

As you get older, you may notice that your face doesn't look as fresh or youthful as it once did. It is common for skin to progressively lose its elasticity and for our muscles to slacken as part of the aging process.

The stresses of daily life, effects of gravity and sun exposure can be seen on our faces as time goes on. The skin folds, smile lines deepen, the jaw line sags and the skin of the neck becomes slack. This changes the appearance of the face from being heart shaped, to more square as you get older. The area around the eyes may also droop and the skin in the eyelids can drape leading to a hooded appearance.

The rate at which the aging process happens varies from person to person and is determined by genes and lifestyle. However the aging of the face doesn't necessarily reflect the person inside and often people feel frustrated that their face doesn't match their state of mind. If this is the case then facelift surgery would be a great option.

What does the surgery involve?

Concept™ Facelifts are unique as we are able to perform this under local anaesthetic whilst delivering the same surgical result of a traditional facelift. We use a smaller scar technique which can reduce the amount of recovery time in conjunction with less bruising and swelling.

Facelift surgery can also be performed under general anaesthetic and with or without sedation. Bella Vou's approach to the face lift, is to rejuvenate your face and neck with a fresh look, whilst avoiding the wind tunnel type appearance associated with some facelift procedures.

The Concept™ Facelift, is well known for achieving a natural look, as there is a great deal of artistry involved in the achievement of a good facelift. At the start of the procedure some fluid is injected into the face, which numbs the area, reduces the amount of bruising and potential for bleeding afterwards. The surgeon makes an incision, just in front of the ear and begins separating the skin from the underlying structures. Once this has been done, the surgeon then works on the muscle layer under the skin: this is where the real lifting is achieved. This layer is lifted, trimmed and then sewn back to a more original position. Any excess skin is then trimmed and the skin is gently stitched back in place.

We deliver excellence by ensuring a thorough and detailed consultation of what areas are of most concern. A series of photographs are also taken, which form part of the patient's medical diary and will ensure delivery of the rejuvenated appearance that most patients are hoping for.

What results can I expect?

There is much debate on the internet and public forums, on how long a facelift result should last. The real answer is that this type of procedure makes you look anything from seven to ten years younger but, of course, does not stop the ageing process. However you will always look younger than you would have had you not proceeded with the surgery.

Can Facelift surgery be combined with other procedures?

If you have some excess fatty tissue under the chin, then a small amount of liposuction can also be performed to improve the appearance of the neck. It is common to combine the procedure with upper eyelid surgery to lift and open the eyes.

We can offer eyebrow and eyelash transplantation in combination with this procedure.

What are the risks associated with facelift surgery?

As with all operations, there is a risk of side effects and potential complications. These include the possibility of a collection of blood forming under the surface of the skin, which could necessitate further treatments to remove. There is also a small risk of wound infection especially in patients that smoke. The potential of wound healing can be minimised with antibiotics for some patients as it's recognised that delayed wound healing may mean that scars won't heal as neatly as we would want.

In very rare situations, there can be damage to the facial nerve which controls facial movement.

What is the recovery time?

The procedure takes around two to three hours and is usually performed under local anaesthetic, so you will be ready to leave the clinic after you've had some refreshment and received all your follow up care.

It is recommended that people refrain from work or large social events for around five days after surgery due to the swelling and facial puffiness, caused by the local infiltration that we use. This swelling will gradually subside around 24-48 hours post surgery. You will notice that you look full in the face, but this is transient and should disappear, leaving you with a fresh, younger appearance. Most patients return to work and resume all normal activities within 7-10 days and are able to cover any residual bruising with make up.

You will be reviewed approx one week after your procedure then at approx four weeks to ensure you are monitored thoroughly during your recovery.

If I have had a facelift before can I have another one?

Repeating a previous facelift, is usually straightforward, as over time, there will be further laxity of the soft tissues and skin, so another facelift is technically feasible, though more difficult due to the scar tissue. Generally, it is possible to perform up to three facelifts, before the tissues become difficult to operate. We will give you an honest and open opinion, on what results can be achieved, if you are seeking further facelift surgery.

Summary

Procedure time	1-2 hours
General/Local Anaesthetic	
Length of stay	2-3 Hours
Time off work	2 days
Sensitivity period	7 days
Back to normal activities	7 days