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PRIVATHOSPITAL

Information on facelift surgery

How is a facelift surgery performed?

Facelifts can be performed in many different ways. A facelift can include several different regions of the face or exclusively target the mid face. Facelifts may be superficial or deep. The result of the facelift is dependent on the type of facelift surgery and naturally, it should always be customized to the individual.

Tightening the facial fascia and removal of skin during a facelift

The skin in itself is so elastic, that if the skin alone is tightened, it will loosen over time: over the course of a few months, a lot of the tightening will have disappeared. However, there is a thin and strong fascia under the skin (the SMAS layer) that will remain tight and lifted for several years if tightened during a facelift. That is what ensures a long-lasting result. With shorter or longer incisions around the ear, the skin can be loosened from the underlying fascia which is shortened and tightened. Once the fascia is fixed in place, excess skin is trimmed and removed rather than tightened.

Recently, new techniques, e.g. “thread-lift” and other “minimal” lifts have emerged. Instead of shortening the fascia of the face, it is suspended with threads. The results of these are generally not as long-lasting, but the surgeries are however less invasive.

Redistribution of fat tissue during facelift surgery

The same incisions around the ear can also give access to the deeper facial fat tissue. The fat tissue can be lifted during so-called deep plane facelifts, or it can be elevated and tightened

with sutures, a so-called MACS lift.

Tightening of muscles

The mimic muscles and the superficial fascia can be tightened by separating the SMAS layer and fixating it further up towards the cheekbone. On the neck, the superficial muscles can be tightened through a small incision under the chin.

Outcomes and complications to facelift surgery

Unmet expectations is the most frequent complaint following a facelift performed using the less invasive techniques. The scars can be disfiguring and leave hairless areas in the temple area. Finally, the surgery may affect or damage sensory nerves and motor nerves. In rare cases, the nerve lesions may be permanent. Moreover, all types of surgery involves a risk of bleeding and infection.

How long does a facelift last?

Tightening the facial skin and the underlying tissue does not stop the aging process. As such, there are no cosmetic surgeries of this type that “last forever”. On the other hand, it can be argued that what is removed will not be reproduced or reappear. Figuratively speaking, the aging process is “parallel shifted” in a younger direction.

The “durability” of the long-term result is partly individual and is affected by genetic factors as well as external factors, e.g. smoking. The “durability” will also be different depending on the type of facelift: the bigger and the more open the procedure, the greater the effect and the durability of the result.

First consultation

During your first consultation, the plastic surgeon will consult with you based on your wishes and expectations to the surgery in regards to possibilities and limitations. You will be informed about what results to realistically expect after the surgery, what effects the surgery has, as well as what risks it entails. It is your right as a patient to receive this information

orally as well as in writing.

The plastic surgeon will assess your overall health and whether it is necessary to draw blood samples or any further examinations before the surgery. Your face is meticulously photographed for “before and after” photos, if the operation is eventually performed.

As a private patient you have the right to bring an assessor with you to your consultation, and we advise you do so. This provides you with an opportunity to discuss pros and cons for the surgery even after you have returned home. Danish legislation on “cosmetic treatment” requires that you wait a minimum of seven days from your first consultation before you can make an appointment for the desired surgery. This serves to protect you by preventing any impulsive or rash decisions to undergo cosmetic surgery.