

## FACE LIFT FAQs

### Aesthetically, What Can Be Achieved Following A Face Lift?

A facelift can reverse the appearance of ageing and dramatically soften facial and neck contours and lines, however it must be noted that it will not erase permanent skin creases. The use of non-surgical treatments such as injectable dermal fillers, Botulinum toxin, and other skin treatments can complement and refine the results of surgery or be used to maintain top results.

“A facelift sets the clock back.....but does not stop it ticking” Alex Karidis

### Am I Suitable For A Face Lift?

During your consultation Mr. Karidis will discuss your general medical history and assess you in order to determine your individual suitability. Issues that may cause problems with your surgery such as uncontrolled high blood pressure, blood clotting problems, or a tendency to form excessive scars may be identified and discussed. If you are a smoker you will be asked to stop smoking well in advance of surgery as well as for a period after the operation (generally 4 weeks before and 4 weeks after). Smoking seriously constricts blood vessels, decreasing blood flow to a given area, which will result in poor healing and adverse scarring. Aspirin and other medications should also be avoided as they can cause an increase in bleeding

Generally, the best candidates for a face lift are those who still possess good elasticity, and who are showing signs of sagging on the face and neck area and are within their normal weight limits. Most patients who seek this procedure are usually over 40 years of age, however it is not uncommon to treat younger patients who are looking to maintain a youthful appearance.

### What Does A Face Lift Procedure Involve?

A very discreetly placed incision runs from the top of the ear within the hairline down over the natural crease in front and within the ear returning around behind the earlobe and up the back of the ear. The skin is then lifted; the underlying muscles tightened and blood vessels are sealed before the skin is replaced in its new position. Any excess skin is trimmed and sealed with dissolvable stitches.

On completion, a bandage dressing is then gently applied around the face in order to apply light pressure over the wound area. Mr. Karidis has modified his technique over many years in order to ensure minimal visible scarring whilst, at the same time, ensuring that the anti-ageing effects and longevity of the face lift are not compromised.

### How Will I Feel After Surgery?










It is important to understand that the period following a facelift can be quite daunting. When you return to your room you will have bandages fastened around the face in order to minimise swelling and bruising. These are removed the following day; however your face will likely continue to feel tight over the coming days until swelling starts to subside. As a result of this, some patients find it a little difficult to open and close their mouth properly. Pain is usually well controlled but you are likely to feel some discomfort or a feeling of pressure. Looking in the mirror the first time can be a bit of a shock but it is important to remember that swelling and bruising will settle soon! It takes most patients around 2 – 3 weeks to feel reassured of their final result and feel ready to face the public again. You will be assessed in clinic at around 1 and 2 weeks post-surgery.

### Nurses top tip:

Don't panic! Swelling and bruising will subside but don't expect it to happen overnight. Rest up and allow other people to help you with the housework.



### Quick Reference

-  **Surgery time**  
2-3 hours
-  **Anaesthetic used**  
General anaesthetic
-  **Hospital stay**  
1 – 2 nights
-  **Pre admission tests required**  
Blood tests +/- ECG
-  **Up and about**  
24hrs
-  **Washing**  
Daily from 24hrs
-  **Driving**  
1 week
-  **Exercise**  
3+ weeks
-  **Time off work**  
2-3 weeks

## FACE LIFT FAQs

### What Are The Do's And Don'ts Following A Face Lift?

Any pain or discomfort can be eased by frequent application of cold gel packs to the area and continuing to take regular pain relief as prescribed. You will be advised to wash hair daily with a gentle baby shampoo and thoroughly dry your hair with a hairdryer on a cool setting.

### Is A Face Lift Painful?

Patients often experience swelling and bruising to the face and, as a result, can feel some degree of pain. This is usually reported as a tight, pressure sensation. With the use of regular medication prescribed by Mr. Karidis, and regular ice pack application to the area, pain can be kept minimal. Often, after 1 week or so, patients feel fairly comfortable without the need of additional medication.

### Can a Face Lift Go Wrong?

All surgery carries risks. However, choosing an appropriately qualified plastic surgeon and following the advice of medical staff will keep risks of complications to a minimum. Individuals vary greatly in their anatomy and healing abilities so it is impossible to guarantee a specific outcome. Though extremely uncommon, infection can occur post any surgery. Precautions are taken whilst in hospital and you will be advised accordingly to keep this risk to a minimum. Haematomas and seromas (collections of blood or fluid) can occur, though this is rare. If these are significant enough will require medical intervention. Nerve injuries to the muscles of the face are also rare being seen in only 1 in 1000 cases.

### How Long Until I Look And Feel Normal Following A Face Lift?

You should be up and about in a day or two, but plan on taking it easy for the first week after a face lift procedure. Remember, at the beginning your face will look and feel rather strange. Your features will be distorted from the swelling, you will have some bruising and your facial movements are likely to be slightly stiff. It's not surprising therefore that most patients are disappointed in the first couple of weeks. However you must try to stay positive and understand that things WILL get better! From about 2-3 weeks after surgery you will likely feel confident to get out and about, though small refinements will take place over the course of 6 – 9 months. Most people feel happy to return to work from around 3 weeks.

### What Costs Are Involved?

A surgeon fee, anaesthetist fee and hospital fee will be required. You will be given a breakdown of these costs on the day of your consultation.

### How Many Face Lifts Has Mr. Karidis Performed?

In accordance with the National Healthcare commission guidelines, according to the last five years of annual audit figures submitted to the Hospital of St. John and St. Elizabeth in London, Mr. Karidis performed on average 120 face lift procedures per year. In the last 10 years he has performed over 900 face lift procedures.

### How Does Travelling Soon After Surgery Affect Me?

After your operation you may feel a little drowsy from the anaesthetic and other medications. Therefore we strongly suggest that, if possible, you nominate a friend or family member to collect you. Alternatively, we can assist you in booking a taxi whilst you are in hospital.

### Does Karidis Provide Post Op Care?

We look forward to seeing you at the clinic around 7 and 14 days after your surgery to review your results, thoroughly clean the area and provide you with ongoing advice. Providing all is well, you will usually see Mr. Karidis at around 4 weeks post operation for a routine checkup. Further appointments can of course be made if necessary.

### How Should I Prepare For A Face Lift?

It is always useful to allow yourself plenty of time to recover and organise sufficient time off work as appropriate. 3 weeks should give you sufficient time to allow any obvious bruising and swelling to subside. A little make up may be required at that point to cover any remaining bruising.

Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

### What Are The Warning Signs After A Face Lift?

Please ensure you notify medical staff of any excessive swelling, persistent high temperature (above 37.5 degrees for 12 hours or more) or uncontrollable pain. Most often there is nothing to be concerned about, however, it is always best to check!

## FACE LIFT FAQs

### **Would You Recommend Any Other Treatments following a Face Lift?**

Once you have healed following your face lift it would be a good idea to treat the skin surface with one of our medical grade Facials such as the HydraFacial to unclog any congested pores, and rejuvenate the top surface layer to help invigorate the skin and enhance luminosity. Moreover non surgical treatments such as dermal fillers and Botulinum toxin injections will help to compliment the results of the facelift by smoothing out any fine lines and creases not improved with the facelift.

### **Why Should I Choose A Face Lift Procedure?**

The chances are excellent that you'll be happy with your face lift, especially if you realise that the results will not be immediately apparent. It is very likely that you will experience a boost in self-confidence and self-image. The results of any properly carried out face lift should be lasting but remember the procedure cannot halt the ageing process. It is important to look after the skin as best as possible in order to maintain top results for a longer period of time.

