



43 Cambridge Road  
New Wimpole  
Cambridge SG8 5QD  
United Kingdom

Telephone: 01223 208249  
Fax: 01223 208 251  
Email: [info@eriancentre.co.uk](mailto:info@eriancentre.co.uk)  
Web Site: [www.eriancentre.co.uk](http://www.eriancentre.co.uk)

## **RHYTIDECTOMY Surgical Facelift**

### Notes for Guidance

The demand for facelifts has increased over the last few years. As a result of this, various types of new facelift have been introduced which can often lead to confusion.

The original facelift was a dissection purely under the skin to pull it tight in the hope of removing creases. The subcutaneous facelift is still undertaken for older patients, especially when they are having a repeat operation or for mini-lift procedures done as a day case under local anaesthetic. In general however creases are best removed by using the carbon dioxide laser to peel the skin.

Newer techniques include repositioning fat and muscles in the face back onto the cheek bones by using a SMAS lift, and also pulling on the platysma muscle in the neck, which has been further refined to produce the extended SMAS, and combined with a brow lift is often called a composite facelift.

These types of lifts are known as the first generation of facelifts. Further generations of facelift involving the subperiosteal dissection of the face with hitching up of the mid-face and muscle around the eyes and cheek fat have led to second, third and fourth generations of facelifts.

We have extensively studied the various forms of facelift and we can undertake extended SMAS dissections, subperiosteal endoscopic facelifts and carbon dioxide laser resurfacing techniques. We

constantly evaluate (audit) our result and we will discuss with you the best way of approaching the operation to the individual patient given what you wish to try and correct. It is important to remember that the more dissection that is undertaken the more prolonged will be the post-operative swelling and bruising. Like all things in cosmetic surgery, what one wants to get is the balance of the maximum gain for the minimum pain.

Facelifting is a major undertaking and therefore requires careful preparation, planning, surgical performance and post-operative care. We have available a team of plastic surgeons, specialist anaesthetists, nurses and aesthetician as well as a high-tech ultrasound healing machines, all of whom will help to speed up and smooth your recovery period.

I like to have two consultations with patients undergoing facial rejuvenation surgery. At the first consultation following examination, photographs will be taken and the broad principles of surgery will be explained to you and the type of operation that I recommend will be described. There are several different procedures that may be used with a facelift in particular dermabrasion of the lip, chemical peel, CO2 Lasering, dermal fat grafts to the lips and fat injections, augmentation of the chin and of course eyelid surgery and brow lifting.

The full operation is a long and detailed procedure, which will produce an excellent long-term result and improvement for a considerable number of years. At the second consultation a more detailed discussion will be undertaken with the aid of the photographs and this will allow you to ask me any questions that undoubtedly will arise following our first consultation and the reading of our information sheets.

The best candidate for a facelift is a man or a woman whose face and neck have begun to sag but whose skin has still some elasticity and whose bone



43 Cambridge Road  
New Wimpole  
Cambridge SG8 5QD  
United Kingdom

Telephone: 01223 208249  
Fax: 01223 208 251  
Email: [info@eriancentre.co.uk](mailto:info@eriancentre.co.uk)  
Web Site: [www.eriancentre.co.uk](http://www.eriancentre.co.uk)

structure is strong and well defined. Most patients are in their forties and sixties, but facelifts can be successful on people in their seventies or eighties and increasingly is undertaken on younger patients, particularly those whose face has aged with smoking or excess sun. A facelift can make you look younger and fresher and it may enhance your self confidence in the process, but it should not give you a totally different look nor can it restore the health and vitality of your youth. Before you decide to have surgery think carefully about your expectations and discuss them with me.

### Different Types of Facelift

#### **MACS lift**

The original subcutaneous face lift involved just lifting up the skin on the face, stretching and then re-draping it. This has now been modified by the use of internal suspension sutures. This type of facelift is undertaken as a day case usually under local anesthesia with sedation. This procedure with limited incisions done as a day case allows the maximum effect for the minimum amount of surgery and is suitable for the younger patient or the older patient who does not want a major procedure.

#### **The original classical facelift**

The original classical subcutaneous facelift involved just lifting up the skin on the face and re-draping it. This is the sort of lift is undertaken as a day case and called a mini-lift. The long-term benefit to the patient, once the post-operative swelling has settled, are not consistent. It is also used in the older patients.

#### **SMAS Lift**

It became apparent to produce a better correction of the face, a deeper lift was required and the pull was

therefore on the underlying muscle in the neck and on the fascia in the face. This was the SMAS facelift. More recently as the anatomy has become better understood, this SMAS plane is dissected much further across the face towards the nose allowing a much greater correction of the mid-face and is known as the extended SMAS face lift and is most popular in the US.

#### **Mask Lift**

The mask, or deep plane facelift, has developed from craniofacial surgery and involves an incision in the scalp as part of the brow lift with an extension of this to dissect the structures deeply in the face via a lower eyelid incision and with incisions also placed inside the mouth to help with the dissection. The drawback however is that the post-operative swelling does take a lot of time to settle and the full effect of the lift will not be apparent for three to six months. Some patients find an altered look to the eyes a problem.

#### **Endoscopic Facelift**

With the introduction of endoscopic (keyhole) surgery it has been possible to undertake the dissection of the above mask lift through very small incisions just above the ear and through the lower eyelid. This is at present being developed as a 3rd and 4th generation facelift and, whilst good results are obtained some, there is no long-term follow up on this type of surgery.

#### **Composite Facelift**

The composite facelift is a combination of the brow lift and extended SMAS facelift and is advocated the older patient to produce a harmonious elevation of all structures in the neck, face and in particular around the eyes.

Other types of face lift include:

- a. Short Scar Face Lift (S-Lift)
- b. APTOS Lift
- c. Chemical Peels
- d. Laser Peels
- e. Lifting creams



43 Cambridge Road  
New Wimpole  
Cambridge SG8 5QD  
United Kingdom

Telephone: 01223 208249  
Fax: 01223 208 251  
Email: [info@eriancentre.co.uk](mailto:info@eriancentre.co.uk)  
Web Site: [www.eriancentre.co.uk](http://www.eriancentre.co.uk)

### Long Term Results

It is important you realize that the results may not be immediately apparent until after the swelling and bruising are gone and the scars soften. It is not surprising that some patients are disappointed and depressed at first. This is normal and should not alarm you. It is not easy to be bruised and swollen when your expectations are toward improving your appearance. Fortunately this period passes quickly.

All surgery carries some uncertainty and risk. But fortunately when a facelift is performed complications are infrequent but must be treated promptly. Individuals vary greatly in their anatomy, their physical reactions and their healing abilities and the outcome is never completely predictable. Complication that can occur include:

**Haematoma:** (a collection of blood under the skin) which must be removed and this usually occurs immediately after surgery during your stay in the hospital.

**Nerve Injury:** Numbness of the skin in front of the ears and cheeks is routine, but some patients will be aware of this in a wider area over the ears and neck. Recovery takes place over a course of three to six months. Injury to the nerves that control the facial muscles are usually temporary. This is usually a concussion caused by stretching and will recover within a period of six to eight weeks. Very occasionally this facial weakness can be permanent, producing either an asymmetric smile or an inability to raise the eyebrow. This major complication is in our experience extremely rare.

**Infection and poor healing:** Infection is again a very rare complication and always responds to antibiotics. Poor

healing of the skin is most likely to affect smokers. Occasionally, small persistent lumps may appear in the cheeks two to three weeks after surgery as the swelling goes down, this is scarring under the skin and no specific treatment is required as they always resolve and flatten spontaneously over a period of weeks.

**Scars:** Scars are usually fine and well hidden. But in some individuals the scars may tend to thicken, itch and become red six to twelve weeks. Such hypertrophic scars can be helped by incisions. The most obvious scars are behind the ear where tension is maximal. You would be advised not to wear your hair tied up or back for at least six months, in order that your hair can flow forwards and cover these scars. Men may find they have to shave behind the ears because of the repositioned beard.

Having a facelift does not stop the clock, your face will age with time and you may wish to repeat the procedure five or ten years down the line. However the effects of even one facelift are lasting and you will continue to look better than if you had never had a facelift at all.

\* \* \*

This leaflet has been prepared to give a basic understanding of the procedure before a consultation takes place, and to encourage and answer many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon. There is no obligation on the part of the patient to undergo surgery by attending for consultation. If you have further questions or would like to arrange a consultation, please do not hesitate to call us.