

# Facelift

## **Motivation:**

With a look in the mirror you may recognize something has changed. Your face does not have this fresh, attractive energetic juvenile expression anymore although you are happy with your active social and professional lifestyle.

This happens to most of my patients from the middle of the 40ies or when you have a birthday with a "0" as a second number

## **Goal:**

A face lift rejuvenates your face and gives you 10 years back in time. The main reason is to give you a younger and natural appearance with non-visible signs of surgery.

The aging face shows a tired look, gaunt of the cheeks and jowling. Reasons for the aging process are reducing of the subcutaneous fat tissue and the increasing laxity of the retaining ligaments in the soft tissue of the cheeks. But also sun damage to the skin and smoking have a powerful negative side effect to the skin quality. Face lift techniques lift these sinking aging structures to their origin where they have been placed in the youthful face. The skin quality, volume loss of fat and deep wrinkles will be corrected by lipofilling techniques.

It is helpful for me to plan the operation when you show me photos when you were young.

## **Technique:**

The incision line is closed in front of the ear, runs along or in the hairline. When I perform a neck lifting to the same time the incision goes further behind the ear but hidden in the hairline.

After skin mobilisation, the SMAS is mobilized in order to lift it in an individual angle (vector), fixed then by sutures. Skin tissue redundancy is removed and sutured under very low tension tension to support a nice scar healing and prevent from an artificial look. Another technique for e.g. is the MACS-Lift. Suspension sutures anchored in the SMAS to lift the cheeks, tissue redundancy of the skin is removed and sutured.

**Time:** 4hours

**Recovery Time:** 1-2 nights as an inpatient, suture removal after the 1st and 2nd week. Pressure garment for 2 weeks

## **What you Have to Consider before and after Surgery**

### Preop:

- 5-7 days prior surgery consultation for the final consent
- Lab control: clotting screen, blood screen, renal- and liver function, sodium and potassium
- Not a high alcohol consume, no anti-clotting drugs like aspirin, ginger water, green tea or Vit B substitutes 2 weeks prior to surgery
- Start 3 days before surgery with arnica D12 5 pills 3x a day

### Postop:

- Continue with arnica, bromelain, antibiotic- and anticoagulation to prevent thrombosis and embolism
- Sleeping with your head elevated 45° during the first nights
- Consult a cosmetician who is experienced with lymphatic drainage from 4th day postop, once or twice a week for the following 2-4 weeks
- No workout for approx. 14 days, no sauna visits and intense sun exposures for 6-8 weeks, use a sun blocker and big sunglasses.