

# FACE LIFT (RHYTIDECTOMY) PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice.)*



# Information For Patients

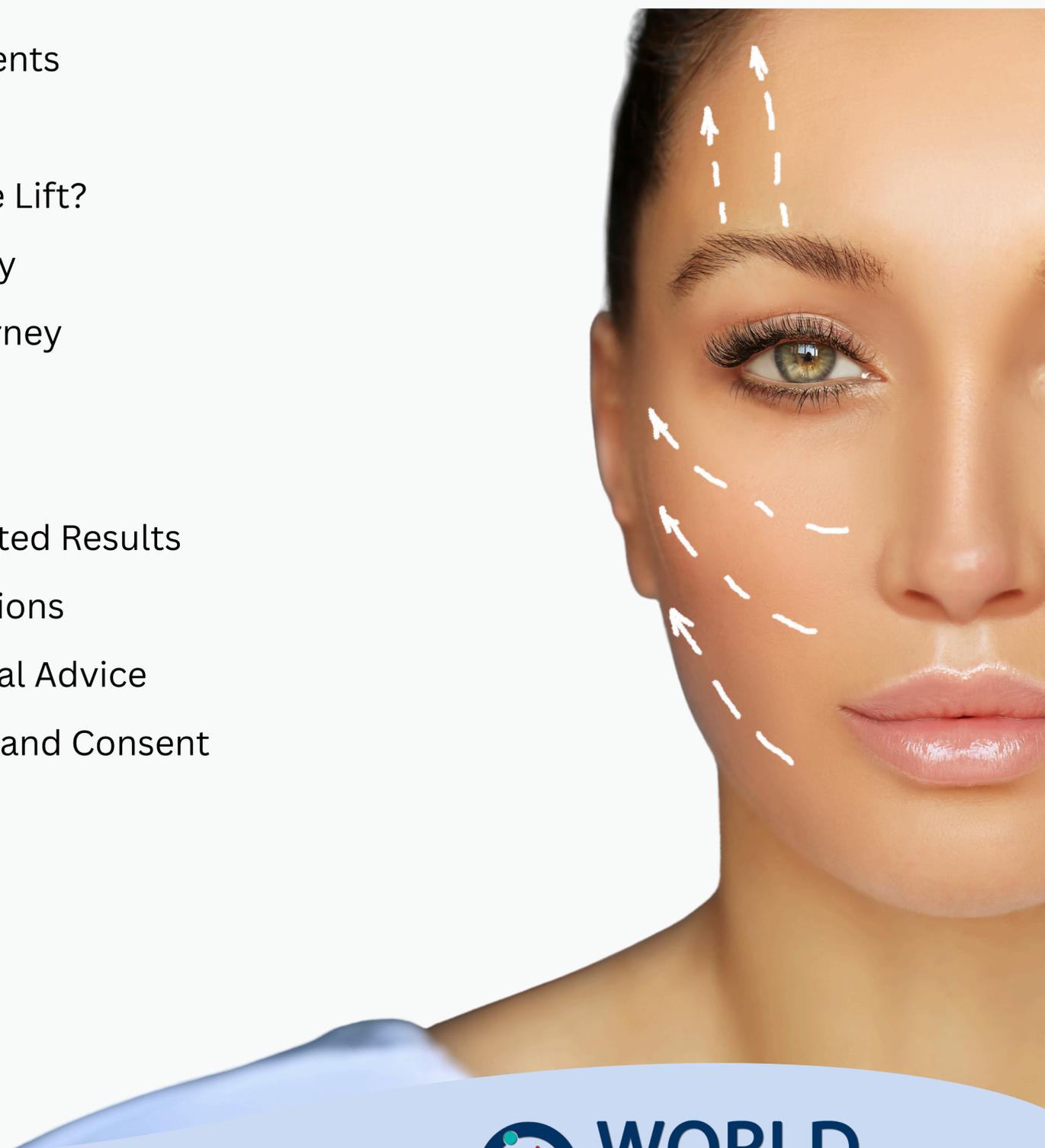
This booklet provides information to help you decide whether to have a face lift (rhytidectomy). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

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## What is a Face Lift?

A face lift, medically known as a rhytidectomy, is a surgical procedure designed to reduce visible signs of ageing in the face and neck. It works by tightening underlying facial tissues, removing excess skin and repositioning skin to create a smoother and more defined appearance.

A face lift does not stop the ageing process, but it can improve:

- Sagging skin in the mid-face
- Deep folds around the nose and mouth
- Jowls along the jawline
- Loose skin in the neck

A face lift may be performed alone or combined with other procedures such as eyelid surgery or brow lift.

## Why Consider a Face Lift?

A face lift may be considered by individuals who:

- Have visible facial sagging or jowls
- Notice loose skin in the lower face or neck
- Feel that their facial appearance does not reflect how they feel
- Have realistic expectations about surgical outcomes

Your surgeon will assess skin elasticity, bone structure, general health and personal goals before recommending surgery.



# Preparing for Surgery

Before your procedure, you may be advised to:

- Stop smoking at least 4 weeks before surgery, as smoking delays healing
- Avoid alcohol in the week before surgery
- Avoid blood-thinning medications such as aspirin or anti-inflammatory drugs (unless approved by your doctor)
- Inform your surgeon of all medications, supplements and medical conditions
- Arrange for someone to assist you during the first days after surgery

If the procedure is performed under general anaesthesia, you will need to fast for a specified period before surgery.

Good preparation reduces the risk of complications.



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# Your Treatment Journey (International Patients)

## Initial Enquiry and Assessment

Photos and medical history are reviewed by the surgical team. A consultation helps determine suitability and surgical planning.

## Travel Arrangements

Airport pickup and accommodation are arranged through the treating hospital. Pre-operative assessment will take place before surgery.

## Pre-Operative Appointment

Your surgeon will confirm the surgical plan, mark incision areas and explain recovery expectations.

## Surgery Day

Most face lifts are performed under general anaesthesia and typically take 2–4 hours depending on complexity.

## Post-Operative Recovery Abroad

You may stay in hospital for 1–2 nights, followed by recovery at your accommodation. Follow-up visits are scheduled before return travel.

## Return Travel

Patients typically remain abroad for 7–10 days before flying home, depending on healing progress and surgeon advice.

## What Happens During the Procedure?

During a face lift:

- Incisions are typically made around the ears and sometimes under the chin
- The surgeon lifts and tightens underlying tissues
- Excess skin is removed
- Skin is repositioned and sutured carefully

Drainage tubes may occasionally be used to prevent fluid build-up. Incision placement aims to minimise visible scarring.

# After the Operation

Immediately after surgery:

- You may have bandages around your face
- Mild to moderate swelling and bruising are expected
- Some numbness or tightness may occur
- You may feel discomfort, which is managed with medication

Stitches are usually removed within 5–10 days, depending on healing.

## Recovery and Expected Results

### First 1–2 Weeks

- Swelling and bruising are most noticeable
- You may need 2–3 weeks off work
- Light activities may resume gradually

### Weeks 3–6

- Swelling gradually decreases
- Most visible bruising resolves

### Long-Term

- Final results may take several months as swelling fully settles
- Scars continue to fade over time

Ageing will continue naturally, but results can be long-lasting.

## Aftercare Instructions

To support healing:

- Keep your head elevated during rest
- Avoid strenuous activity for at least 4–6 weeks
- Avoid heavy lifting
- Do not apply pressure to the face
- Protect scars from direct sun exposure
- Follow all wound care instructions

Strict adherence to aftercare reduces complications and improves outcomes.

# Potential Benefits

A face lift may:

- Improve facial contour and jawline definition
- Reduce sagging skin
- Create a more refreshed appearance
- Improve self-confidence

Results vary depending on skin quality and individual healing.

# Possible Risks and Complications

All surgery carries risk.

Possible Complications During Surgery

- Bleeding
- Reaction to anaesthesia
- Damage to underlying structures (rare)

Possible Complications After Surgery

- Infection
- Haematoma (collection of blood under the skin)
- Temporary or permanent nerve weakness
- Prolonged swelling
- Noticeable scarring
- Skin irregularities
- Asymmetry

Revision surgery may occasionally be required.

Your surgeon will discuss your personal risk profile during consultation.

## When to Seek Medical Advice

Contact your medical team urgently if you experience:

- Sudden swelling on one side of the face
- Severe pain not relieved by medication
- High fever
- Persistent bleeding
- Signs of infection

## Questions to Ask Your Surgeon

Consider asking:

- What type of face lift technique do you recommend?
- What results are realistic for my age and skin condition?
- What scars should I expect?
- What is the full recovery timeline?
- What follow-up care is included?

## Further Information and Support

If you are considering face lift surgery, take time to reflect on your decision. Ensure that you understand the procedure, the risks, the benefits and the recovery process before proceeding.

## Consent and Responsibility

Before surgery, you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- You have had the opportunity to ask questions
- The risks and benefits have been explained
- You understand that results vary between individuals

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

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