



RESHAPE & RESTORE

Face & Neck Lift

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Introduction

Reshape & Restore has put together this factsheet for anyone who is considering a face and / or neck lift. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the face and neck lift procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

Why have a face and neck lift?

Many men and women start to notice a slight change in their appearance as they reach their 30's or 40's. Concerns such as: lines and wrinkles, volume loss and sagging skin are common signs of ageing, which will affect most people to some degree.

These conditions arise from the processes that occur beneath the skin, often for many years before they become visible on the surface. When we hear about 'ageing' collagen and elastin are often mentioned, and these are the natural substances that provide the skin with its volume, strength and bounce. At some point in our 20's these substances will stop being produced and their levels will decline - usually at a rate of 1 - 1.5% every year. This leads to the skin losing volume and its ability to stretch and contract effectively, resulting in the

subsequent development of the aforementioned ageing-related concerns. Along with a complexion that looks less smooth, the features become less defined and the overall appearance develops a tired look. Not all people are happy with the way their appearance starts to alter, which is when a solution for 'turning back the clock' is often considered.

With a growing interest in people wanting to enhance their look and maintain a youthful appearance, there are many solutions available - both surgically and non-surgically. A surgical face and neck lift can provide a longer-term solution for reversing the signs of ageing, making you look and feel great.

The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine your face and skin, and using a mirror, we'll demonstrate the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions

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that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before' appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

What happens during the procedure?

The overall structure of the skin is made up of layers: the skin on the outside, the subcutaneous fat, the supporting layer in the middle, the muscles and nerves and the bones. The supporting layer in the middle of the skin's overall structure is what we refer to as the SMAS (Superficial Musculo Aponeurotic System) layer. It is this layer that is most affected by the ageing process, and becomes weakened and stretched with time.

The face and neck lift procedure has become more advanced in its approach and modern techniques concentrate on the SMAS layer, rather than just to tighten the overlying loose skin. The procedure is carried out using a general anaesthetic and usually takes up to 3 hours. The placing of specific incisions will be decided before the procedure is carried out, and will be demonstrated during the consultation. They are typically made in the hairline of the temple, continuing down in front of the ear and then curling round the earlobe, back up to the hairline. When also addressing the neck, an additional cut is made under the chin. This allows us to access the SMAS layer so it can be tightened and repositioned accordingly. We close the wounds using stitches and dressings are applied, usually with the use of a head bandage.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams, lotions or make-up to the face and neck. Our patients often spend one night recovering in hospital before being discharged, however, it is not unusual for someone to spend two or three nights with us. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

What can i expect after the procedure?

Before we discharge you we will ensure you have been

provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. If any drains have been applied they will be removed, along with the head bandage, and we will arrange your first follow up appointment - usually 7 - 10 days after surgery.

Your face will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience some temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the face and neck dry for 1 week. You will find that sitting upright and sleeping propped up on pillows for around 2 weeks after surgery will help to minimise discomfort and swelling. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to wash your hair, using non-perfumed products and warm water. When drying your face or hair it is better to pat them gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for between 4 and 6 weeks, and you should also try to avoid blowing your nose or sneezing for around 2 weeks. You can expect to need up to 4 weeks off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. As the main cuts are made close to the hairline, and within the natural creases of the face,

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scarring is usually less noticeable. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future.

During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent. The nerve branches to the muscles can also be vulnerable to becoming damaged, which may result in a fallen eyebrow or an upturned corner of the mouth. We will discuss how this is managed at the consultation. It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

What results can i expect?

Addressing the SMAS layer gives a more natural result, as opposed to the 'windswept' look that a face lift once provided. The outcome is intended to be long-lasting, and a repeat procedure is not often required for many years, if this is desired at all. Tightening the skin and muscles, and repositioning the underlying structure can

restore an appearance where the complexion is smooth and wrinkles are dramatically reduced. Firmer, tighter skin sits neatly over the facial contours, and helps the features to look better defined, giving the overall face a more youthful profile.

The face and neck lift appears to reverse the effects of the ageing process, and the need for many repeat procedures isn't necessary, which is the case with many well-known non-surgical treatments. However, it is important to understand that the decline of collagen and elastin from the skin will continue, and with time the skin will become weaker, thinner and less volumised. At some point, wrinkles and sagging skin will become evident once again, but at a much later date - however, you will still look younger than your natural years, just as the face and neck lift intends.

Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.