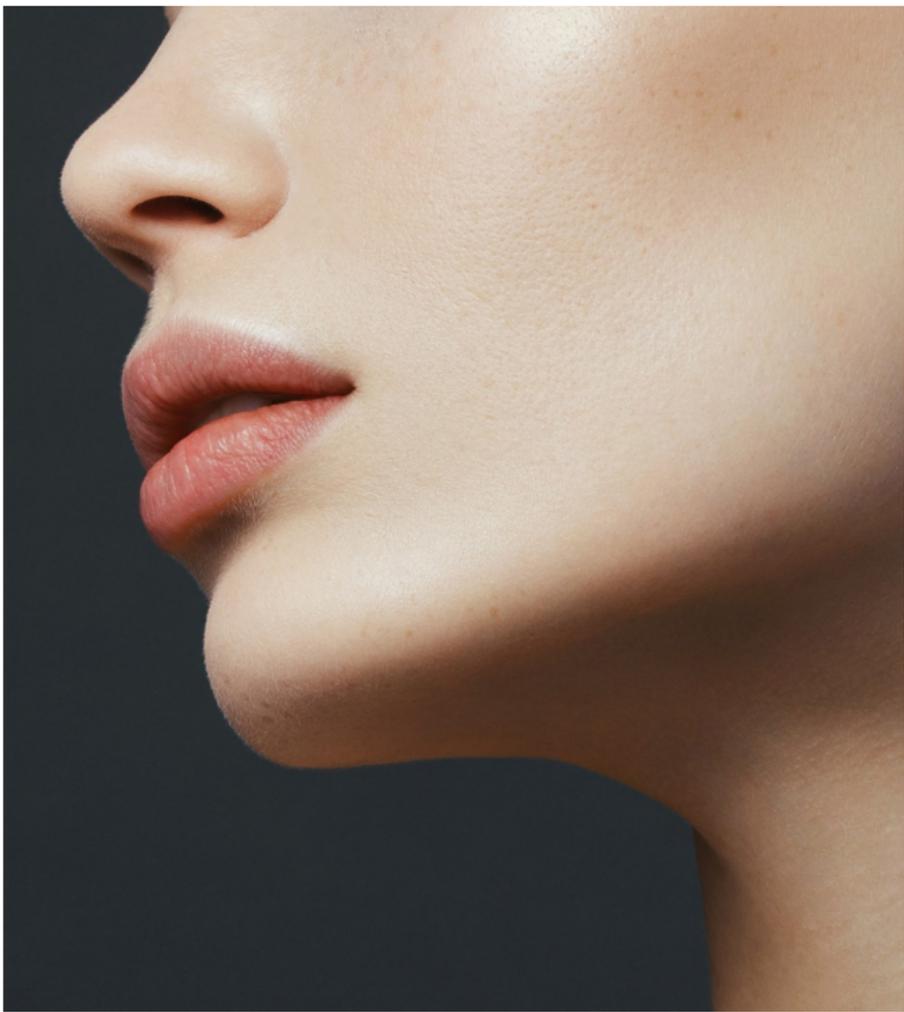




DR. MATTEO  
VIGO

PLASTIC SURGERY

**FACELIFT SURGERY:**  
WHAT TO EXPECT



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. During a face-lift, a flap of skin on each side of the face is pulled back, and tissues below the skin are surgically altered to return the contour of the face to a more youthful shape. Before the flap is sutured closed, excess skin is removed. A neck lift (platysmaplasty) is often done as part of a face-lift to reduce fat deposits and sagging skin on the neck. A face-lift won't decrease fine creases or wrinkles in your skin or damage from sun exposure. Other cosmetic procedures can address the appearance or quality of the skin itself.

As you get older, the appearance and shape of your face is altered because of normal age-related changes. Your skin becomes less elastic and looser, and fat deposits decrease in some areas of your face and increase in others. Age-related changes in your face that may be reduced with a face-lift include the following:

- 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)

A face-lift isn't a treatment for superficial wrinkles, sun damage, creases around the nose and upper lip, or irregularities in skin color.

### **WHO IS A CANDIDATE?**

- Men and women with jowl formation (the lower cheeks and jaw line are saggy).
- Men and women with a poorly defined jaw line.
- Men and women with wrinkled saggy and fatty neck.

### **INTENDED RESULTS**

- A sharper and better defined jaw line.
- Improved neck and chin angle.
- Less tired look with more youthful appearance.

This does not treat the lines around the mouth and will not improve skin surface defects and dis-coloration.

### **HOW YOU PREPARE**

Initially, you'll talk to Dr. Vigo about a face-lift. The visit will likely include:

### **MEDICAL HISTORY AND EXAM**

Prepare to answer questions about past and current medical conditions, previous surgeries, previous plastic surgeries, complications from previous surgeries, history of smoking etc. Dr. Vigo will do a physical exam, may request recent records from your doctor or order a consultation with a specialist if there are any concerns about your ability to undergo surgery.

### **MEDICATION REVIEW**

Provide the name and dosages of all medications you regularly take, including prescription drugs, over-the-counter drugs, herbal medications, vitamins and other dietary supplements.

### **FACIAL EXAM**

Dr. Vigo will take photos of your face from different angles and close-up photos of some features. He will also examine your bone structure, shape of your face, fat distribution and quality of your skin to determine your best options for face-lift surgery.





## EXPECTATIONS

Dr. Vigo will ask questions about your expectations for the outcomes of a face-lift. He or she will help you understand how a face-lift will likely change your appearance and what a face-lift doesn't address, such as fine wrinkles or naturally occurring asymmetry in your face.

## BEFORE A FACE-LIFT

Follow medication directions. You'll receive instructions about what medications to stop taking and when to stop. For example, you'll likely be asked to discontinue any blood-thinning medication or supplement at least two weeks before surgery. Talk to your doctor about what medications are safe to take or whether the dosage should be adjusted. Wash your face and hair. You'll likely be asked to wash your hair and face with a germicidal soap the morning of the surgery. Avoid eating. You'll be asked to avoid eating anything after midnight the night before your face-lift. You will be able to drink water and take medications that have been approved by Dr. Vigo. Arrange for help during recovery. If your face-lift is done as an outpatient procedure, make plans for someone to drive you home after surgery and stay with you the first night after surgery.

## BEFORE THE PROCEDURE

Sometimes the procedure is done with sedation and local anesthesia, which numbs only part of your body. In other cases, general anesthesia — which renders you unconscious — is recommended.

## DURING THE PROCEDURE

- Face Lifts are usually performed in an accredited facility, day care centre or in the hospital.
- They may be performed under local anesthesia with or without oral sedation, conscious sedation, or general anesthesia.
- The surgeon usually makes incisions around the ear. The approach and position of the scar should be discussed with the surgeon.
- Sutures are used for closure followed by placement of an elastic dressing around the face and neck. Often a drain is needed to avoid complication of fluid collection.

In general, 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. Facial skin is then re-draped over the newly repositioned contours of the face, excess skin is removed, and the wound is stitched or taped closed. 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 is 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.
- A face-lift generally takes two to four hours but might take longer if other cosmetic procedures are done at the same time.

### **AFTER THE PROCEDURE**

After a face-lift, you may experience:

- Mild to moderate pain
- Drainage from the incisions
- Swelling
- Bruising
- Numbness

Contact your doctor immediately if you have:

- Severe pain on one side of your face or neck within 24 hours of surgery
- Shortness of breath
- Chest pain
- Irregular heartbeats

Your incisions will likely be covered with bandages that provide 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. In the first few days after surgery:

- Rest with your head elevated
- Take pain medication as recommended by your doctor
- Apply cool packs to the face to ease pain and reduce swelling
- Follow-up appointments

### **RECUPERATION AND HEALING**

- A compression garment may be worn around the lower face and neck for approximately one week.
- Bruising and swelling are normal and may take several weeks to resolve.
- Stiffness in the neck and some soreness with swallowing and eating is common.
- Sutures are removed within two weeks.
- Drains, if used are usually removed 1-3 days after the procedure.
- Make-up can be applied over the skin immediately but not over the incisions for 2-3 weeks.



DR. MATTEO  
**VIGO**  
PLASTIC SURGERY



A BRIEF NOTE FROM  
DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

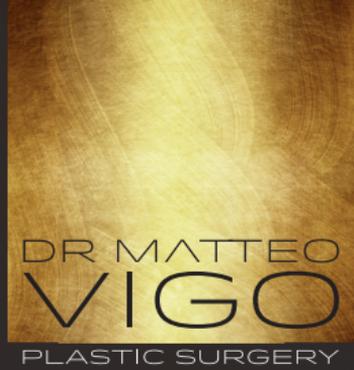
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



## PLASTIC SURGERY DUBAI

Click [here](#) to learn more about  
[Plastic Surgery Dubai](#).

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To book a Plastic Surgery consultation with  
Dr Vigo, please contact us today.

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