

Cheek Lift

Surgery to lift the cheeks, restore their contour and rejuvenate the face

What is a Cheek Lift?

A Cheek Lift is an operation to lift the cheeks and improve their shape. The surgery lifts the cheek's soft tissues, reduces facial flatness, and restores a youthful contour.

A Cheek Lift treats flattened or drooping cheeks and reduces under-eye hollows or puffiness. The surgery also addresses deep lines between the nose and mouth to give a younger, more refreshed appearance.

At Bella Vou, a Cheek Lift is often performed as part of lower eyelid surgery or blepharoplasty.

Why have a Cheek Lift?

Cheek sagging and loss of fullness is one of the earliest signs of ageing. Drooping of the fat pads in the cheeks causes a loss of the youthful cheek contour but also affects the rest of the face. The middle part of the face often becomes flatter and longer. There may be puffiness or increased hollowness under the eyes, jowls, and deep lines extending from the corner of the nose to the corner of the mouth.

If the effects of ageing are making you look tired or grumpy, even when well-rested. Or if your appearance is affecting your confidence and self-esteem, the specialist surgeons at Bella Vou can help. A Cheek Lift can restore your cheeks' natural youthful curves and rejuvenate your appearance.

What happens in Cheek Lift surgery?

At Bella Vou, Cheek Lift surgery is usually performed under local anaesthetic. It is done as a day case procedure, meaning you won't need to stay in hospital overnight.

The surgeon makes an incision under the lower eyelash margin. The fat pads are then pulled up into their original position. The muscle layers can also be hitched up, and then the tissues are carefully secured in their new positions. Any excess skin in the under-eye area can also be removed to reduce bags and puffiness.

How long is the recovery from Cheek Lift surgery?

The skin in the under-eye and midface area is thin and delicate so that any surgery will result in bruising. The recovery will depend on the extent of surgery and your healing pattern.

Most people find that bruising and swelling fades by a week to ten days. Concealer can be worn soon after the operation. Your surgeon and the specialist team at Bella Vou will offer support and guidance about how to safely camouflage the area.

Quick glance guide to Cheek Lift surgery

Procedure Time: 40 - 60 minutes

Recovery: 1-2 weeks

Anaesthetic: Local anaesthetic. Local anaesthetic and sedation or general anaesthetic also available.

Hospital stay: No.

Treats: Flattened cheeks, under-eye puffiness, indentations of the upper cheek, and prominent or deepened nasal lines.

Why choose Bella Vou for your Cheek Lift?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Cheek Lift journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon, with no obligation to proceed to treatment. The consultation is an opportunity to discuss your concerns and whether a Cheek Lift is the right procedure to help you achieve the appearance you want. Bella Vou also provides the revolutionary Concept™ Facelift. It is an innovative, less invasive alternative to traditional facelift surgery. It is performed under local anaesthetic, offering a quicker recovery, reduced bruising, and less downtime, so it can be an alternative to Cheek Lift surgery.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your consultant before proceeding to surgery. This will give you a chance to find out more about the Cheek Lift and to ask any questions you may have.

Preparation for Cheek Lift surgery

You'll be given individual pre-operative advice to reduce your risk of infection and help your recovery.

Let your surgeon know any prescription or over-the-counter medications you take. You may be asked to stop taking aspirin or anti-inflammatory medicines, which can increase the chance of bruising and bleeding. It's important to stop smoking cigarettes and e-cigarettes, which can slow down the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you'll be awake for your procedure, your surgeon will greet you, explain what will happen, and offer reassurance throughout the operation.

What happens during Cheek Lift surgery?

At Bella Vou, Cheek Lift surgery is usually performed under local anaesthetic. It is done as a day case procedure, meaning you won't need to stay in hospital overnight.

The surgeon will cleanse the skin, then inject local anaesthetic so that the area is completely numb. You will feel some movement and pressure during the procedure, but it will be pain-free.

The surgeon makes an incision under the lower eyelash margin, then dissect the fat away from the surrounding tissues and lift them. If the muscles have drooped, the muscle layers can also be hitched up. Any excess skin in the undereye area can also be removed to reduce bags and puffiness.

The tissues are carefully secured in their new positions, and the incision is stitched closed. Your surgeon will decide if you need absorbable or non-absorbable sutures.

Recovery from a Cheek Lift

You will usually be able to go home on the day of the procedure, with no drains or drips. Some swelling and bruising are normal after Cheek Lift surgery. The staff at Bella Vou will offer analgesia, carefully monitor your recovery, and provide support every step of the way.

After one week, the nurse and wound care specialist will check your scars and remove any sutures. Most people find that bruising and swelling fades by a week to ten days. The team will offer guidance about how to safely conceal any bruising as you recover.

At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. However, the Bella Vou staff are always available if you have any questions or concerns between appointments.

FAQs

Are there any other treatments to lift the cheeks?

Bella Vou also provides the revolutionary Concept™ Facelift, which can lift the mid-face area. It is an innovative, less invasive alternative to traditional facelift surgery. It is performed under local anaesthetic, offering a quicker recovery, reduced bruising, and less downtime, so it can be an alternative to Cheek Lift surgery.

Will my Cheek Lift scars be visible?

All surgery leaves scars. The specialists at Bella Vou work hard to minimise scarring. The scars are placed discreetly under the eyes where they are hidden in the natural skin creases.

How long will the bruising last?

Any surgery around the eye will invariably result in bruising as the skin here is very thin. The way the body heals is dependent on several factors, such as the way the skin is handled by the surgeon and the way your body heals. Most patients tend to develop bruising that fades by 7-10 days.