

## Facelift

### a) Deep Face-neck-lift ("SMAS-lift")

Rhytidectomy rejuvenates the aging face and neck by removing excess skin and tightening the deeper facial tissues. This is a very individually planned and effective procedure for creating a youthful and naturally appealing facial expression. Age-related changes such as sagging neck lines and jowls are thus optimally addressed. In order to obtain best results, rhytidectomy is often combined with other procedures such as an endoscopic brow lift and/or a blepharoplasty.

### b) Endoscopic Midfacelift

Especially in younger females external (visible) incisions may be avoided totally by placing incisions in the oral mucosa as well along the temples within the hair.



## At a glance:

### Length of procedure:

- SMAS-Facelift 4-5 hours
- Midfacelift 3-4 hours

### Postoperative care:

- No physical activities for 1-2 weeks
- Stitch removal within one week

### Anesthesia:

- general

### In-patient stay

- 2-3 days

## Consultation

During the initial consultation your wishes and goals as well as possible reservations will be addressed in detail. Subsequently, a careful physical examination is conducted and an individually tailored treatment plan formulated. Preoperative photographs are used for explaining the procedure in a step-by-step manner. Available procedures are then discussed including possible limitations and risks. Our goal is to provide you with a realistic image of what you can expect from such a procedure. The extent and complexity of a facelift depends on individual factors and expectations. In order to achieve optimal results a combination of procedures is often necessary. Thus, a combination of rhytidectomy and brow lift or blepharoplasty may be the treatment of choice.

## Facelift

### Procedure

#### a) Deep Face-neck-lift ("SMAS-lift")

This procedure is performed under general anesthesia on an in-patient basis (2-3 days). During the surgery, the surgeon separates the skin from the face, tightens the deeper tissues (SMAS) and re-drapes the skin in a pleasing manner. Excess skin is removed. The incisions are almost invisible and located along the hair-bearing temple as well as around the ear.

#### b) Endoscopic Midfacelift

In patients with lack of large skin redundancy external incisions may be avoided. This in-patient procedure (1-2 days) is performed under general anesthesia. Incisions are placed within the oral mucosa as well as along the hair-bearing scalp. Following introduction of an endoscope sagged tissue is lifted and re-draped. When combined with a lower lid blepharoplasty the subciliary incision of this procedure may be used for rejuvenation of the cheek area, thus, further minimizing incisions.

### Postoperative Care

Two tiny drainage tubes are frequently placed under the skin. These are usually removed one to two days postoperatively. Stitches are removed within one week. Postoperative paresthesias are rare. However, swelling may persist for up to 2-3 weeks. The final results can be appreciated after approximately 3 months.

### Results

Following wound healing and complete resolution of swellings patients usually seem recuperated with a more youthful appearance. Scars are almost invisible. Using our technique we appreciate durable results, however, the natural aging process cannot be arrested.