

Over time, the skin stretches and loses elasticity. This and a variety of conditions can lead to the visible signs of aging with the appearance of extra loose skin, accentuating hollows and wrinkles. Factors such as skin health, thickness, genetics, smoking, sun damage, stress, previous treatments can all contribute to the appearance.

Although you can never truly turn back time, a facelift or necklift may help rebalance the skin and display a more smooth and contoured surface.

What is a Facelift?

A facelift is a surgical procedure that involves redraping the soft tissue of the skin and muscle network around the face. Facelifts address:

- Sagging skin in the middle and lower face
- Wrinkles and Jowls
- Deepening of the fold between the nose and the corner of the mouth
- Hollows in the cheek and jaws

What is a Neck Lift?

A neck lift is a surgical procedure that recountours the neckline tightening the skin, contouring fat, and addressing muscle bands. Neck lifts best address:

- Loose hanging neck skin
- Blunting of the neck angle below the chin
- Prominence of hanging tissue or fat under the chin

Who Can Have a Facelift or Neck Lift?

The best outcome for surgery occurs when a patient has good health, does not smoke cigarettes, has a stable weight, and positive body image expectations. Other special considerations include previous skin and laser treatments, fillers, surgery to the face, and medical skin conditions. This is a surgery for yourself and should not be done to fit someone else's ideal image or improve relationships.

During the consultation Dr. Lee will discuss your goals and expectations. Your general health will be reviewed. She will examine your natural anatomy and obtain measurements of your face and neck. Photographs will be taken to help track your progress. Dr. Lee will then present you with realistic options for your goals and will answer your

questions to ensure this is the right procedure for you.

Preparing for Surgery

You will have a final pre-operative appointment with Dr. Lee, where you have an opportunity to review the plan and ask questions.

You may need some lab tests before surgery as a safety check. Blood thinners need to be stopped safely (including aspirin). We will provide a list of food to avoid for a minimum of 2 weeks before surgery.

Most facelifts are performed asleep for maximal benefit in skin and muscle tightening. Smaller or “mini” facelifts may be performed under light sedation or awake with local anesthetic. If you will be asleep using general anesthesia, you will see the anesthesiologist beforehand.

What to Expect From Surgery

A facelift or neck lift can be performed as a “day surgery” meaning you will go home the same day. In some cases, your surgeon may wish for you to be monitored in-hospital and will arrange for overnight care.

On the day of surgery the surgeon will mark the landmarks of your face. The scars are designed to be within natural creases and shadows near your ears and hairline. When you are asleep, your face and skin will be cleansed with an antimicrobial solution which may be pink or light brown. Once awake, it is normal to feel swollen and numb as there is local anesthetic in the skin. This is temporary and will go away over time.

Small sutures will be noticed near the hairline by the ears, extending under and behind the earlobe. If you have a neck lift, this scar will continue into the hairline behind the ears. You will wake up with a face and neck garment designed to keep the swelling down. You may have a compression net or a drain keeping the fluid from accumulating in the surgical sites.

An aftercare package will be provided which includes wound care information, medication prescriptions and dressings. You will have your first post-operative appointment arranged within the week of surgery.

Recover After Surgery

The usual recovery time is 2-4 weeks after surgery. During this time, you will have swelling and bruising. The swelling peaks in the first 3 days after surgery. This is the time you will use regular cold compresses and keep your head

elevated. You should not exercise during this time as this may cause bleeding.

The skin heals quickly and sutures will be removed in 1 week. After 2 weeks, most of the swelling disappears. Light makeup that does not require heavy rubbing may be used.

There is a small amount of lingering facial and neck swelling that can last for 3-6 months. The internal scarring softens and changes over a 1 year period when the result is stable.

Schedule your personal consultation with Dr. Lee to talk about facelift and neck lifts.