

Facelift surgery is a cosmetic procedure that acts to smooth wrinkles, tighten sags, address fat deposits and restore firmness to the face. The procedure generally focuses on lifting facial tissues which have been displaced with ageing and gravity. These tissues are lifted, excess skin is removed and the facial and neck skin is re-draped.

It is important to differentiate between surgical facelifts and non-surgical rejuvenation treatments. The latter, including laser treatments, are temporary solutions to facial skin issues. They may delay the time at which a surgical facelift is appropriate or complement the results of a surgical facelift but they are not an alternative for people seeking long-lasting results.

#### UNDERSTANDING THE SURGERY

When Dr Roth is performing a facelift all incision lines are located along natural skin creases to minimise visibility. The incision generally begins in the hair above the temple or in front of the ear and travels down under the earlobe and then continues behind the ear where it blends into the hairline. For men the incision lines are aligned to accommodate for natural beard contours. During this procedure the skin is gently lifted as the underlying muscles and connective tissues are tightened and repositioned as well as some trimming of excess fat and skin. The incision is closed using fine sutures or metal clips which permits for accuracy and avoids shaving hair in the incision sites. Placement of incisions varies from patient to patient and is dependent on the aims of surgery and the location of the hairline.



- a. Forehead wrinkles and eyebrow descent can be addressed through a brow lift
- b. A droopy mid face can be re-elevated to a more youthful position
- c. A sagging jawline can be tightened and smoothed

#### TYPES OF FACELIFT

- Full (Traditional) Facelift – muscles, soft tissue below the skin and the skin itself of the entire face are tightened. There are a number of techniques available for this procedure. Dr Roth prefers a deep plane facelift. This produces excellent results that are longer lasting and more natural looking than other types of facelift.
- Mini Lift – a less-invasive procedure that uses a smaller incision and works on a smaller area of the face than a traditional facelift. It improves the appearance of jowls and loose skin in the neck, but with less dramatic results than a traditional facelift or deep plane facelift.
- S-Lift – addresses problems on the lower third of the face, smoothing out the neck and jowls.
- Mid-Face Lift – a procedure that tightens sagging skin in the cheekbone area.

#### IS A FACELIFT FOR YOU?

The ideal candidate for facelift surgery is physically healthy, height-weight appropriate, does not smoke, and has a positive but realistic outlook for the improvement of facial issues including:

- Loose skin and sagging in the mid-face
- Double chin/turkey neck - Excess fatty deposits under the chin and jaw
- Jowls (loss of muscle tone in the lower face)
- Marionette lines (deep creases along the nose that extend to the corner of the mouth)
- Deep creases below the lower eyelids.

Before deciding on a facelift you should discuss with Dr Roth whether the overall effect will be more successful if additional changes are made in the chin and neck areas by other facial surgery procedures such as liposuction, eyelid surgery or a browlift.

#### MAKING THE DECISION FOR A FACELIFT

Your choice of a qualified facial plastic surgeon is of paramount importance. During the preliminary consultation Dr Roth will examine the structure of your face, skin texture, colour and elasticity.

Individual risks will also be examined especially those related to medical situations such as high blood pressure, a tendency to scar, smoking and any deficiency in blood clotting. Dr Roth will take a thorough medical history as well as carefully discussing your goals and expectations about surgery. A realistic understanding about what can be achieved is always important.

#### WHAT TO EXPECT DURING A FACELIFT

- Traditional Facelift – This procedure is performed under a general anaesthetic. Dr Roth will make an incision on each side of your face that begins at your temples and follows the natural curve of your ear. The incision then goes under and behind the ear and then backs into the nape of the neck

within the hair. The SMAS (Submuscular Aponeurotic System) is a muscle layer that is tightened to create long lasting tautness in the skin. With SMAS tightening, Dr Roth first peels back the skin and then pulls on deeper layers of muscle and tissue that lie underneath. If there is excess skin, it is removed, and wrinkles are smoothed.

- Mini Lift – An S-shaped incision is made from your “sideburn,” around the ear, toward the bottom of the hairline. After the incision, Dr Roth will remove excess skin and tighten connective tissue under the skin. The incision is closed with small sutures.
- The S-Lift – For this procedure, Dr Roth will make an S-shaped incision to separate the skin from the tissue underneath. When the skin is lifted, the underlying muscles and tissues are tightened.
- Mid-face lift - This procedure gives Dr Roth access to the fat pads in your cheeks, which can be raised up and over the cheekbones to tighten sagging skin. Dr Roth will make tiny incisions in the hairline above your ear, as well as inside your mouth. An endoscope (tiny camera) may be used to assist with visualising the surgical area during a mid-facelift.

Although complications in facelift surgery are uncommon there are always risks with every operation. In facelifts, these include bleeding, infection and nerve injury.

#### WHAT TO EXPECT AFTER SURGERY

After facelift surgery, your head will be wrapped loosely in bandages to reduce swelling. Dr Roth may insert a tube under the skin behind the ear to help with drainage. Both the tube and the bandages will probably be removed a day or two after the surgery and replaced with a more comfortable garment. Stitches are generally taken out a week after the surgery. You will need to avoid strenuous activities during your recuperation and be very careful when out in the sun. UV rays can damage the skin.

During your recovery, you may notice some facial bruising and swelling, as well as numbness. This is normal and lasts a few weeks. Recovery usually takes two to three weeks though many patients go back to work in two weeks. Incisions are easily disguised in natural skin creases or by the hair. If they are still visible shortly after the surgery, makeup can disguise the scars until they are fully healed. Scars are usually not noticeable after they have fully healed.

Dr Roth is well trained in performing facelift surgery and takes pride in achieving excellent results. He is one of a few surgeons in Sydney performing a true deep plane facelift.



#### NECK LIFT

Addressing excess skin, fat and bands in the neck is part of a full facelift procedure.



#### BROW LIFT

A facelift can be combined with a browlift to address droopy brows and forehead wrinkles.



#### FACELIFT SKIN TIGHTENING

It is important to lift the skin of the face in a natural fashion. The jawline is lifted towards the base of the ear. Drooping cheek skin is lifted back onto the cheekbones and towards the temple. This achieves very natural appearance and avoids an "operated" or "wind-swept" look.



THIS BROCHURE HAS BEEN PREPARED TO GIVE A BASIC UNDERSTANDING OF THE PROCEDURE BEFORE A CONSULTATION TAKES PLACE, AND TO COVER MANY OF THE QUESTIONS FREQUENTLY ASKED ABOUT THIS TYPE OF 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.

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## FACELIFT SURGERY (rhytidectomy)



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