

## **Face Lift**

As we age, wrinkles and skin creases form and become pronounced in certain areas. Over time, this and the natural effect of gravity may result in a tired look. For many people, prolonged exposure to the sun, stress, and harsh weather elements can make them appear older than their actual age. Designed to reduce the signs of aging and rejuvenate your natural beauty, a facelift can turn back the clock by reshaping or contouring the facial skin. The goal of a facelift is to lift and tighten the sagging skin and muscles of your face and neck. Although it cannot stop the aging process, it can give you a younger, more vital appearance.

**Who is the best candidate for a face lift?**

**How is a face lift performed?**

**Recovery?**

**How long does a face lift last?**

**What is the M.A.C.S. lift?**

**Who is the best candidate for a facelift?**

If you feel as if your skin is starting to sag around the jowls, the forehead, and you appear tired and are searching for a way to rejuvenate your appearance, you may be the perfect candidate for a facelift. Full facelifts are generally recommended for more mature patients or those with more severe facial drooping.

**How is a face lift performed?**

During a facelift, the skin and muscles are tightened to improve the appearance of the eyes, cheeks, jaw and neck. These improvements are achieved by first placing inconspicuous incisions around the ear and hairline. The skin and facial muscles are then lifted and tightened to restore the natural contours that contribute to a more youthful appearance. Excess skin can be removed around the incision lines as needed to help smooth out your facial skin. If the neck needs tightening, a small incision may also be made under the chin, and excess fat may be removed. The incisions typically heal as inconspicuous, hairline scars. A facelift is most frequently performed using general anesthesia.

**Recovery?**

A facelift may result in some swelling and bruising, most of which will diminish within two weeks. Some discomfort may be expected during the first 48 hours, but significant pain is uncommon. Most patients feel comfortable going out in public within a few weeks. You will notice the tightening in your facial skin and muscle structure as soon as your swelling subsides. Your facelift will lend alertness and vitality to your appearance. Although a facelift cannot stop the aging process, it can effectively set back the "clock" and give you a renewed sense of confidence.

**How long does a face lift last?**

Every case varies, but typically a facelift can last 10 years. Dr. Butterfield will recommend a skin care regimen designed to maintain your rejuvenated appearance and keep your skin looking beautiful.

**The MACS-Lift (The Minimal Access Cranial Suspension Lift)**

**What are the advantages of this technique?**

The Incisions are limited to the crease in front of the ears and the hairline above the ears. Since the area of skin freed from its underlying tissue is much smaller, the probability of post-operative bleeding and circulatory disturbances is also much smaller.

It has long-lasting results because the soft tissue from upper neck, jowls, and cheeks is elevated and then firmly anchored to the deep strong structures of the temples. Because there is less trauma and manipulation of tissue, there is also less swelling and bruising, resulting on a more comfortable and faster recovery period.

The MACS-Lift is ideal for the patient with sagging of the cheeks and mid-face and early changes of neck. The procedure can be performed under sedation and on an outpatient basis.