

In time, the effects of gravity, sun exposure, heredity and the basic stresses of living are revealed in the face. Generally ages 35 and older men and women, have been seeking facelift procedures for over seventy years. Modern surgery techniques can now reduce this aged appearance by removing excess fat and skin, and tightening the facial muscles, thus eliminating most wrinkling and sagging. If you have been considering a facelift, the latest surgical techniques permit you to have safe, natural looking, dramatic and longer lasting results, with less down time.

*"In my 50's, I felt 40 and looked 60. Now I am 60 and I look and feel much younger than my age!"*

*K. Jackson, Age 61*

## *How is the Face Lift procedure performed?*

The Facelift procedure is technically known as Rhytidectomy. The procedure consists of separating the facial skin from the underlying fat and muscles, eliminating excess fat to contour, tightening facial and neck muscles, pulling the skin back and removing the excess. The result is a lifted facial structure and smoother, tighter skin. In general the incisions are placed within the hairline starting at the temples, running along the natural skin fold in front of the ear, continuing around the bottom of the lobe, behind the ear and into the hairline. All incisions are strategically placed to be invisible or nearly invisible upon healing. A facelift will not remove forehead lines, bags under your eyes, or crow's feet. It also will not correct the excess skin and wrinkling of the neck. These areas can be treated at the same time as your facelift with a browlift, eyelid surgery or a neck lift. During your personal consultation, your surgeon will evaluate your face and clarify the details of the surgical techniques chosen for you.



*Before*



*After*



*Before*



*After*



*Before*



*After*

## *What will I look and feel like afterward?*

If bruising or swelling appears, it will usually occur within the first few weeks. Resting with the head elevated and applying cold compresses will help to minimize these conditions. Your physician will prescribe medication to control any discomfort.

For the first week after surgery, your activity should be restricted to avoid bending over or getting your heart rate above its resting rate. You may be asked to wear a facial garment or wrap. Certain sutures may be removed within a couple of weeks, you may resume non-strenuous activities, more sutures are removed, and puffiness will continue to subside.

After 4-6 weeks you may resume normal activity if permitted by your doctor. Your results will continue to improve for 6 to 12 months.