since these locations usually heal well and hide possible scarring better than other areas.

In most face lift surgery procedures, the incision begins behind the hairline on the side of the head, somewhat above the temple. It then follows the hairline down to the ear, running along the crease between the ear and the cheek, wrapping around the earlobe, and continuing into the lower scalp under the hair. This separates the facial skin from the underlying tissue. The muscles and tissues are tightened, and then excess fat and skin are removed, to improve the appearance of the patient's facial contour. The incisions are then closed with stitches, and the treated area is wrapped in bandages.

This surgery generally results in a noticeable reduction of sagging and age lines in the face, giving patients a refreshed, younger looking, and more vibrant appearance.

## THE HEALING PROCESS

Following face lift surgery, the healing process can last between 2 weeks to several weeks depending on the type of facelift surgery performed. Most patients can return to work and social activities following a standard face lift after two to three weeks, and patients who undergo mini facelifts can expect to return to social activities after 2 weeks. Patients should allow for adequate healing time and expect some postoperative swelling, numbness, and skin discoloration for about two weeks.

During this time, pain medication is usually prescribed, and physical and social activity may be limited initially to prevent worsening of the bruising or swelling. For the first few days, the head should be kept elevated and immobile in order to minimize swelling. All incisions and dressings should be kept dry until the surgeon indicates that showering or bathing is okay. Most stitches will be removed in about five to seven days, and the initial face lift results will be apparent soon afterward. The final result may take several months to occur. Because incisions are made within the hairline and at the junction of the cheek and ear, virtually any scarring will most likely be hidden.

Because face lift surgery has some risks, one of the most important things to consider when deciding on face lift surgery is the training and experience of your cosmetic surgeon. Face lift surgery and other facial plastic surgery procedures are more likely to be successful when the surgeon is very familiar with the specific techniques required.