

Face Lift

When does it make sense to have a face lift?

Hereditary factors, personal lifestyle, individual facial mimics but also external influences such as insolation show clear signs of facial aging during your lifetime. Alongside the aging of the skin, both the sagging of the muscles and relocation of fatty tissue are responsible for a tired-looking facial expression. This process is additionally intensified by the thinning of subcutaneous tissue and the shrinkage of the jawbone.

Excess soft facial tissue can be removed or tightened or relocated to their original position by a face lift. The face generally looks ten years younger after this operation, thus providing a natural and fresh appearance.

How is a face lift carried out?

If the lifting is combined with an eyebrow lift or a revitalising treatment of the skin surface then a pre-treatment with Botulinum Toxin is usually also extremely advantageous. Healing takes place in an undisturbed manner due to the relaxation of the muscles.

We can carry out a face lift on its own or in combination with an eyebrow lift, brow lift, eyelid surgery, neck lifting, liposuction or injectables depending on your requirements. Additional cosmetic dermatological methods such as peeling optimise the appearance of the skin. The temples, cheeks and neck are treated in a combined operation for a classic face lift. The operation can take some hours due to the extensiveness of the operation planned. We carry out the face lift under local or general anaesthetic.

The skin incision begins in the area of the hair line and runs in front of the ear around the earlobe and into the back of the scalp which is covered by hair. The soft tissue layers to be treated are then prepared and shaped according to the respective requirements.

Which complications can occur?

There are only few complications, which are generally insignificant, for a permanently positive result. As with every operation infections, post-operational bleeding, swelling, bruising and pain can occur, which can however all be treated quickly. Wound healing disorders are also equally as rare. These usually occur when smoking or in case of patients with blood thinning illnesses or diabetes. A temporary feeling of numbness in the area of the skin can occur.

Permanent damage to nerves resulting in loss of feeling or muscle functioning difficulties is extremely rare.

What should you take into consideration after the operation?

A soft bandage is used after wound closure in order to support the process of healing. The patients generally have no or only little pain after this operation. You should only eat soft food for a few days after the operation. We only start removing stitches 7 days after the operation at the earliest. Patients can start going back to work about 10-14 days after the operation. You should not smoke for 6 weeks and also avoid heat and physical strain.

Please arrange for an appointment or get in contact with us if you are interested in this treatment. We would be happy to advise you and deal with any questions you might have!