

Facelift

Q. What area of the face does this procedure target?

- A. A basic facelift focuses on the mid and lower face and neck, but does not include the upper areas around the eyes and forehead, which is why some individuals choose to combine multiple procedures to achieve their ideal appearance. Liposuction is not a usual part of a facelift, though it may be used in conjunction with a facelift procedure to better improve the neck-jawline contour.

Q. Do I need to prepare for a facelift?

- A. Your doctor will explain what is necessary and best for you to prepare for your surgery. Chemical peels, microdermabrasion and laser skin resurfacing are three non-surgical procedures that will assist in maximizing the results of your facelift if performed either before or after your cosmetic surgery. If you smoke, your surgeon will recommend that you stop in order to decrease your odds of infection and scars. It is also important to stop taking any vitamins and herbal supplements that will interfere with blood clotting. If your surgery requires a general anesthesia, your surgeon will ask you to stop all eating and drinking for several hours beforehand.

Q. How do I care for my skin after surgery?

- A. Your surgeon will provide the best advice and guidance prior to the surgery and when you are ready to leave. If you follow these steps, your skin will recover nicely and not become irritated.
- ▶ Don't wash your hair or face for the first few days so not to irritate the stitches.
 - ▶ Don't use any perfumes, hair product or makeup, until your skin has healed. The chemicals used will irritate and could cause infection at the site of the scars. If you are perming or dyeing your hair, do so prior to having your surgery.
 - ▶ Don't exercise or perform activity that would cause you to break a sweat for two weeks.
 - ▶ Don't expose your face to intense heat or the sunlight for at least six weeks.

Q. What are the alternatives to a surgical facelift?

- A. In addition to facelift surgery, or, if you want to try something less invasive while you are considering your procedure, Botox® decreases the appearance of wrinkles in the skin around the mouth, eyes and forehead. Dermal fillers are another method used to fill deep wrinkles, furrows or creases. Injections and fillers are temporary and last between 6-12 months.

Q. If I want to lose weight, should I do so before or after the surgery?

- A. If you lose weight prior to the procedure, your surgeon may be able to optimize the results of the surgery by removing the excess skin in the surgical area.

Q. What is the recovery like?

- A. Your surgeon will discuss the recovery process with you prior to the surgery. Keep in mind that with every patient the outcome and recovery period varies.
- ▶ The first 7-10 days patients will feel slight pressure and tightness around the sites of the stitches. Facelift patients are able to remove the bandages within a day of the surgery, which may be coupled with a numb or tingling sensation. Swelling around nerves may cause a diminished loss of sensation in the areas around the neck, cheeks and ear lobes for a few months.
 - ▶ The neck and areas surrounding the face may be slightly bruised, red and swollen for the first 2-4 weeks, (although after the first week patients start to progressively resume normal activity) but over time this will gradually decrease.
 - ▶ For the first week it is recommended that you keep the areas around the face and neck clean, and get extra rest with proper hydration and nutrients to optimize the results of your surgery.
 - ▶ Exercise and any strenuous physical activities should be avoided during the first 2-3 weeks so the wounds heal nicely and there is less chance of infection.
 - ▶ Scarring will be minimized if you go through the proper healing process; however, it could take at least one year for the scars to flatten and fade.