

Facelift



The ideal patient for face lift

- Everyone who starts to suffer from loose face or neck skin while retaining some elasticity of his skin, has clear skull features and ranges between 50 - 70 years old.
- The lifting surgery is the final and guaranteed solution to lift sagging skin that does not respond to machines and injections.

Prepare for the surgery

- The doctor will give instructions related to food, drink, and the use of certain medications and vitamins.
- If you are a smoker, you should quit smoking for at least 4 weeks before and after the surgery, as smoking prevents blood flow to the skin and delays wound healing.
- If your hair is short, you should let it grow sufficiently before the surgery to cover the wound during the healing period.
- The patient should arrange with some of his peers to take him to his home after the surgery and accompany him for a day or two as needed.
- Following these guidelines helps a lot to get through the surgery successfully.

Details of the surgery

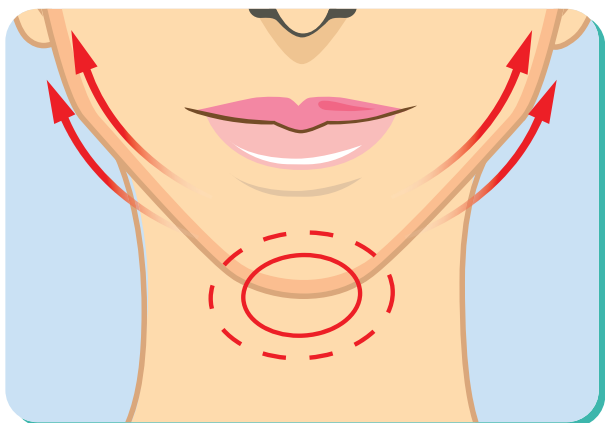
Most face lift surgeries are done under general anesthesia. A local anesthetic can be used by taking some sedatives that cause some dizziness. In this case, the patient will be awake and relaxed, but he will not feel any pain.

The surgery takes 3 to 4 hours, were the method used and the wound shape varies from one doctor to another, each according to his experience as well as the the composition and nature of the face.

Usually the incision begins in the hair area on either side of the head directly in front of the ear, then around the earlobe and then inside the scalp.

From the back, the incision extends from the neck to the bottom of the chin.

The doctor separates the skin from the fat and muscles. As for the fat in the neck and chin area, it is suctioned or removed to improve the strength of the neck. Then the surgeon tightens the facial muscles and redistributes the direction of the different muscles of the face to fix the flabbiness and give the youthfulness and freshness needed.



Finally, the doctor pulls the skin back and removes the excess skin and then closes the wound. Then he places a thin tube under the skin to withdraw and drain any blood or secretions that can collect at the site of the surgery. The tube is removed after several days, where the head and the face is wrapped with a light bandage to reduce swelling and bluish discoloration at the site of the surgery.

Note that most wounds are hidden inside the hair and in the natural folds of the skin.

Possible side effects

When face lift surgery is performed by a qualified plastic surgeon, the risk of complications will diminish greatly, and only minor side effects will take place, identified as follows:

- Subcutaneous hematoma, which will be removed by the doctor.
- Temporary inflammation or pain in the nerve that controls facial muscles.
- Delayed wound healing, especially for smokers.
- A very rare (less than 0.5%) nerve compression or injury.
- The patient can reduce these risks by following up with the doctor.

What happens after the surgery?

After the surgery, the doctor will prescribe some medications to control your pain. Numbness may occur on the face, but it disappears spontaneously after several weeks. When persistent severe pain or sudden swelling of the face occurs, you should visit the doctor immediately.

- It is best to keep the head as high as possible to help relieve swelling for several days. The bandage is usually raised around the face after 3-4 days, with swelling and bluish discoloration appearing in the eye, which will quickly fade within a few weeks.
- The stitches are usually removed after 5-6 days, while the scalp stitches are left for few more days.
- The patient can stand and move a day or two after the surgery at most, but it is preferable to take it easy and slowly for at least a week. Gently take care of the face and hair because the skin is numb and painful at first.
- Your doctor will give you basic initial instructions that help you get back to your normal life, as it is preferable in the beginning to avoid vigorous and daily home activities for at least two weeks, avoid alcohol, saunas and steam shower for several weeks, also avoid being exposed to the sun for several months.
- The face will look strange in the beginning, and its features will look different due to the swelling and static movements. Bluish discoloration may continue for 2-3 weeks, which causes a feeling of dissatisfaction in the period after the first surgery.
- In the third week, the patient will feel noticeable improvement and may therefore return to work. Some women need a light makeup to erase some marks of the bluish discoloration at the site of the surgery.
- After the swelling and bluish discoloration disappears, the hair on both sides of the head may be light and the skin may become dry and rough for several months. Male patients may need to shave new places other than the ones they used to shave, such as behind the ear and neck.

The scars will be hidden under the hair or between natural lines and behind the ear, but they will diminish and disappear over time.

It should be noted that this operation does not stop the aging process, which may compel you to repeat the operation after 5 to 10 years. On the other side, the effect of a one-time face lifting operation will last for many years, giving the face much better features than it would have been without it.