

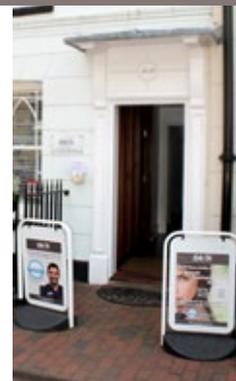


Bella You[®]

PANTILES CLINIC

Concept™ Facelift

Procedure Information



Where it all begins...

As we get older, we all start to notice that our faces no longer look as fresh or youthful as they once did. It is common for skin to progressively lose its elasticity and for our muscles to slacken as we age.

The stresses of daily life, effects of gravity and sun exposure can be seen on our faces as time goes on. This process is referred to as *ageing*. The skin wrinkles, smile lines deepen, the jawline sags and the skin of the neck loses tone and becomes slack.

This changes the appearance of the face from a heart shaped to more angular. Bags, or hollowing around the lower eyes may also develop, upper eyelids can also become heavy and hooded in appearance, making you look tired.

A balanced diet, exercise and even a dedicated skin care regime cannot totally reverse the effects of ageing and gravity. All things will eventually sag and lose volume. This is frequently the time where many start to explore whether cosmetic surgery can provide an answer to restore a more youthful appearance.



What is a Concept™ Facelift and why is it different to all the other types of facelifts?

The Concept™ Facelift is a pioneering technique by consultant plastic and reconstructive surgeon, Mr Amir Nakhdjevani, to minimise the traditionally long and painful recovery times of the standard facelift techniques. Amir is a member of the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS) and has been awarded the 2016 RealSelf Top 100 Cosmetic Surgeon in the World.

A Concept™ Facelift is performed under a local anaesthetic, forgoing the complications associated with having a general anaesthetic, whilst still delivering the exact same long lasting results. Amir uses a smaller scar technique through which he operates, much like keyhole surgery, thus reducing the size of the scar.

This transformative technique substantially reduces the standard recovery time of a facelift from 4-6 weeks to a matter of just days, with a return to work usually after just 7 days. No drains, staples or bandages are required as a result of the minimally invasive short-scar incision technique used. Speed of recovery, minimal discomfort, bruising and swelling and identical long lasting results are the principal advantages that make the Concept™ Facelift so appealing.

The Concept™ Facelift can be performed under twilight sedation or a general, should you prefer, or if you are combining a facelift with another procedure that does require a general anaesthetic. Bella Vou's approach to a face lift is to rejuvenate your face and neck with a fresh natural look, whilst avoiding the 'wind tunnel' or 'over pulled' appearance sometimes depicted in the media.



How long will my facelift results last for?

There is much debate online regarding how long the results of a facelift last. Of course, as we are each individual and no two patients' physiological make up is identical, we each age differently. Most patients say that they look at least 10 years younger, but studies indicate 7-10 years on average.

Naturally this doesn't suggest that the results of the facelift will come to an end after this period, rather as we age our facial muscles, skin and collagen will loosen again over time. You will of course still look younger as a result of the surgery than compared to if you hadn't have had the procedure.



Amir Nakhdjvani MBBS,
MRCS, FRCS (Plast.)
Consultant Plastic Surgeon



Rohit Seth MD, MRCS
(Edin), PhD
Aesthetic Fellow Plastic Surgeon

Be fully informed at your private consultation

A private consultation with a British-trained consultant plastic surgeon is invaluable whilst establishing whether this procedure is right for you, giving you the opportunity to gain the confidence in the surgeon's ability to deliver the results you are hoping for. All consultations are with a consultant plastic surgeon during which each of your questions will be fully answered and the procedure explained in detail. Suitability will be assessed through a thorough review of your medical history and a physical examination.

You are welcome to bring a friend or family member with you to your consultation and to view many of our patients' results and case studies of their experiences with the same procedure. A private consultation with an experienced consultant plastic surgeon will help you to understand and set a realistic expectation of your outcome, and to be informed of the likely recovery times and advised of any potential complications.

Your dedicated Patient Co-ordinator

You will be accompanied at your consultation by either our Patient Services Director, Lisa, or one of our patient co-ordinators Stevie or Angel, both highly experienced and there to assist you at every stage from your initial enquiry through to arranging your treatment, providing finance options to arranging travel arrangements. They will make your experience with us both memorable and enjoyable.

As experienced aesthetic client co-ordinators, Stevie & Angel have helped thousands of patients and will be your first point of contact. They will be with you at each step of your treatment and throughout your follow-up.



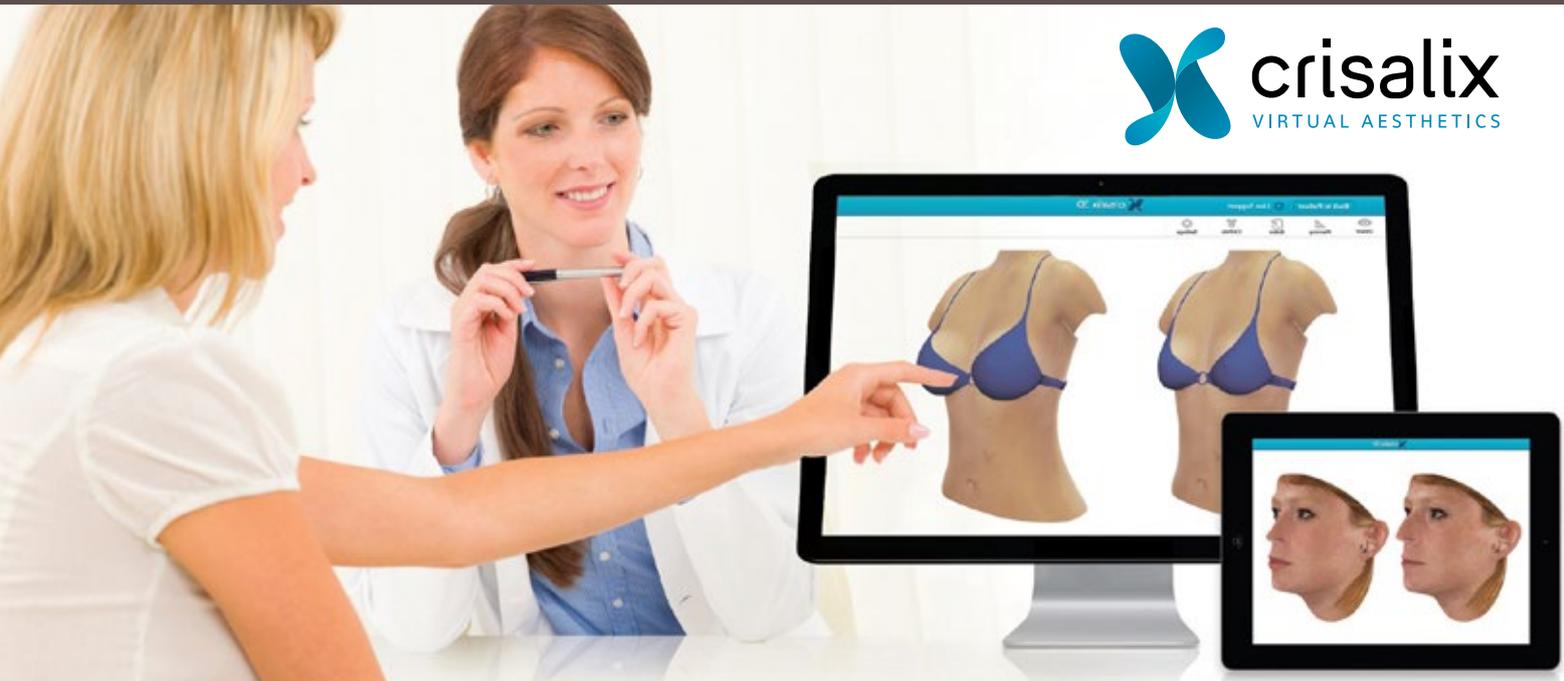
Lisa Wakeman
Patient Services Director



Stevie
Patient Liaison



Angel
Patient Liaison



Crisalix 3D Simulation A peek into the future

Having a clear understanding of what your post surgery results will be is vital to meeting your expectations. For a long time you could only look at before and after pictures of other patients who have had the same surgery to gain any type of insight into what your results might look like.



Technology now offers a solution to this problem through a highly accurate 3D medical photographic simulation that is 97% reflective of the post-surgery results*. During your consultation we will take a quick 3D scan using Crisalix's virtual aesthetic application and the surgeon will prepare a simulation of what you might look like post-surgery, without even having to pick up a scalpel!

Crisalix 3D simulations are all part of your thorough consultation experience at Bella Vou. A simulation helps ensure that both you and the surgeon are clear on your desired outcomes and to better meet your expectations. This new technology even provides you with a personal way to take the simulation home with you which can be accessed by phone or computer, then shared with friends and family to get their comments.



*Ongoing study carried out since September 5th 2014: Surveys completed by 1346 patients from 40 countries.



Skincare Regime Information - Looking Ahead

A few common questions that we are frequently asked in preparation for the day of your procedure.

- **DO** enjoy a good breakfast if your procedure is under local anaesthetic. There's no need to starve yourself!
- **DO** abstain from alcohol and strong coffee for 24 hours before and after surgery.
- **DO** wash hair and face well on the morning of your procedure.
- **DO** feel free to wear make-up to the clinic and bring your usual make up remover with you.
- **DO** dress comfortably and wear jewellery.
- **DON'T** drive home yourself. Although you should be well enough to drive home, you will not be insured by your vehicle insurer for the journey home. You will therefore need transport home, or we would be delighted to arrange this for you. The good news is that with the surgeon's directions you should be fit and able to drive the very next day!

Upon your arrival to the clinic

Your patient coordinator will greet you and have everything arranged for you when you arrive at the clinic. A series of photographs will be taken on the day of your surgery and again at your subsequent follow-up consultation. These form part of your medical record.



Your surgeon will welcome you and walk you through your procedure to ensure that any questions you may still have are fully answered, and to complete the necessary surgical consents. You'll have time to relax and enjoy a refreshment ahead of your procedure.



“ Do enjoy the experience and don't feel anxious. You'll be fully awake and feel completely yourself. I experienced no pain, only aware of a tingling sensation. Think of it as a spa experience. ”

Your procedure; what to expect

The Concept™ Facelift is well known for achieving a fresh but natural look. A great deal of artistry is involved in the achievement of a good facelift; at the start of the procedure some local anaesthetic is administered which numbs the area, and a combination of other fluids are then given to minimise bruising.

The surgeon then makes a small incision just in front of the ear, through which he operates. You should feel no discomfort at all as you will be fully anaesthetised. Should you feel any slight discomfort, the surgical team will top up the anaesthetic. The surgeon then tightens the muscular layer (SMAS) where the real lifting and long term results are assured, permanent sutures then secure the muscle in place. Finally the skin is then tightened and sutured with absorbable sutures, which completes the procedure.

How long does the procedure take?

The typical facelift procedure takes approximately 2 - 3 hours, although this can be longer if you are having other procedures in combination.

Combining your Concept™ Facelift with another procedure

The Concept™ Facelift can commonly be combined with a neck lift to tighten the neck, eyelid surgery to brighten and lift the eyes or liposuction to reduce some fullness to the neck.



What will I feel during the procedure and will I experience any discomfort?

You may feel some slight discomfort whilst the local anaesthetic is administered, but many of our patients say this isn't half as bad as going to the dentist and having injections! After 20 minutes, once the local anaesthetic has taken effect, you shouldn't feel any pain at all. You will be aware of a slight tingling sensation and touch. If you feel a little anxious your consultant may prescribe a pre-med.

Your procedure; what to expect (cont.)

After the injections you can lie back and relax whilst the rest of the procedure is performed. You will be aware of what is going on and you will be able to talk to the surgeon and theatre staff throughout the procedure. You should not be in any discomfort at all during the procedure, you will be aware of touch and some gentle pressure but no pain.

Don't take our word alone, please read the experiences from many of our patients such as Angie (pictured right) on our website at www.bellavou.co.uk/patient-stories.



Angie, age 48
Before & 1 month after her Concept™ Facelift



◀ This is Debbie's result immediately after her Concept™ Facelift procedure

Compare this to the traditional facelift technique, with staples, drains and bandages! ▶



Immediately following your procedure

After the procedure your nurse and patient co-ordinator will bring you up to the post-surgery waiting room and our front-of-house, Beau, will discuss your follow up appointment. You will be ready to leave the clinic after you've had some refreshments and had your aftercare explained. Most patients feel comfortable and relaxed after surgery with just a sense of tightness, which will subside after a couple of days. You should feel fit and well as the anaesthetic used is similar to what a dentist uses, avoiding the side effects that most people experience when having a general anaesthetic. Transport arrangement will have been arranged previously but should you need us to organise transport for you, we will be delighted to do so.

Your surgeon will see you again and check that he is happy with everything before you leave. We will then see you between 5 - 10 days after your procedure for a follow up appointment and again at approximately 4 weeks, 3 months and at 12 months to ensure you are monitored thoroughly during your recovery.

Your recovery overview

The Concept™ Facelift technique results in a dramatically improved recovery experience in both terms of speed of recovery, minimal bruising and your comfort, as reflected in Debbie's pictures (right) taken immediately following her surgery. This is not an exceptional example of a patient's recovery but rather the expected experience for all Concept™ Facelift patients.



It is recommended to take a week away from work to allow you to gently recover and for any swelling or puffiness to subside, as a result of the local infiltration. This swelling will gradually subside, typically between 24-48 hours post-surgery, as the fluids received during surgery are reabsorbed back into your body. You will notice that you look and feel fuller in the face, this is normal and will settle - leaving you with a fresh, younger looking appearance.

Patients usually feel comfortable enough to return to work and resume all normal activities within 5-7 days and are able to cover any bruising with makeup, although in most instances bruising is very minimal.

Will the scars be noticeable?

The four images below of Concept™ Facelift patients typify the short-scar recovery around the ear. Stitches used are typically absorbable sutures - resulting in less scarring. These fine scars mature over time and appear as a fine white line that is barely noticeable.

1 day after

1 week after

2 weeks after

6 months after



(typical scar line)



Read about the experiences of other similar patients

RealSelf is an online community of people just like you, who are researching the best procedures to treat their concerns, and to find the best surgeon to help achieve this. Read experiences of others at www.bellavou.co.uk/realself to help you feel confident in making the right choice.



How to find us

Bella Vou's Pantiles clinic is located in the heart of the picturesque Pantiles area of historic Royal Tunbridge Wells, next to the Corn Exchange. Car parking is conveniently located to the side of the Corn Exchange, which can be accessed by Sussex Mews. Other parking is available nearby on Major Yorks Road. Public transport links are only 5 minutes away, or less, and buses are available direct to The Pantiles from Tunbridge Wells railway station. Several hotels can be found nearby including The Tunbridge Wells Hotel, located inside The Pantiles.



Tunbridge Wells
- by bus 5 min
- by foot 10 min



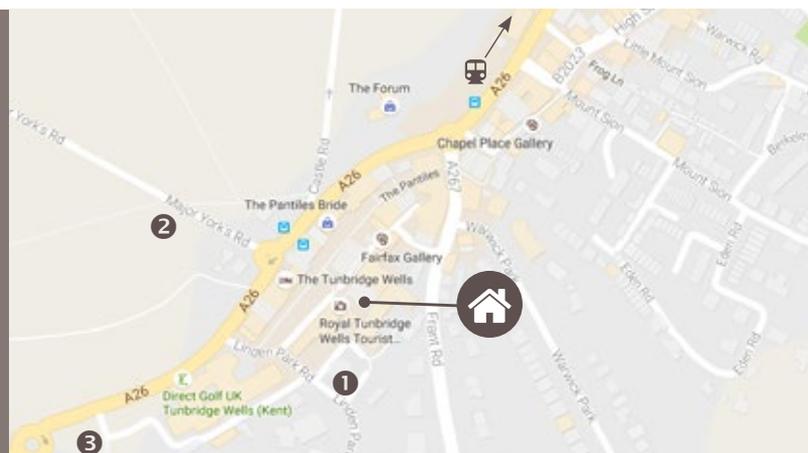
- ① Linden Park Road - 1 min walk
- ② Major Yorks Road - 3 min walk
- ③ Union House - 3 min walk



London Gatwick - Taxi approx £25
London City - Taxi approx £50
London Heathrow - Taxi approx £55
London Stansted - Taxi approx £80



Mon - Fri : 9am - 6pm | Saturday : 10am - 5pm





www.bellavou.co.uk