

FACELIFT

Over time, the long-term effects of gravity, exposure to sun, dry air, and stress can negatively affect an individual's face and neckline. Areas of the face and neck, in particular around the jaw line, are especially prone to the aging process. A facelift (Rhytidectomy) is a surgical procedure designed to smooth and firm the skin, providing a fresh, youthful appearance while considerably reducing signs of aging by removing excess fat, tightening the underlying muscles, and re-draping the skin around the neck and face. Post-operative patients agree that a facelift seems to easily take 10 years or more off of their 'age'.

Reasons for Considering a Facelift:

Sagging skin, muscles, and fat in the face and neck.

Excess skin and fat on the neck.

Sagging jaw line.

Crease lines along the nose, mouth, and chin.

The standard procedure for a facelift commonly involves making small incisions just inside the hairline, following the contour in front of the ear, and continuing under the earlobe to the backside of the ear and to the lower scalp. Dr Gahankari also uses a short –scar facelift especially in younger patients with minimal skin laxity. In this technique both the skin and muscle tightening is achieved with a shorter scar than a conventional full face lift. The face lift procedure is often combined with the blepharoplasty (eye lid reduction), brow lift or neck lift. Dr Gahankari will do the assessment of your face and will be happy to advise whether you would benefit from any additional procedures.

Dr Gahankari prefers to perform this procedure in theatre (as a day only or one night stay procedure) especially if there is significant skin laxity. Following face lift procedure there is often significant bruising and swelling which takes a week to two weeks to subside. Most patients can get back to work with light camouflage after two weeks.

Additional procedures such as micro-laser peel or pro-fractional laser resurfacing may further improve the result of the face lift especially in improving upper and lower lip creases and lines, which are not addressed by any technique of facelift. Although results of facelift are quite obvious in the early days, like all cosmetic procedures, it takes at least 6 months to a year to appreciate the true results of this procedure.

Documented risks of the facelift procedure include haematoma or fluid collection, temporary skin numbness or facial muscles weakness, bruising and swelling. Long term risks include, asymmetry, and long term numbness or muscle weakness. These are very uncommon in Dr Gahankari's experience.

[Download FAQs](#)

[Download Printer Friendly Version](#)