

FACELIFT SURGERY CHECKLIST

WHAT IS FACELIFT SURGERY?

- A **Facelift**, also known as **Rhytidectomy**, is a surgical procedure that helps to correct the signs of ageing of the face and neck, including loose or sagging skin, lines, wrinkles, folds and jowls that often appear around the lower face.
- The procedure helps to lift and firm sagging facial tissues to restore a more naturally youthful facial appearance.
- Facial tissues lose volume due to a number of reasons, including heredity/genetic conditions, ageing, personal habits, gravity, sun exposure and other environments. While this is simply part of the natural ageing process, for those who are bothered by these changes to their appearance, a facelift can be a good solution.

Before you decide on your Surgeon or proceed with Facelift surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Facelift surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Facelift surgery can actually achieve?

AM I A GOOD CANDIDATE?

- Are you tired of looking in the mirror and being confronted by how much you've aged?
- Do you now have sagging jowls or an aged appearance to your jawline, lower face and neck?
- Do you wish you could turn back the clock a little to regain a firmer, younger facial appearance?
- Are you mistaken for being much older than you really are?
- Do you feel less confident within yourself?
- Have you declined social invitations or become self conscious when going out?



PRE-SURGERY CHECKLIST

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 6 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?



PREPARING FOR YOUR FIRST CONSULTATION

What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

WHAT ARE MY OPTIONS?

In addition to **Facelift surgery**, there are a number of other non-surgical facial rejuvenation procedures available which can address varying levels of ageing. These options may be suitable for those with looking for a less invasive option, or those with less extreme signs of ageing.

- Skin Resurfacing light-based treatments
- Lasers and/or peels
- Fraxel
- DOT Therapy
- Laser Genesis
- Deep Chemical Peels
- Dermapen and Skinpen
- Dermal Fillers
- Fat Reduction injections
- Anti-Wrinkle injections
- Cosmeceutical skin products

Our Dermal Clinicians and Specialist Surgeons will be able to recommend the best approach for you based on your particular needs and desired results.

FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Facelift Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

Our Facial Rejuvenation Surgery Guide covers:

- Facelift Surgery and other Facial Rejuvenation procedures explained
- The surgical process and recovery tips
- Answers to some of our FAQs

DOWNLOAD THE FULL GUIDE HERE



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