



Mini – Lift

What is a Mini – Lift?

A ‘mini - lift’, or ‘mini - facelift’, is an innovative anti-ageing procedure that uses the latest minimally invasive surgical techniques to turn the clock back on the age of your face by roughly ten years.

Although new to the market, this technique is growing rapidly in popularity and is fast replacing the much more invasive and heavier duty traditional facelift as an anti-ageing facial procedure.

The Cadogan Clinic only offers ‘mini’ or ‘micro’ facelift (an even less invasive alternative) techniques to our patients, often in combination with rejuvenating fat transfer injections to the face.

We can deliver comparable results to traditional facelift procedures via these combination treatments, albeit achieve them by far less invasive means that require far less recovery time.

What does it involve?

The Mini-Facelift procedure uses minimal incisions to remove sagging or excess skin around the face, jaw and neck areas that have formed due to ageing . These incisions are hidden in the natural folds behind the ear and the hairline and leave no visible scarring.

The natural ageing process will continue from the point achieved following the procedure.

The procedure takes between 1 - 1.5 hours, can be performed either under local anaesthetic or sedation, and is treated as a day case.

The procedure is commonly combined with fat transfer to restore lost facial volume. Fat is harvested via liposuction and then used to augment the cheekbones, cheeks, temples, brow, chin and anywhere else where it will improve facial balance and structure.

In some instances, we also isolate stem cells and inject these into the requisite areas, to improve skin quality and appearance, improve scars and generally rejuvenate the facial appearance.

Why do people have it?

Skin ages over time and the earliest signs of ageing appear where the skin is most delicate- the face and neck. Fine lines and excess skin typically start to develop in our 30s, transforming into deeper wrinkles and volume loss in our 40s and 50s.

This process is further escalated by lifestyle and external factors such as sun exposure, stress, smoking, nutrition and sleep.

Common concerns include drooping eyebrows, bags around the upper and lower eyelids, drooping/sagging skin, reduction in fat around the cheeks, and wrinkles.

The mini-facelift is an ideal treatment for people wanting to reverse the signs of ageing and achieve a more youthful appearance without undergoing a full facelift procedure. A mini - lift can be done with minimal inconvenience, scars and risk.

Who is suitable?

The mini lift is the ideal procedure for anyone in their 40s or 50s seeking to reverse the preliminary signs of ageing.

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

- Over the age of 40
- Physically and psychologically fit and healthy
- Concerned by the ageing profile of their face
- Seeking a minimally invasive alternative to traditional facelift surgery
- Have realistic expectations of what can be achieved by surgery

What to expect?



PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is most suite to you and 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 facial anatomy, ageing profile and skin quality.

A comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding 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.



PHASE 2: PRE - PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- 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 with complications
- 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

What to expect?



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 tests, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself is straightforward and takes place under either local anaesthetic or sedation over the course of between one and one and a half hours. The surgery involves the placement of an incision behind the ear and the repositioning of the transdermal tissues to their original places. The incision sites are very small (several mms) due to the fineness of the cannula, and scarring will be very minimal.

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.



PHASE 4: POST PROCEDURE & RECOVERY

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

Mini lift recovery is relatively quick and any residual discomfort should subside in a matter of days. The whole point of the technique is to cause minimal disruption; that is, minimal scars, minimal interference with tissue, minimal risk and minimal recovery time. There will be a little bruising and a few well-hidden scars. There may be an overnight bandage, but generally little discomfort.

We advise patients should be able to return to their normal day-to-day activities after about one week - we would recommend a few days off of work with the option of a full week should you require it as swelling is greatest during this time. We ask our patients to be sensitive to their facial area and not to do too much too soon. We also recommend avoiding UV light for 2-4 weeks to aid the scarring process.

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 process if it is required.

You should start to see your results clearly after 6 week mark, although on occasion it can take a little longer. The results should continue to improve in the months after the procedure. We ask that you come in to see your surgeon after 6 weeks for a post procedure for a final check up.

What are the risks?

This treatment is particularly appealing due to the low risk that it presents. However, as with all surgery, some complications are possible, these include:

- Bleeding or haematoma
- Infection
- Sensation change
- Swelling
- Scarring

Your surgeon will discuss each of these risks comprehensively at your consultation.

Why come to the Cadogan Clinic for your mini-lift?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- Cadogan Clinic specialises in the anti-ageing process and is home to several surgeons pioneering the very latest facelift techniques
- 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



SURGERY TIME

1 to 1.5 hours



HOSPITAL STAY

2 to 3 hours following procedure



TIME OFF WORK

1 week (if needed)



FULL RECOVERY

2 weeks

