



AM Aesthetic Surgery
...dawn to a new you

The AM Lift

Mini or Midi facelift

Your surgeon:

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Your Predicament: “I have aging changes in my face but I am not keen on an extensive full face / neck lift procedure. Also, I have a busy life and cannot take a lot of time off. I would like a short day case procedure under local anaesthetic to address my concerns.”

Our Solution: “The AM lift, which is a Mini or Midi facelift procedure under local anaesthetic, can contour and rejuvenate the face to help turn back the clock to your younger days. It removes excess loose skin through a relatively smaller incision than a full facelift and tightens the underlying layers to remove the slack in your tissues. We can help reduce the aging changes in the face with this short day case procedure with minimal downtime.”

The “SMAS Reefing” technique.

As a person ages, there are many changes that occur in the face. The forehead and brow can drop, changes around the eyes make them look tired, there is a decrease in the volume of fat in the face, especially in the cheek areas, the mid face drops down leading to jowls (sag along the jaw line) and deep naso labial grooves and marionette lines at the junction of your cheeks and nose/lips. There may be 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.

Professor Mahajan plans the procedure to place the scar as inconspicuously as possible. He uses the SMAS reefing technique that he has developed after acquiring the basic principle of it from Stockholm and improvising it to suit his patients. 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. 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, chin liposuction, brow lift or fat transfer to areas in the face to help achieve a global rejuvenation of the face.

Pre Operation

Professor 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, Professor 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. A mini facelift mainly addresses the lower face/neck and the midi facelift address the cheek and nasolabial folds too in addition to the lower face / neck.

Professor Mahajan can offer liposuction of the neck in conjunction with the mini or midi 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. 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 Professor Mahajan.

Operation

You will be admitted to the hospital on the day of the procedure. The operation will be done under local anaesthesia. It will be carried out 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 up to the hair at the back of your head.

The skin flap is elevated and the SMAS layer is then reefed up to tighten 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.

The procedure can take about 2- 3 hours to do depending on the complexity of the case. Professor 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 the recovery room and discharged home once your observations are stable. 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. You will have some pain and discomfort for 2 to 3 days, but we will ensure that you are comfortable with adequate analgesia.

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 Professor Mahajan aims to make these as neat as possible. There will be slight swelling of your face immediately following the surgery. Over the next few weeks 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. Professor Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

Subsequent Procedures

The Mini face lift procedure is often combined with upper eyelid lift or liposuction of the chin / neck 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: 2 – 3 hours
- Anaesthesia: Local Anaesthetic
- Duration of inpatient stay: Day case procedure
- Wounds healed in: 1 week
- Scars matured in: Settle in 3 to 6 months, fully matured in 12 to 18 months
- Back to light work (Desk job): 1 week
- Back to cardiac exercise / fast walking: 2 weeks
- Back to labour intensive work / Exercise: 6 weeks
- Sexual activity: 6 weeks
- Able to drive: 2 weeks (Should be able to apply emergency stop)
- ‘Long haul’ flights / holidays: Can go on holiday after 1st post operative check up after a week to ensure tissues are healing well.
- Shower / bath: Shower the following day and can wash hair too.
- 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: Not necessary as procedure is minimally invasive, unless liposuction of the chin / neck is done at the same time.
- Post operative review: 1 weeks, 3 months (As often as necessary if clinically indicated)
- Post Operative pain / discomfort: 2 to 3 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, ear lobe deformity, residual fullness or irregularities, residual loose skin, nasolabial folds, marionette lines or jowls, asymmetry, numbness of facial skin / ears, facial nerve injury.

Please refer to <https://www.amaestheticsurgery.uk/mini-face-lift/> for detailed information about the procedure.