



# FACE LIFT TREATMENT



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THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

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DIGITAL VERSION

### WHAT IS A FACELIFT?

- As we get older, skin and tissues naturally lose their elasticity. This leads to sagging and wrinkles. A facelift, also known as rhytidectomy, is a surgical procedure that lifts and tightens these facial tissues.
- A facelift can involve removing excess skin, smoothing out folds or wrinkles, and tightening facial tissue. It doesn't include a brow or eye lift, although these might be done at the same time.
- A facelift is only focused on the bottom two-thirds of the face and often the neck. People get facelifts for a lot of different reasons. A common reason is to help disguise signs of aging.

### HOW DOES A FACELIFT WORK?

- During a facelift, your surgeon repositions fat and tissue under the skin to: • help smooth out creases • remove excess skin that's causing "jowls" • lift and tighten the facial skin

### WHAT'S THE PROCEDURE FOR A FACELIFT?

- Facelifts vary depending on your desired results. • Traditionally, an incision is made in the hairline near the temples. The incision goes in front of the ear, down in front of and hugging the earlobe, then back to the lower scalp behind the ears.
- Fat and excess skin may be removed or redistributed from the face. The underlying muscle and connective tissue are redistributed and tightened. If there's minimal skin sagging, a "mini" facelift may be done. This involves shorter incisions.
- If a neck lift is also going to be performed, the excess skin and fat will be removed. The skin of the neck will be tightened and pulled up and back. This is often done through an incision just under the chin.

The incisions often have dissolvable sutures or skin glue. In some cases, you might need to return to the surgeon to have stitches removed. The incisions are made in such a way that they blend with your hairline and facial structure.

You'll often have a surgical drainage tube after surgery as well as bandages wrapping your face.

### ARE THERE ANY RISKS OR SIDE EFFECTS?

- There are risks to any medical procedure, including a facelift. Risks can include:
  - anesthesia risks • bleeding • infection
  - cardiac events • blood clots • pain or scarring
  - hair loss at the incision sites • prolonged swelling • problems with wound healing

### PREPARING FOR A FACELIFT

- Preparing for a facelift is similar to preparing for surgery of any other kind. Before the surgery, your doctor will ask for blood work or a presurgical evaluation. They may ask you to stop taking certain medications or adjust the dosage before the procedure.
- Your doctor might also ask you to:
- Stop smoking. • Discontinue use of aspirin, anti-inflammatory pain relievers, and any herbal supplements to reduce the risk of bleeding and bruising.
  - Apply specific products to your face before the procedure.
  - At our center, the first step during the consultation for cosmetic surgery involves a physical examination followed by your medical history and a detailed analysis of your concerns. Our plastic surgeon will ensure that you are made fully aware of the potential risks and benefits of facial surgery.
- Photographs and computer imaging will help you understand the planned changes. Surgery

usually involves the removal of excess facial skin, tightening of underlying tissues, and the re-draping of the skin on your face and neck.

### WHAT TO EXPECT AFTER A FACELIFT?

- After the surgery, your doctor will likely prescribe pain medication. You may or may not have some pain or discomfort along with swelling and bruising. This is all normal.
- Your doctor will give you instructions on when to remove any dressings or drains and when to make a follow-up appointment.
- Once the swelling goes down, you'll be able to see the difference in how you look. As far as your skin "feeling" normal, this usually takes several months.
- Typically, give yourself about two weeks before resuming a normal level of daily activity. For more strenuous activity, like exercise, wait about four weeks. Everyone is different, though, so ask your doctor when you can expect to be able to resume your usual activities.
- To help extend the results of your facelift, moisturize your face daily, protect it from the sun, and live a generally healthy lifestyle.
- The results of a facelift aren't guaranteed. You might not get your desired results from one surgery. Sometimes a subsequent surgery is necessary.
- Talk with your doctor about what you can do to help ensure a successful facelift and what you can reasonably expect from the surgery.
- To know how face lift can help you to look, feel and live better, schedule a consultation with a specialist in our facility.

### WHAT IS FACIAL AGEING?

- Cosmetic surgery can help to correct the effects of facial ageing by a procedure called a

facelift. The medical term for a facelift is rhytidectomy. This procedure reshapes the lower half of the face, removes excess facial skin, smoothens wrinkles and tightens loose skin. This helps to make the face appear more youthful.

### WHAT KIND OF SKIN CHANGES OCCUR WITH AGING?

- As the skin ages, it loses its elasticity and skin tone, which eventually leads to fine and coarse wrinkles. The surface of the skin might become rough and dry. The outer layer thins, which gives the skin a translucent appearance and might reveal small underlying blood vessels. Sun exposure causes freckles, irregular facial pigmentation (skin coloring), as well as pre-cancerous and cancerous skin lesions. These are the changes that can be improved with chemical peels, dermabrasion, and laser resurfacing.

### WHAT KIND OF GRAVITATIONAL CHANGES OCCUR?

Gravity causes stretching and looseness (laxity) in the supporting ligaments (flexible bands of tissues) of the face. As a result, the forehead and eyebrows droop, and folds of skin develop on the eyelid. Fat in the cheeks also droops, which results in deepening of the smile lines and the formation of jowls. The neck begins to sag and develops neck bands.

These changes cannot be corrected with chemical peels, dermabrasion, or laser therapy, but require procedures such as a face lift, neck lift, forehead lift, or eyelid surgery to re-drape the skin and re-elevate the underlying deep structures.