

A PERMANENT WAY TO REMOVE TEN YEARS

# YEARS YOUNGER

Age 69. This patient received a facelift, an endoscopic browlift, upper and lower blepharoplasty and dermabrasion. Procedure performed by Daniel Shapiro, MD; Paradise Valley, AZ.



## A CUSTOMIZED PROCEDURE

A facelift should be individualized to address your concerns and anatomy, so your doctor may recommend other facial procedures to be performed as well. "If you suffer from significant aging, you can't focus on just one area of the face and expect it to make a huge difference, which is why multiple areas may need to be addressed to achieve facial balance and harmony," says Dr. Singer.

## traditional facelift

Today's modern facelifts surgically reposition aging muscles, fat and tissue to restore facial volume and eliminate excess skin, giving way to a more youthful, natural appearance. Even though the results are permanent, you will continue to age, but you will always look younger than if you didn't have the procedure.

**SURGERY DETAILS** | Your surgeon may mark the areas on your face where the incisions will be made. Next, your anesthesia will be administered (usually IV sedation or general anesthesia is used). Once the incisions (which need to be individualized depending on the patient and the extent of the looseness of skin, according to Dr. Singer) have been made, facial fat can be sculpted or redistributed to the areas that have lost volume, like the cheeks and jowls. "The underlying tissue is also

repositioned, and the muscles are tightened and lifted, which is what, in the end, contributes to a younger, longer-lasting lifted look," Dr. Smith adds. Skin is then redraped over the facial contours and any excess skin is removed.

**POST SURGERY** | After your surgery, your face will be wrapped in bandages and may be swollen, bruised and numb, and you may experience some discomfort, which should subside in about one to two weeks. Your surgeon may also place small, thin tubes at the incision sites to allow excess fluid to drain out. Since your face will feel tight, a soft or liquid diet is a must for a few days post-procedure. Your doctor may also prescribe pain medication to ease any discomfort and pain that you may experience. About five days to one week after your surgery, some of your stitches will be removed (the rest will be taken out in 10 to 12 days), and once you are healed, the incision scars are usually nearly undetectable. However, it can take anywhere from a few weeks to a few months for the full results of your surgery to be noticeable.