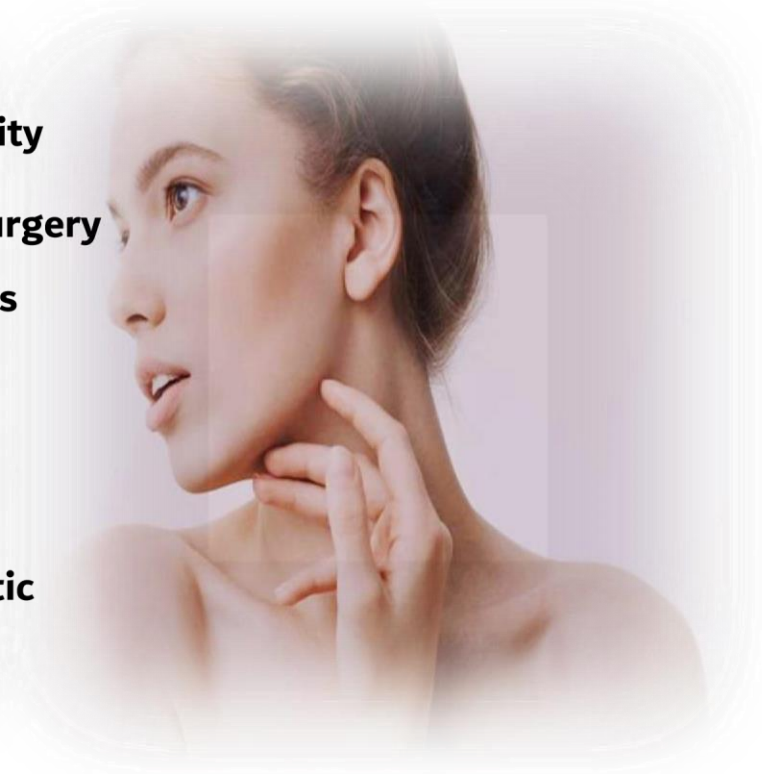


## **Dr. Ashraf Abolfotooh Khalil**

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# **Facelift**

**Breast and Body Plastic and Reconstructive Surgery Clinic**

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## What is Facelift?

A face-lift (rhytidectomy) is a cosmetic surgical procedure to create a younger appearance in your face. The procedure can reduce the sagging or folds of skin on the cheeks and jawline and other changes in the shape of your face that occur with age.

A neck lift (platysmaplasty) is often done as part of face-lift surgery. Other procedures that might be performed in conjunction with a facelift are brow lift and eyelid surgery to rejuvenate aging eyes. Fat transfer or fillers may be suggested to replace the lost fatty volume. Skin treatments such as laser may be offered to improve the quality and texture of the skin.

Check the illustrative video [here](#)<sup>1</sup>.

## Before the Surgery... Preparation and Expectations

It is important to know the following before deciding to undergo a facelift surgery:

- A face-lift won't decrease/treat fine creases or wrinkles in your skin or damage from sun exposure or creases around the nose and upper lip, or irregularities in skin colour. Other cosmetic procedures can address the appearance or quality of the skin itself.
- The appearance and shape of your face is normally altered with age. Your skin becomes less elastic and looser, and fat deposits decrease in some areas of your face and increase in others. Accordingly, face-lift can help reduce some age-related changes, including:
  - Sagging appearance of your cheeks
  - Excess skin at your lower jawline (jowls)
  - Deepening of the fold of skin from the side of your nose to the corner of your mouth
  - Sagging skin and excess fat in the neck (if the procedure includes a neck lift)

Cited in :

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

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<sup>1</sup> <https://bit.ly/2R8Qy0R>

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Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- **Facial exam:** We will examine your bone structure, shape of your face, fat distribution and quality of your skin to determine your best options for face-lift surgery.
- Photographs of your face and neck will be taken from different angles and close-up photos of some features.
- An overview of the surgical intervention, expected risks, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

Our medical team may advise against a facelift if you have a medical condition that prevents blood clotting, or experiencing ongoing weight fluctuations (or if you are significantly overweight), or if you are a heavy smoker. Facelift surgery isn't for everyone.

### **Important Instructions**

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, for 1 week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, for 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

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## During the Surgery

- **Anaesthesia:** Type of anaesthesia will be discussed and determined with our medical team before the surgery. Local or general anaesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** A face-lift involves elevating the skin and tightening the underlying tissues and muscles. Fat in the face and neck may be sculpted, removed or redistributed. The incisions for the procedure depend on the techniques that will be used and the patient's preferences. Options include:
  - A traditional face-lift incision: Starts at your temples in the hairline, continues down and around the front of your ears and ends behind your ears in your lower scalp. An incision might be made under your chin to improve the appearance of your neck.
  - A limited incision: A shorter incision that begins in your hairline just above your ear, wraps around the front of your ear, but does not extend all the way into the lower scalp.
  - Neck lift incision: Starts in front of your earlobe and continues around your ear into your lower scalp. A small incision also is made under your chin.
- The surgery lasts for 4-6 hours depending on the surgical details and patient's situation.

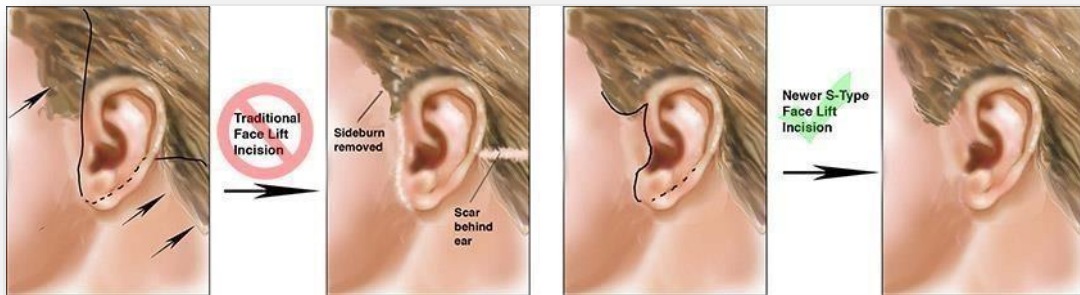
## After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- After a face-lift, you may witness mild to moderate pain, swelling or bruising.
- Your incisions will likely be covered with bandages or a face mask that provides gentle pressure to minimize swelling and bruising. A small tube might be placed under the skin behind one or both of your ears to drain any excess blood or fluid.
- 1-2 days after surgery, we will likely remove your drainage tube, apply antibiotic ointment to your incisions and place new bandages on your face.
- About 1-2 weeks after surgery, we will remove your stitches and assess the wound.

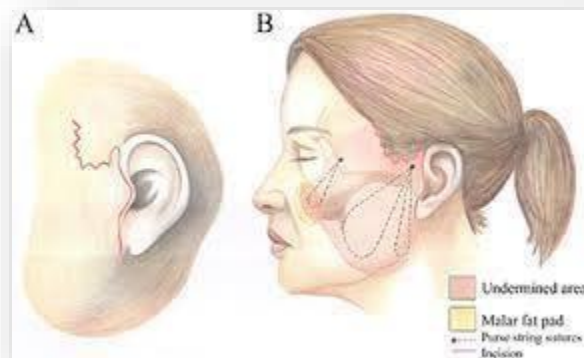
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**Full Scar Facelift**



**Short Scar Facelift**

### Post-Procedure Precautions

1. Rest with your head elevated
2. Apply cool packs to the face to ease pain and reduce swelling
3. Do not pick at crusting scabs that develop on your wound.
4. Avoid excessive pressure or motion on and around the incisions.
5. Massage 1-3 weeks after the surgery. You can do it yourself at home or ask our clinic for support.  
Check massage video [here](https://youtu.be/cB12Jf3lUy4)<sup>2</sup>.
6. Avoid wearing makeup.
7. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
8. Avoid direct sun exposure to the incision for three weeks and use a sunscreen thereafter.
9. Avoid coloring, bleaching or perming hair for at least six weeks.

<sup>2</sup> <https://youtu.be/cB12Jf3lUy4>

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10. Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.
11. Eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
12. Limit your dietary salt intake to help faster swelling recovery.

## **Recovery and Results**

The shape of the face gradually improves after the surgery; however, the final result can be reached after a few months.

## **Follow-up**

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

## **Risk**

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of Facelift are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications.

Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

A face-lift surgery can cause complications. Some can be managed with appropriate care, medication or surgical correction.

Incision scars from a face-lift are permanent but typically concealed by the hairline and natural contours of the face and ear. Rarely, incisions can result in raised, red scars. Injections of a corticosteroid medication or other treatments might be used to improve the appearance of scars.

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## Medications

<b>R/Tavanic 500mg</b>	One tablet daily for 5 days
<b>R/Ketolac SR</b>	One tablet every 12 hours - after meals – till pain is gone
<b>R/Panadol 500mg</b>	Two tablets every 8 hours
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
<b>R/Controloc 40mg</b>	One tablet 30 minutes before breakfast for 10 days
<b>R/Neurontin 300mg</b>	One tablet before sleeping for 5 days

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