



# Face Lift (Rhytidectomy)

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## What is a Facelift?

A facelift procedure aims to rejuvenate the appearance of the facial area and restore a more youthful and rejuvenated facial appearance.

The procedure involves tightening both the covering skin and the underlying muscle, called the platysma, and removing surplus skin from around the ears. We commonly combine this lifting with the volumizing treatments such as fat grafting to the chin, jawline, lips, cheeks and temples.

A facelift procedure typically takes place under general anaesthetic and takes between 1-3 hours. More complicated and extensive procedures can occasionally take longer.

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## Why do people have it

Rhytidectomy is a highly effective cosmetic procedure for both men and women to restore a youthful appearance to the face, and rejuvenate an individual's overall appearance.

- Rejuvenate the facial area and look younger
- Tighten and smooth the skin on the face
- Remove excess sagging skin from the face
- Reduce fine lines and wrinkles
- Restore definition to the face
- Sculpt facial contours

Rhytidectomy results are long-lasting. Whilst the face will continue to gradually age with the passage of time following the procedure, it will do so from this newly rejuvenated point.

## Who is suitable

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- You are in good psychological and physical medical health
- You are at your ideal body weight
- You have a positive outlook and realistic expectations of what can be achieved via surgery
- You are seeking to rejuvenate the appearance of your face
- You are seeking to restore the contours of your face and neck
- You are looking for long lasting, noticeable rejuvenation results

## What to expect

### PHASE 1: CONSULTATION

The first step for all of our facelift patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation. At the consultation, you will be able to discuss with your surgeon what your hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the options available to you, and which is the most preferential for you given your stated ambitions. Having established this, several key measurements will be made and standard clinical photography will be taken.

Some questions you may want to ask your surgeon include:

- Am I a good candidate for this procedure?
- Can I achieve the results I am asking for?
- What will be expected of me to get the best results?
- Do you have before-and-after photos?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What scars will I be left with?
- Will I be in pain after the surgery?
- How soon after a facelift can I return to work?
- Finally, a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

## What to expect

### PHASE 2: PRE-PROCEDURE

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

- In the 6 weeks before your procedure, we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications (see FAQs)
- In the week before your procedure, you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery, you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

### PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure, we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself takes place under general anaesthetic over the course of one to three hours. Your surgeon will start by making an incision behind the ears. Whilst techniques vary, the general technique involves your surgeon separating your skin from the underlying tissue, before removing the excess fat and tightening the underlying tissues. Stitches are then used to fix the lifted tissue in its new position, and incisions are closed discretely behind the ear to leave minimal scarring.

## What to expect



### PHASE 4: POST PROCEDURE & RECOVERY

You should not feel much pain immediately following the procedure, but you may have some for a few days or weeks afterwards. You'll be given painkillers if you need them.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

## What are the risks

Facelift surgery is a safe procedure, but it is common after a surgical facelift to experience:

- Bruising and swelling
- A small amount of scarring
- Temporary numbness

As with all surgical procedures, facelift surgery carries some risk and it is possible that you might experience:

- Nausea
- Bleeding or Infection
- Poor healing of incisions and scarring
- A collection of blood underneath the skin (haematoma)
- Death of fat tissue (fat necrosis) or embolism
- Hair loss or hairline distortion

Your surgeon will discuss these risks comprehensively at your consultation and explain how likely these risks and complications are, and how they would be treated.

## Why Come to Cadogan Clinic for a Face Lift?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction to the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

## At a glance facts

	<b>SURGERY TIME</b> 2 - 4 hours		<b>HOSPITAL STAY</b> Day case
	<b>TIME OFF WORK</b> 2 weeks		<b>FULL RECOVERY</b> 6 - 8 weeks

