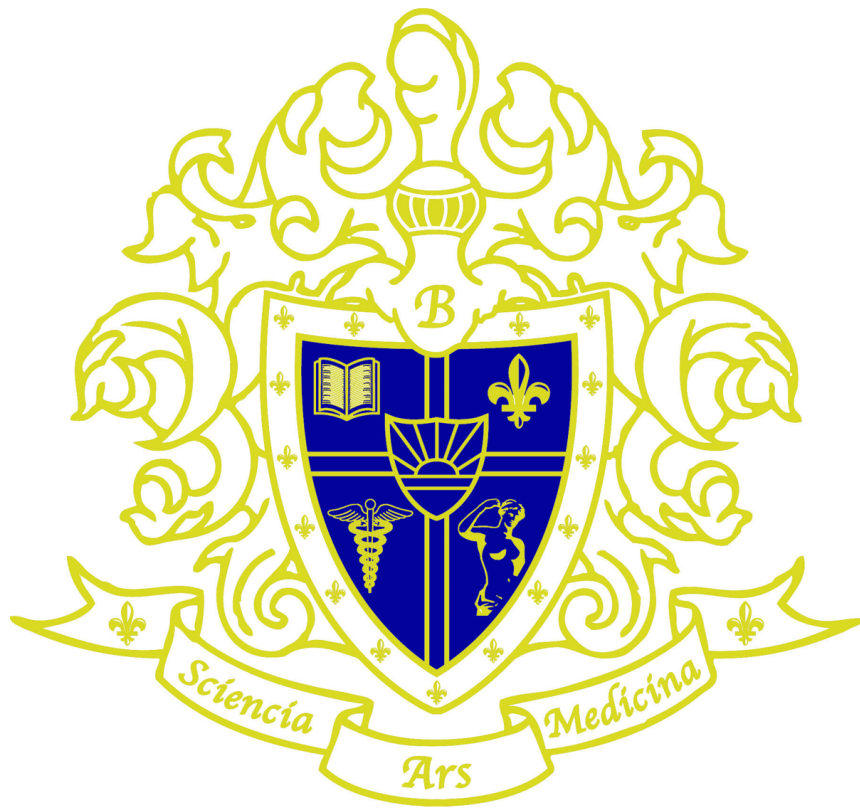


# Face Lift



**Beeson Cosmetic Surgery**

## 5 Signs You Are A Good Candidate for Facelift



George Burns once said, "You can't help getting older, but you don't have to get old." Today, people are living longer and keeping themselves in better condition. It is no secret that we are a "visual" society-Facebook, Zoom, and Instagram. Appearance is important. Many people tell us that they just want to look as good as they feel!

Botox and fillers can help us soften the telltale signs of aging, but they can only turn back the clock so far. Skin rejuvenation creams and lotions can help us reduce skin wrinkling and improved skin tone, but they have little effect on sagging skin. As we age, our skin loses elasticity, our fat redistributes itself, our muscles become lax, our skin becomes lax, and our bony skeleton starts to resorb. This translates into droopy, sagging skin and muscles, which throws our facial features out of proportion and makes us look old and fatigued. For many women and men who experience this kind of facial laxity, facelift surgery becomes an appealing option.

Here are a few signs you can look for to determine if you are a potential candidate for a facelift:



### 1) Sagging Jowls

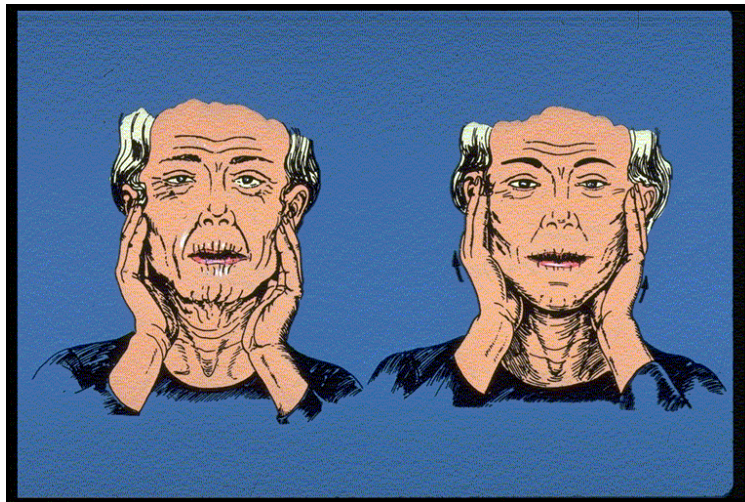
This is one of the most common reasons people seek facelift surgery. They are concerned with increased skin laxity along the jawline and at the corner of the mouth, which they feel gives them a tired and sad appearance.

### 2) Deep Nasolabial Folds

As we age the fibro-fatty tissue pad in our cheekbone area (malar pad) droops and, along with skin laxity, results in deepening of the crease that runs from the corner of our nose to the corner of our mouth (nasolabial fold).



3) You smooth your skin and obtain a more pleasing, youthful contour by pulling up and back



4) The bands in your neck become prominent



As we age, the platysma muscle in the neck can sag and cause prominent cords or bands that run vertically from under our jaw to the base of our neck.

5) You need dermal filler frequently to maintain your look

Often times, fillers can help to support sagging skin and provide a more youthful appearance. However, when it gets to the point that you need multiple syringes of fillers every 6 months to maintain the desired effect, it is likely time to consider a treatment that will provide a more significant and longer lasting improvement.

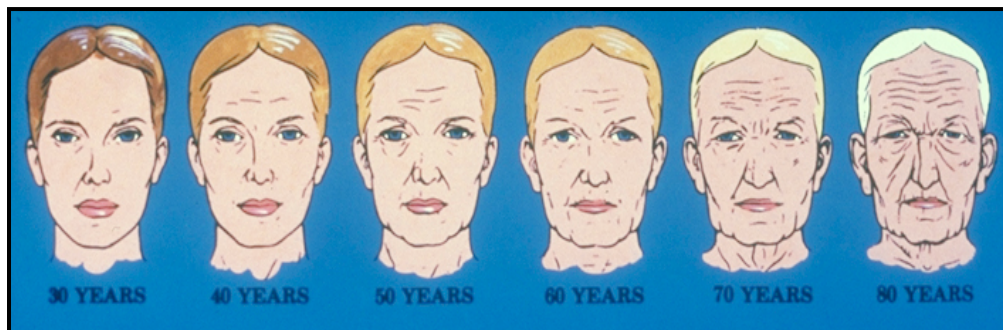
While the above are signs that you may be a good candidate for a facelift, there are indications when a facelift is not the procedure of choice for you.

If you are primarily concerned over skin wrinkling and the tone and texture of your skin, laser resurfacing or a chemical peel may be a better treatment. Surgery (facelift) takes care of "sags and bags" while a chemical peel or laser takes care of "wrinkling". Some people are candidates for both!



If you are not in good health, you are likely not a good candidate for surgery. In addition, patients have to be realistic about what facelift surgery will achieve. While it may significantly improve one's appearance, it will not save a failing marriage or help get that job promotion.

## Facial Rejuvenation Surgery



As we age, the almond-shaped face goes to a more oval configuration. An oval face goes to a more round shape, and the round goes to a more square shape. The square shaped face ages the least gracefully because even minimal redundancy is noted immediately. Individuals with high cheekbones and an almond-shaped face can camouflage laxity of skin and muscle more readily. These people age the most gracefully.

Normally there is a groove that runs from the nose to the corner of the mouth called the buccal labial fold. This is a normal anatomical finding because of the junction of muscles in this area. However, as we age this fold may become more prominent. When it extends below the corner of the mouth and begins to form the jowl, this is the time when most people feel that surgical correction is needed immediately. Other individuals tend to treat this laxity before it extends to this more dramatic end point.

There are two ways of addressing laxity in this mid-face area. One can think of it in terms of a hill and valley. One way to address the problem is to fill in the valley, however this method is usually temporary. This can be done with injectable fillers (hyaluronic acid), microlipo injections, or facial implants such as Gore-Tex. These are all outpatient procedures with a minimal convalescence and can satisfactorily reduce the prominence of the buccal labial folds. This can help to preserve or extend a more rested appearance to the face and in some cases, postpone the need for facial rejuvenation surgery.

On the other hand, one can treat prominence and sagging in this area by reducing the hill. This would essentially be a facial rejuvenation procedure, which would remove the excess skin and tighten lax facial muscles. Eventually the valley is going to become too deep to be filled and the only treatment option will be to reduce the hill, or the facial rejuvenation procedure.

The facial rejuvenation procedure, or rhytidectomy as it is medically called, treats the neck, cheek, jowl, and lateral temporal area. It gives the ultimate improvement in facial plastic surgery because it addresses all the areas of concern, and repositions tissues into a more normal, natural position.

Aging results in loss of moisture from the skin, the fat redistributes itself, the skin becomes more lax and the muscles become more lax. Facial rejuvenation surgery addresses many of these areas. Liposuction is used in conjunction with facial rejuvenation surgery to remove excess fatty tissue and fatty tissue that has repositioned itself in aesthetically displeasing locations. In some, fat can herniate down into the jowl area and accentuate fullness in this region. Liposuction can be used through a small incision on the inside of the mouth to remove the excess fatty tissue in this area.

Facial rejuvenation surgery repositions muscles into their normal position. With aging, there can be a diastasis of muscles. This is most prominent in the neck area where the platysma muscle sags, resulting in the deep banding or cording in the neck. By repositioning these muscles, we obtain a more natural, more physiologic appearance. We feel it is important to reposition the muscles into their natural position and avoid cutting or altering the position of the muscles, feeling that this would give a more artificial appearance and prolong the healing process. Facial rejuvenation surgery then removes the excess skin.

Newly developed anesthetics and surgical techniques have been shown to reduce swelling and bruising associated with facial rejuvenation surgery significantly in most individuals. Usually, patients are able to return to work and social activities within 7-10 days.





A facial rejuvenation will essentially last forever, because the excess skin has been surgically removed. However, we will continue to age. The day we have surgery performed, we continue to age. One needs to think of this in terms of a conveyor belt of time. If one has surgery at the age of 50, following surgery they may look 10 years younger. This means that chronologically they are 50, but physiologically they appear to be 40. Unfortunately, the conveyor belt of time keeps moving and 10 years later, chronologically they are 60, but physiologically they look 10 years younger (50). When they are 50 they desire to have a more rested, youthful appearance. For that reason, many desire to maintain this look with repeated surgeries. However, this is certainly not necessary.



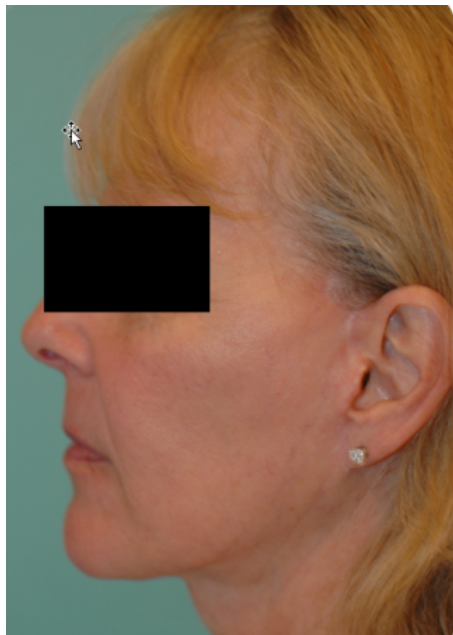
It should be pointed out that every facial rejuvenation patient could get improvement with a tuck-up, one year after surgery. However, that is not obligatory and many patients are so satisfied with their appearance that they defer a tuck up.



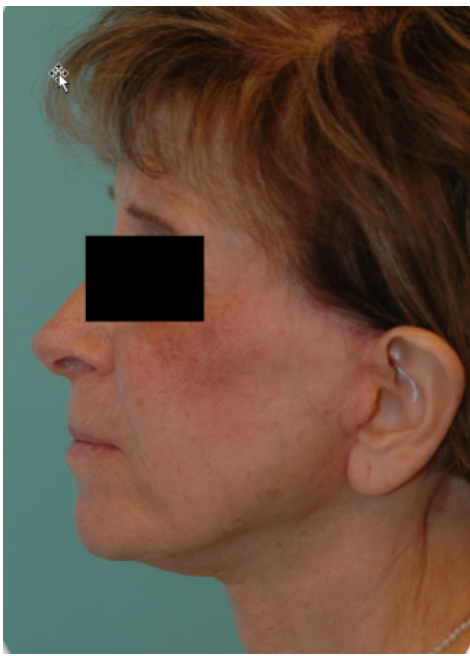
We think it is important to have a very natural appearance and to create a good foundation for surgery that allows those individuals to maintain their result as much as possible.



Because the skin is surgically removed with a facial rejuvenation, there will always be some degree of permanent improvement. However, we will continue to age. The degree at which we continue to age depends upon a number of factors including general health, environmental exposure, nutrition, and other numerous variables. Many people who have facial rejuvenation surgery desire to maintain this look with repeated surgeries. However, this is certainly not necessary.



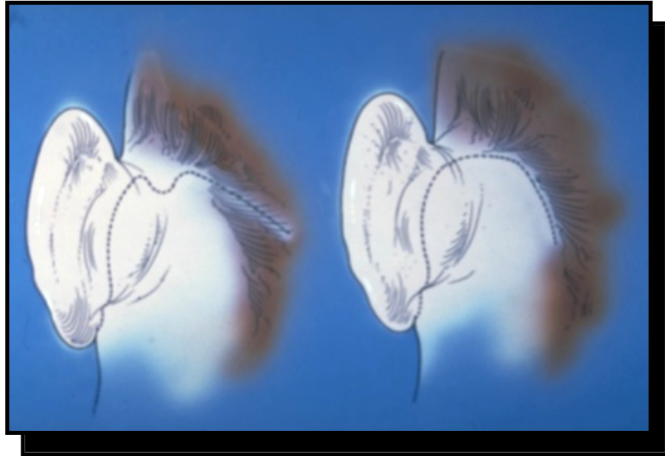






## Surgical Technique

In the female patient, incisions are hidden within the skin creases around the ear, going behind the tragus (the small flap of skin immediately in front of the opening to the ear canal). This means there is no incision in front of the ear, which can be a telltale sign of facial rejuvenation surgery. The incision then goes behind the ear and back into the hairline. In the frontal temporal



area, the incision extends superiorly into the hairline. The incisions around the ear are closed with dissolvable sutures in multilayers. The hair is not shaved and incisions in the hair bearing tissues are made within hair parts. Small clips are used in order to allow the patient to shower following surgery. In most cases, a small incision is made in a natural chin crease below the chin. This helps to obtain additional support and contouring in the neck and submental area. With facial rejuvenation surgery, excess fatty tissue is removed, the muscles in the neck, cheek,

jowl, and lateral temporal areas are supported, and the excess skin is removed.

In some cases, an endoscopic facial rejuvenation can be utilized. This is a “minimal incision” type of surgery where very small incisions are hidden behind the hairline and small telescopic instruments are inserted underneath the skin, and are used to elevate and to reposition tissues in the mid-facial area. The advantage of this procedure is that the incisions are very small, they are not routinely visible, and the recovery time is very fast. In our experience, approximately 15% of facial rejuvenation patients are candidates for the endoscopic facial rejuvenation. These patients tend to be younger individuals who have good skin elasticity and “sagging” which is localized to the malar (cheek bone) area or deeper nasolabial folds. The technique is also useful in selected patients who have had a good foundation established with their initial facial rejuvenation and are able to utilize the endoscopic facial rejuvenation for a “tuck.” The more skin laxity there is, the more likely a traditional facial rejuvenation technique will be needed.

## Recovery

Following surgery, a turban-like dressing is used for the first 24 hours. Cold compresses are placed over the neck area. The following morning the dressing is removed and cold compresses are applied to the face and neck areas for the next 48 hours. Hydrogen peroxide-soaked Q-tips are used to clean over incision lines, followed by showering 4-6 times a day to accelerate wound healing and prevent crusts from forming. Individuals need to sleep with their head elevated 30 degrees for two weeks and avoid heavy lifting or straining for the first 7-10 days following surgery. One should also minimize movement of the head and neck for one week following surgery to avoid stretching those newly positioned tissues. This means driving is prohibited for

one week. Makeup can be applied after one week. Most individuals find that they can resume their normal social and work activities within 1-2 weeks following surgery.

## **S-Lift and Neck Lift Post Procedure Care Instructions**

- Sleep with head elevated 30-40° for two weeks
- Apply cold compresses over neck and cheek areas every 10 minutes for 48 hours following surgery
- No heavy lifting or straining over 5 pounds for 7-10 days after surgery
- Soft or liquid diet for 5-7 days following surgery
- Clean incision lines with hydrogen peroxide and shower 3-4 times a day for the first 7 days following surgery
- Avoid applying makeup over incisions for 1 week

### **S-Lift**

A S-Lift is designed for patients who are concerned with tissue laxity in the cheek and jowl area, but desire more immediate results with little “down time” and a smaller incision. The S-Lift is a minifacial rejuvenation that provides support and rejuvenation to tissues in the cheek-jowl area. A small incision is hidden within the skin crease in front of the ear. Most individuals are able to resume their normal activities within 5-7 days following the procedure.

The advantage of the S-Lift (mini-facial rejuvenation) is that it provides a refreshed look with a quicker convalescence for individuals who have mild to moderate tissue laxity in the cheek and jowl area. The disadvantage is that the S-Lift does not address tissue redundancy in the neck and submental area. A neck lift, submental lipectomy, or facial rejuvenation would be necessary to improve the neck and submental region.