

WPRS

Warrnambool Plastic & Reconstructive Surgery

Facelift

With facial aging, the soft tissue of the face, jawline and neck lose volume and sag. Facelift surgery aims to restore definition of the cheeks, jawline and neck by tightening and re-positioning the skin and supportive structures to improve contour and provide a firmer, more youthful appearance.

There are a number of techniques that can be used to achieve your desired result. These include:

- Skin only
- SMAS: plication or excision
- MACS lifts
- Sub periosteal
- Short or extended scar techniques

The type of technique that will be recommended for your facelift will be determined at your pre-operative assessment and is dependent on the degree of lift required and the desired out of surgery

Alternative Options to Facelift

Cosmetic injections: these will soften wrinkles in particular animation lines however they are most effective for correction in the upper third of the face (Forehead line, Frown lines, and Crow's feet)

Dermal fillers: Hyaluronic acid fillers maybe used to correct volume deficits. If injected correctly this will also provide a small lift particular with injection around the cheek bones. The effect of these injections may last up to two years

Fat grafting: offers a permanent method to correct volume deficits. This procedure maybe combined with a facelift to achieve the desired result

Facial implants: maybe used to augment your cheek or chin. Use of implants have largely been replaced by the use of dermal fillers and fat grafting

Laser Therapy/skin tightening: Laser will improve your skin quality and may remove fine lines however it will not result in removal of deep static lines or replace volume. WPRS does however recommend 2-3 treatments with laser before a face lift to improve your outcome.

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Post-Operative Course

Facelift surgery involves an incision passing the front of the ear and curling down around the earlobe to finish in behind the ear. A facelift will not address the upper face or eyes, nor does it have any significant impact on expression lines. In some instances a combination of procedures may be required to compliment the facelift and these may include additional surgeries such a blepharoplasty, fat grafting brow lift and/or non-surgical options such as dermal fillers or cosmetic injections.

Facelift surgery involves a general anaesthetic and takes about 4-5 hours of operating time. Patients require a hospital admission of approx. 1-2 nights and you may have drains in place which will be removed prior to discharge from hospital. Your surgeon will see you in hospital after your surgery and again before you go home.

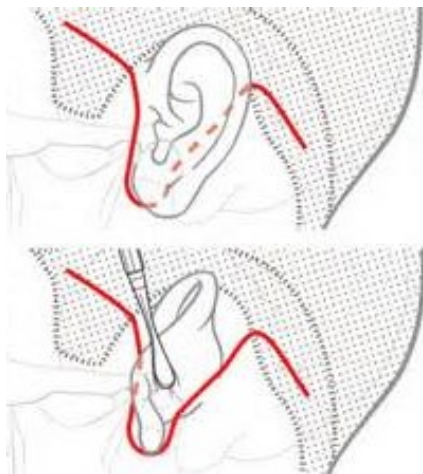
Your face may be bruised and swollen for a number of days and you will be advised to sleep with your head elevated and apply cool packs. Gentle mobilisation and return to normal activities is typically expected by 2 weeks and most people would return to work at around 2-3 weeks. Numbness and swelling in the face can last for several weeks.

Post-operative visits to WPRS are at approximately 5-7 days to monitor your progress and remove sutures. You will be seen as regularly as required after this initial review. At 6 weeks you will attend a surgical review and follow up images will be taken. You will have a better indication of your surgical result at this time and you may wish to discuss complimentary treatments with Mr Toma or one of the practice nursing staff.

At WPRS, whilst we aim to achieve the best result from your surgery, there can be no guarantee of perfection. We pride ourselves in offering you the best possible experience with your surgery. If there are any questions or concerns we encourage you to ring WPRS to discuss these either with Mr Toma or the dedicated team of nurses at WPRS.

I have read and understand the procedure and potential risks. I have no further questions regarding my surgery.

Signed.....



Potential Risks of Surgery

- **Bleeding/haematoma:** any bleeding after surgery is usually minor. Rarely may you bleed enough to require a return to theatre to drain the blood and stop any bleeding.
- **Infection:** uncommon following facial surgery, however if it occurs you may be required to commence treatment with antibiotics.
- **Wound separation/delayed healing:** this is uncommon however these risks may be greater in smokers or where post-operative bleeding or infection is evident. Skin necrosis may result to affected wound sites.
- **Fat necrosis (death):** may result in skin texture irregularities or firm lumps under the skin. This often resolves with conservative management.
 - **Seroma:** (fluid collection) under the skin may require revision surgery to be evacuated and re-closed.
 - **Scar widening/hypertrophy:** this can occur with any scar. Your wound will be carefully closed, however some people may develop widened or elevated scars. At WPRS we will provide carefully follow-up and monitor for this and provide information to avoid this potential complication.
 - **Facial numbness or pain:** If you experience any numbness or altered sensation you should inform your surgeon at your follow up appointment. Usually this is temporary but very rarely this may be permanent.
 - **Facial muscle weakness:** this is a very rare complication that occurs due to stretching or injury to the facial nerve. This is usually temporary however occasionally maybe permanent.
- **Facial asymmetry:** may be evident both in the wound closure and the actual result. Every attempt will be made to obtain perfect symmetry however the end result cannot be guaranteed.
- **Skin discolouration:** may result and is usually transient, but may in some instances take a number of weeks to months to resolve. Non-surgical complimentary therapies may be recommended to improve stubborn skin discolouration.
- **Earlobe deformity:** such as a pulled down earlobe may require revision surgery to restore a more acceptable cosmetic outcome.
- **Hair loss and alteration of the hair line** may result from interruption of the hair follicle and repositioning of the skin.
- **Skin loss:** may result from excessive tension and is avoided by not taking an excessive amount of skin. This complication would require further operative procedure to close defect, however may result in more significant scarring
- **Anaesthetic complications:** sore throat, nausea/vomiting, other rare complications (i.e. allergic reaction to anaesthetic) can be discussed with your anaesthetist.
- **Deep venous thrombosis (DVT)/pulmonary embolism (PE):** risk of a DVT is 1 in 100 with surgical procedures including rhinoplasty. These rarely can be fatal if they become a PE. Special precautions are taken in hospital to avoid this. These include: calf compression devices, anticoagulant injections and early mobilisation

It is important that you have realistic expectations regarding Facelift surgery and are aware that your final result may take several weeks to become apparent. No surgery is without associated risk and we aim to minimise risk by careful consultation, patient selection and vigilant pre and post-operative care. It is important to consider that facelift surgery can restore and rejuvenate facial features, however it does not halt the aging process, therefore additional or further treatments may be desired for some individuals.

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