



AM Aesthetic Surgery
...dawn to a new you

Lower Face / Neck Lift

Your surgeon:

Mr Ajay L Mahajan

MB BS, FRCSI, MMedSc, MD, FRCS (Plast)

Consultant Plastic Surgeon | Honorary Senior Lecturer | Director of Research – PSBRU

Your Predicament: “I have lost definition of my jaw line. I hate the way my neck looks. I often cover my neck with a scarf.”

Our Solution: A lower face / neck lift procedure can help you regain the definition of your face with a nice clean jaw line and a firm defined neck.

The “SMAS Contouring” technique.

Excess fat in the neck with loose skin that affects the definition of the neck and jaw line.

There are various techniques used to improve the appearance of the face. Most of the minimally invasive techniques tend to produce minimally effective changes in the face too. We often get patients who have spent a significant amount on some of these techniques and then finally approach us to have a more effective surgical face lift procedure done.

Mr Mahajan plans the procedure to place the scar as inconspicuously as possible. He uses the SMAS contouring technique that he has acquired from Stockholm and has improvised upon it to suit his patients. This technique not only helps tighten and suspend the SMAS layer, repositioning it to where it belongs, but also helps restore the volume of the face in the areas that helps rejuvenate the face. This procedure is carried out in a plane above where the important nerves in the face are located, thereby minimizing risk of injury to them. This technique avoids the ‘wind swept’ appearance and produces a long lasting youthful appearance. The face lift procedure will bring back the youthful appearance to your face. If your expectations are realistic, you will always be happy, if not, you will always be unhappy irrespective of how good a job your surgeon might have done!

This procedure is often combined with eyelids lift, brow lift or fat transfer to areas in the face to help achieve a global rejuvenation of the face.

Pre Operation

Mr Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in detail as to how he can achieve the results you want. A detailed examination involving assessment of the facial contours, overlying skin and underlying muscles and fat will be noted. Measurements will be taken as necessary to gauge the degree of the problem.

Depending on your examination a treatment plan will be formulated tailored to your needs. Depending on the characteristics of your face, Mr Mahajan will discuss surgical options with you. You will together be able to decide the procedures that will be used to achieve your desired results. There is limit as to how much things can be altered depending on your underlying skeletal structure, this will be assessed and explained to you.

Mr Mahajan usually carries out liposuction of the neck in conjunction with the facelift to help contour the neck as necessary. Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure. Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure your suitability for the procedure under general anaesthetic. You will need to stop smoking (including electronic cigarettes and nicotine patches) and stop any anticoagulant medication such as Aspirin, Warfarin, etc as suggested by Mr Mahajan.

Operation

You will be admitted to the hospital on the day of the procedure. The operation will be done under general anaesthesia. It will be carried according to the technique that was planned at the consultation. This will depend on the characteristics of your face and will involve using the approach discussed before.

If liposuction is necessary, this will be done first to reduce the excess subcutaneous fat and help define the neck. The incision will be made along the hair line, in front of the ear (at the junction of your face with your ear), curving along the ear lobe to behind the ear (in the crease) and ending in the hair at the back of your head.

The skin flap is elevated and the SMAS layer is then tightened and suspended to contour the deep layers of the face. Fat will be transferred to the cheek area if indicated and opted for by the patient in the pre-operative plan. The excess skin is then trimmed off in the appropriate places and absorbable / non-absorbable sutures used to close the surgical wounds. There will be a drain placed under the skin on either side which will be removed the following day. A facelift garment will be applied.

The procedure can take about 4 hours to do depending on the complexity of the case. Mr Mahajan will dedicate as much time as is necessary to create your new aesthetically pleasing form and achieve the results you desire.

Post Operation

Following your procedure, you will be taken to your room, once you have recovered from the anaesthetic. You will be cared for to the highest standards by our well-trained nurses. You will need to rest in bed with the back propped up to minimize swelling and bruising. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 2 to 5 days, but we will ensure that you are comfortable with adequate analgesia.

You can go home as soon as you are comfortable enough to go home. This is usually the following day after removal of your drains. You will have some non-absorbable sutures in front on your ear that will need to be removed in a week, the rest of the sutures will be absorbable, and you will not have to have them removed. Scars are unavoidable following any surgery, but Mr Mahajan aims to make these as neat as possible. Your face will be swollen immediately following the surgery. Over the next few months the swelling will gradually go down and the contour of the face will improve.

You will be seen 1 week following the procedure to ensure that your wounds have healed well and to remove your sutures. After this initial follow up, you will be seen again in 3 months' time to assess the results when the swelling has settled reasonably. Mr Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

Subsequent Procedures

The face lift procedure is often combined with Eyelid lift or fat transfer to midface to help achieve global rejuvenation of the face. A forehead / brow lift may be necessary if there is brow ptosis or droop. Botox injections or fillers can also be considered, but not at the same time as your facelift surgery.

NEED-TO-KNOW INFO

- Duration of surgery: 3 hours
- Anaesthesia: General Anaesthetic
- Duration of inpatient stay: 1 nights
- Wounds healed in: 1 weeks
- Scars matured in: Settle in 3 to 6 months, fully matured in 12 to 18 months
- Back to light work (Desk job): 2 weeks
- Back to cardiac exercise / fast walking: 2 to 3 weeks
- Back to labour intensive work / Exercise: 6 to 8 weeks
- Sexual activity: 6 to 8 weeks
- Able to drive: 2 weeks (Should be able to apply emergency stop)
- 'Long haul' flights / holidays: Avoid four weeks before and after. Short flights are okay.
- Shower / bath: Keep dressing dry for one week, but pamper yourself with a sponge bath.
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: Face lift garment for 1 week
- Post operative review: 1 weeks, 3 months (As often as necessary if clinically indicated)
- Post Operative pain / discomfort: 2 to 5 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) Bleeding, bruising, swelling, haematoma, infection, delayed wound healing, skin necrosis, scars – hypertrophic, stretched, sensitive, scar alopecia, step in the hair line, ear lobe deformity, residual fullness or irregularities, asymmetry, numbness facial skin / ears, facial nerve injury, risks associated with general anaesthetic, blood clots in legs or lungs.