

## *Advanced Dermatology Care – Advanced Esthetics*

### **Face / Neck Lift**

The most prominent feature on the human body is undeniably the face. It's the first thing people see when they look at you. True beauty comes from within, but it's safe to say that most of us wouldn't mind having our outward appearance be just as dazzling.

Sun damage, fluctuations in weight, smoking, pollution, genetics and many other factors affect the health and appearance of the skin. Over time the skin loosens and sags, wrinkles and deep furrows develop, and muscles throughout the face weaken.

#### **What is a Rhytidectomy?**

A Rhytidectomy, more commonly known as a "facelift," may help by tightening the skin on the face and neck. While a facelift cannot stop the aging process, it can, however, turn back the clock 5, 10, sometimes even up to 20 years. It may improve the appearance of some wrinkles, but others, such as vertical lip lines, will not be improved by a facelift. Additional cosmetic facial treatments such as chemical peels, Fraxel® Re:pair laser resurfacing, Botox and dermal fillers may be suggested to help treat wrinkles and deep furrows, as well as improve the texture and appearance of scars, age spots and other blemishes.

#### **Best Candidate for Face / Neck Lift**

The best candidate for a face / neck lift is someone who is healthy and has specific, yet realistic expectations, and who does NOT smoke or intentionally tan, does not have impaired healing, etc.

#### **The Surgery**

The surgery takes place here at Advanced Dermatology Care in one of our surgical suites, and is performed by Dr. OJ Rustad, a board certified dermatologist, and dermatologic cosmetic surgeon, with additional training from fellowship studies in cutaneous surgery. The outpatient surgery is done under local anesthetic, which makes the procedure safer, more affordable and decreases the risk of complications. Another advantage of having your face / neck lift done at ADC is the ability to return home the same day, keeping in mind you must have a responsible adult escort you since driving following the surgery is prohibited. Depending on the complexity of the procedure, the surgery itself will usually take approximately 3-4 hours.

During the surgery, an incision is made in the hairline near the temple and continues down in front of the ear, around the ear lobe, behind the ear and back into the hairline. The skin is then separated from the underlying connective tissue and facial musculature. The facial / neck muscles and sagging skin are tightened, excess skin removed, and incision carefully closed to minimize visible scarring. The surgical scars will remain pink for a few months and then gradually start to fade into a flesh colored, or whitish linear scar that blends in with the hairline and natural curvature of your face.

### **Following Surgery**

A face / neck lift is an invasive procedure, and requires considerable post care following surgery. The degree of pain following varies from person to person, and depends on one's pain tolerance, the magnitude of the procedure, etc. Medications to help minimize pain / discomfort during and after the surgery will be prescribed, as well as a medication to help you relax, and antibiotic to prevent infection.

There will be significant bruising and swelling present immediately following the procedure that should resolve over the next 2-3 weeks. Sleeping with your head elevated and using cold compresses for the first few days will help alleviate pain, as well as decrease swelling. Most patients will also experience a sense of tightness and numbness that should also dissipate over the next few weeks. The deep sutures will eventually dissolve on their own, however, the more superficial sutures will need to be removed approximately one week after the surgery. You will be instructed by your surgeon and medical staff on how to clean and care for your incisions while they're healing. You must follow all pre and post care instructions carefully to prevent infection and other complications, and come in for all scheduled follow up appointments as directed. You must also protect the surgical sites from any sun exposure while they are pink and healing to decrease the risk for developing hyperpigmentation (brown discoloration).

### **Results**

The results of a face / neck lift can be long lasting, and maintained by protecting your skin from further sun damage and free radicals, exercising, eating a healthy diet and making other wise lifestyle decisions. While some patients may only have one face / neck lift during the course of their life, other patients may need or choose to have a second surgery typically 5-15 years later.

### **Cosmetic Consultation**

If you're seriously considering a face and/or neck lift, you will be required to have a first and second consultation with one of ADC's cosmetic care specialists and Dr. OJ Rustad, to discuss your goals and help determine if a face / neck lift may be right for you. You will also need to schedule an appointment with your primary care provider within one week of the surgery for a pre-operative physical to make sure you are in good health and that your blood work / labs are all within the normal range.

**If you're interested in setting up a consultation with one of our cosmetic care specialists, please call 651-484-2724 to schedule your appointment.**