

Advanced Mini Facelift

Fact Sheet

We are the first and only clinic in the UK to use the QuickLift™ technique – an advanced mini facelift developed in America. It can be the ideal choice if you are troubled by sagging cheeks, sagging jowls or a sagging neck. This advanced mini facelift technique has proved extremely popular because it can give great natural-looking results with:

- fewer complications than a full facelift
- minimal scarring, swelling and bruising
- the convenience of a day case procedure
- no need for a general anaesthetic
- rapid recovery and return to your normal routine
- excellent value

Typically a standard mini facelift is carried out by repositioning the skin of the face, tightening facial jowls and a sagging neck. The advanced mini face lift takes this a stage further by tightening and lifting the tissues underneath the skin. This approach gives more dramatic and longer lasting results. In fact, the procedure is more akin to a traditional full facelift than a mini face lift. The overall effect is to reverse the signs of ageing and in particular to improve the appearance of jowls.

An advanced mini facelift can be performed by itself, but is commonly combined with other surgical procedures such as facial liposuction or platysmal placcation (a procedure to tighten the muscle in front of the neck). The majority of patients will gain additional benefit from non-surgical cosmetic treatment e.g. chemical peels or laser skin rejuvenation.

Patient selection and preparation

You may benefit from an advanced mini facelift if you

- feel that you look tired and that everything in your face has ‘gone South’
- have saggy jowls or cheeks
- have a sagging jawline or sagging neck

An advanced mini facelift can be performed on nearly everyone, but it is most successful when carried out on people with good bone structure whose facial tissues have begun to sag but still maintain some elasticity. It cannot treat sagging eyebrows or deal with deep lines in the forehead.

At your initial consultation our Consultant Facial Surgeon will assess whether an advanced mini facelift is appropriate for you and fully explain the potential benefits and risks. He will be able to show you some 'before and after' photographs to show you the sort of results you can realistically expect. This is your opportunity to ask about anything that concerns you, no matter how trivial.

Not everybody is suitable for an advanced mini facelift, and the decision to proceed will ultimately rest with our Consultant Surgeon. Typically people undergoing this form of face lift are in their forties to sixties, but many older (and indeed younger) people can also benefit from advanced mini facelift.

Preparation for surgery

In accordance with the guidelines of the General Medical Council, we always stipulate a minimum of four to six weeks between consultation and surgery – time for you to fully weigh up your decision. If you are sure that surgery is the right choice, you will need to schedule at least a week away from your normal routine for your surgery. You will need to stay overnight in Bristol and to be accompanied by a responsible adult who can take you home and look after you after your surgery. We can help to organise local accommodation or even arrange an overnight stay in hospital if you wish.

If you smoke, it is very important that you stop for at least four weeks before surgery, because even passive smoking seriously interferes with wound healing. You will also be asked to stop taking any drugs that interfere with blood clotting for at least eight weeks e.g. non-steroidal anti-inflammatory drugs, aspirin, clopidogrel, warfarin etc. This may need to be discussed with your General Practitioner. You should continue to take any other prescription medication as normal, up to and including the day of surgery.

The procedure

When you come to the Spire Private Hospital in Bristol on the day of surgery, you will be assessed by your Consultant Anaesthetist. It is important that you do not have anything to eat or drink for two hours before surgery. An advanced mini facelift is a procedure that is much more comfortable when carried out under sedation – your Consultant Anaesthetist will answer any questions you may have about this aspect of treatment.

A straightforward advanced mini facelift usually takes about two hours. The incision is made in the hairline so that it is hidden and extends down, finishing behind the ear. The skin of the face is freed and stitches placed in the tissues underneath the skin to lift the sagging tissue of the lower face and neck. Any loose skin is excised and the skin redraped and stitched to result in a more clearly defined, fresher looking neck and jawline. Small plastic drains are used in the neck, which are removed the next day. Your head will be wrapped in a tight bandage for the first day after surgery.

Potential complications of an advanced mini facelift

Although the vast majority of people enjoy a straightforward recovery, as with all surgical procedures there are some possible complications after an advanced mini facelift.

Possible complications include:

- Excessive bleeding – it is very important to completely avoid any medication such as aspirin that interferes with blood clotting
- Injury to the nerves that control the facial muscles – this is much less likely than with a full surgical facelift
- Infection and delayed healing – this is much more likely in patients who smoke
- Skin loss is a very rare complication but significantly more likely in patients who smoke

Recovery

We now **strongly** recommend that you stay in hospital the night after surgery. There will be small drainage tubes coming from the wounds which will be removed the morning after surgery. We will provide you with special facelift support bandages that you will need to wear for a few days.

When you get home you will need to take things easy for a few days and will need to take mild painkillers for the first 48 – 72 hours. Sleeping and resting with your head elevated will help to reduce any swelling. You may initially be disconcerted by your appearance – face lift surgery always causes some bruising and puffiness – this is to be expected and will normally settle down over the next few days.

At home

After discharge from hospital you will ideally have someone to help look after you for a few days at home. You will be able to have a warm shower and gently wash your hair when you get home. You need to rest quietly for at least two days to allow the healing process to take place. You should avoid any strenuous activity for two weeks.

Aftercare

You should contact us immediately if you experience any bleeding or sudden increase in pain. Our Consultant Surgeon will wish to see you six weeks after surgery to check that healing and progress are satisfactory. You will need to have some of the stitches removed after five days and the remainder a week later. After about seven to ten days you should be feeling pretty well back to normal. You will be able to get out and about and you may wish to return to your normal daily routine. You can wear makeup at this stage if you wish.

Results of treatment

The final results of treatment are seen a month or so after the procedure. The only part of the scar that is visible is a small section in front of the ear - any scarring will naturally fade and become scarcely visible with time.

Having an advanced mini facelift doesn't stop the clock; it merely turns back the hands. Your face will continue to age, but it is perfectly possible to have another mini facelift or even a full face lift at a later stage, should you so wish. The beneficial effects typically last several years and sometimes longer.

talk to **me**

If you would like to discuss any aspect of this treatment please contact us on:

t. 0117 3250325 **e.** info@cosmetic-medicine.co.uk **w.** www.cosmetic-medicine.co.uk