YOUR GUIDE TO

FACELIFT SURGERY

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

A Facelift (also known as a Meloplasty or Rhytidectomy) is a procedure designed to combat the most visible signs of ageing. Facelift procedures alter the facial profile, resulting in a smoother, more youthful contour.

Our Facelift clients, typically, present with:

- Reduced skin elasticity
- Deep wrinkles on the face (particularly near the mouth/nose)
- Sagging cheeks or development of jowls
- Double chin and/or folds in the neck skin

Typically our Facelift clients are aged between 40 – 60 years old. While Facelifts can be performed on clients aged in their 70s and 80s; the results may be compromised by reduced skin elasticity and bone structure.

The procedure works by removing or redistributing excess skin and fat. Your Plastic Surgeon also tightens the underlying facial muscles in targeted areas.

> Gravity, sun exposure and day-to-day stress can take a toll on the body. On the face and neck, this can emerge as wrinkled, saggy or loose skin

ESTABLISHING EXPECTATIONS

As with any surgery, its important that clients have realistic expectations ahead of their Facelift.

- Facelifts make subtle refinements to re-fresh the appearance
- Individual results will vary
- Facelifts won't remove *all* wrinkles although they will soften to a degree over time.
- It's impossible to remove 100% of loose skin. If this were to happen, facial movement would be compromised.
- Some facial characteristics are genetically inherited and cannot always be corrected or softened with a Facelift.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery and receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome and together, plan your procedure.

YOUR SURGERY | 2 - 3 hours

A Full Facelift takes between 2 to 3 hours. During which time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

OUR FACELIFT PROCEDURES

SHORT SCAR/MID FACE

The Short Scar/Mid Face Lift, often referred to as a 'short scar lift,' is an ideal choice for younger patients typically aged from their mid-40s to mid-50s, experiencing early signs of facial aging. This technique primarily targets the middle of the face, emphasizing the cheeks, cheekbones, and addressing hollow spaces under the eyes. It is suitable for individuals with good skin quality, minimal sun damage, and no concerns about neck laxity.

FULL FACE/NECK LIFT + NECK MUSCLE TIGHTENING

Patients in their late 50s to 70s often opt for the Full Face/Neck Lift. This comprehensive approach rejuvenates not only the mid and lower face but also the jawline and neck area. It provides more extensive elevation of the lower cheek, jowl, and neck regions, resulting in a more dramatic improvement. This technique is well-suited for individuals seeking comprehensive rejuvenation in the lower face and neck.

UNDERSTANDING SMAS AND DEEP PLANE TECHNIQUES

Clients frequently inquire about the SMAS (Superficial Musculoaponeurotic System) and Deep Plane techniques, which are sometimes described as standard and advanced, respectively. Both approaches play a pivotal role in facelift surgery.

In a 'SMAS' technique, the skin and SMAS layers are lifted separately to support the face and skin during the facelift procedure. On the other hand, the Deep Plane technique raises the skin and SMAS layer together as a single unit.

While clients may have questions about these techniques, the choice between SMAS and Deep Plane methods should ultimately be based on a thorough consultation with your surgeon. They will recommend the most suitable technique based on your specific needs and desired outcomes, ensuring that you achieve the best results for your facelift journey.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery.

HOSPITAL STAY | Half Day - 2 Nights

Your time in hospital will vary according to your procedure. Depending on your Facelift, some clients can leave hospital within 2 to 3 hours where others will be required to stay in hospital for a minimum of 1 - 2 nights.

REST TIME | 2 Weeks

Following surgery, drains are inserted into the incision sites to collect excess blood and fluid (a normal occurrence after most surgeries). Drains are typically removed 1 to 2 days after surgery. At this point, clients can wash their face gently with clean water and, in some cases, shampoo their hair.

The face is bandaged for 24 hours. Once bandages are removed, a chin strap may be used to provide support. Bruising, swelling and numbness around the face and ears should start to dissipate after the first week.

- ☑ Use prescribed medication to manage pain.
- ☑ Avoid sun exposure and alcohol consumption for 2 - 3 weeks
- ☑ In the 2nd week, clients can ease into light, lower body exercise and in most cases, return to work.
- ☑ Avoid excess exposure to water while the incision sites heal.
- ☑ Keep the head elevated and sleep on your back during the initial recovery time.

RECOVERY TIME | 6 Weeks

Avoid heavy lifting, strenuous activity, swimming and bathing for at least 6 weeks or until your Surgeon advises.

SETTLING PERIOD | 4 - 6 Months

Numbness in the face and ears can last for 4 months, and a full recovery will take place over the first 6 months.

> There are a range of considerations to keep in mind when preparing for a Facelift. Your body is unique, so it's only right that your procedure is too.

PLANNING YOUR PROCEDURE

There are many things to consider when planning a Facelift. Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with your options. We also encourage you to be open and realistic with your desired surgical outcomes.

TAILORING YOUR PROCEDURE

When planning your procedure, skilled CosMediTour Plastic Surgeons carefully consider a number of factors such as your age, skin elasticity, muscle tone, bone structure and your general health.

Not all clients will require a Full Facelift. Instead, the face is divided into sections (shown below).

Within these sections, various facial rejuvenation surgeries can be performed.

UPPER FACELIFT
An Upper Facelift, also known as a Forehead or Brow Lift, focuses on top third of the face. Suited to deep 'frown lines'—wrinkles or excess skin above eyebrows.

MINI FACELIFT (S-LIFT)
Reduces sagging and tighten muscles around the cheeks, under eyes and chin. Suited to those in the early stages of aging.

LOWER FACELIFT
Softens visible lines around mouth and tightens skin along the jawline.

NECK LIFT

Tightens skin and muscles under the jawline and neck. Suitable for excessive neck skin, fat, or wrinkles and 'double chin'. Neck Lifts are commonly included as part of a Full Facelift.

FULL FACELIFT

Suited to clients with moderate signs of aging. Surgeons remove excess tissue causing wrinkles and sagging around the neck, chin, mouth, and the sides of the nose. The facial muscles are tightened and, in some cases, the previously removed tissue is repositioned to reshape the contour of the face before the skin is re-draped.

The procedure does not address sagging or drooping around the eyes as this is the goal of an Eye Lift, which can be added to the surgery.

INCISIONS & SCARRING

Despite the numerous types of Facelifts, Plastic Surgeons use the same incision to perform each procedure. The exception being Neck Lifts, where occasionally an additional incision is placed under the chin.

Starting at the side of the face (near the sideburn), the incision extends down along the front of the ear, up the back of the ear, and into the hairline.

> Plastic Surgeons are careful to work with the natural folds of the face, making scarring as inconspicuous as possible. In any case, be sure to talk to your Plastic Surgeon if you have any concerns about scarring.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Facelift, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications and work out of hospitals renowned for their high quality and practice standards. Most of the following possible risks and complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Seroma (fluid accumulation) under the skin
- Numbness in facial area and ears (temporary or permanent)
- Keloid or hypertrophic scarring (can be lumpy, inflamed and itchy)
- Nerve damage (smile asymmetry, difficulties closing eyes and no movement in forehead
- Hair loss around scars (temporary or permanent)
- Skin loss from impaired blood supply
- Deformity of earlobe
- Facial asymmetry
- Need for revisional surgery

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe and supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest and most trusted Surgeons work with you to understand your goals and deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees and hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity and we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.