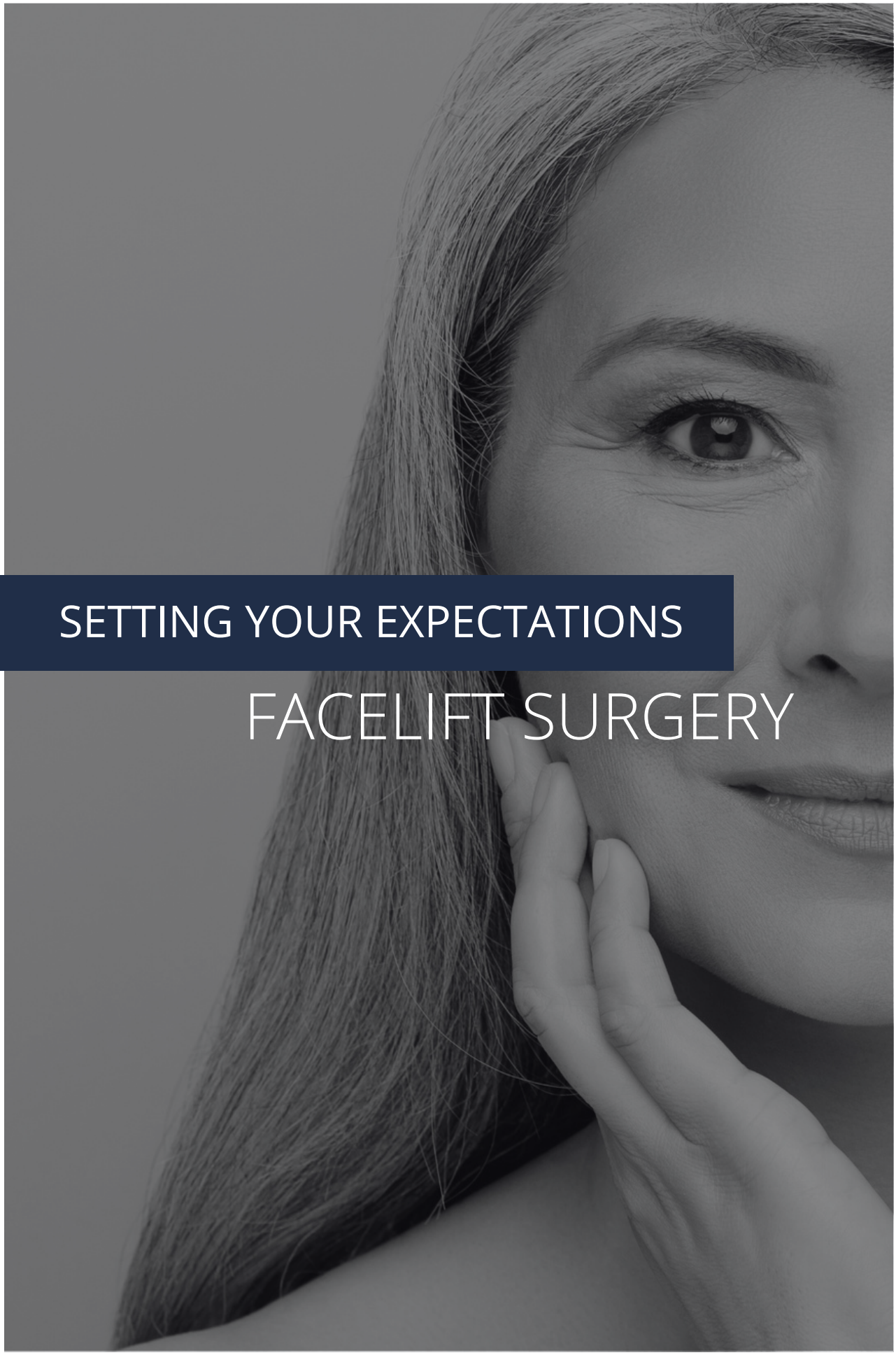


SETTING YOUR EXPECTATIONS

FACELIFT SURGERY

CosMediTour

WELCOME

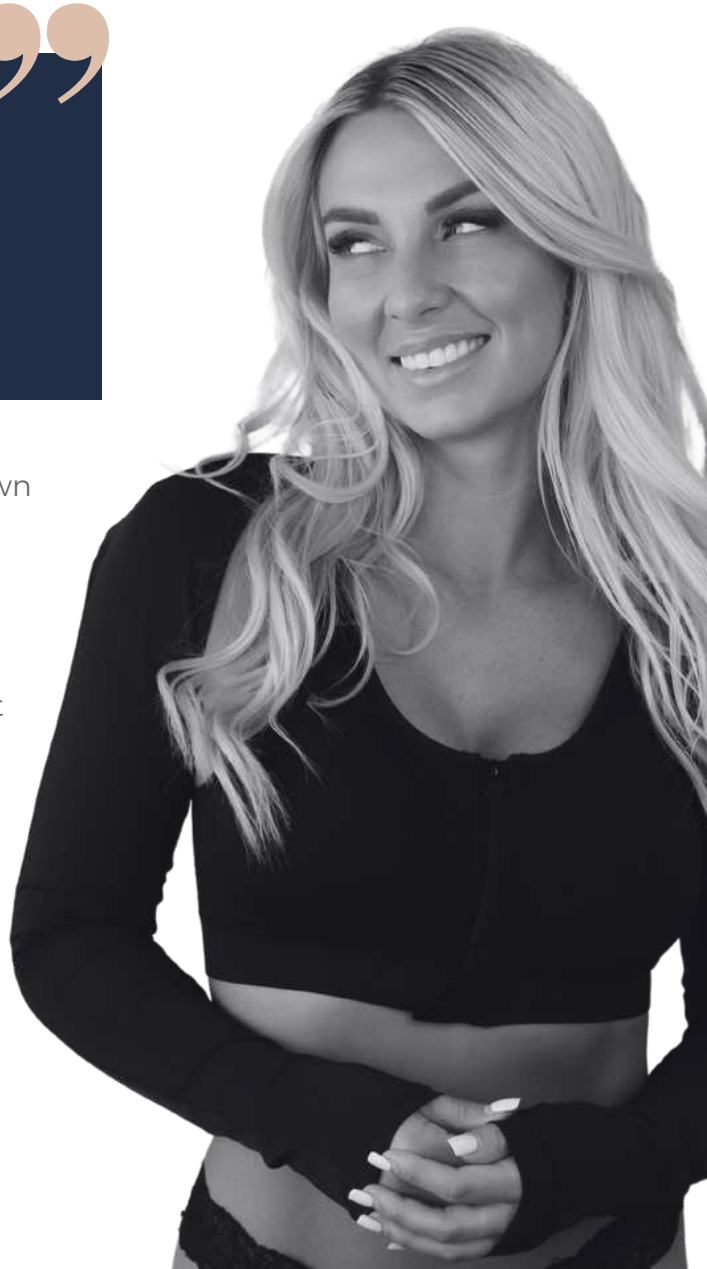
Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

> Helping you confidently prepare for your procedure is a privilege we take very seriously

We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

> Gravity, sun exposure and day-to-day stress can take a toll on the body. On the face and neck, this can emerge as wrinkled, saggy or loose skin

A Facelift (also known as a Meloplasty or Rhytidectomy) is a procedure designed to combat the most visible signs of ageing. Facelift procedures alter the facial profile, resulting in a smoother, more youthful contour.

Our Facelift clients, typically, present with:

- Reduced skin elasticity
- Deep wrinkles on the face (particularly near the mouth/nose)
- Sagging cheeks or development of jowls
- Double chin and/or folds in the neck skin

Typically our Facelift clients are aged between 40 – 60 years old. While Facelifts can be performed on clients aged in their 70s and 80s; the results may be compromised by reduced skin elasticity and bone structure.

The procedure works by removing or redistributing excess skin and fat. Your Plastic Surgeon also tightens the underlying facial muscles in targeted areas.

ESTABLISHING EXPECTATIONS

As with any surgery, its important that clients have realistic expectations ahead of their Facelift.

- Facelifts make subtle refinements to re-fresh the appearance
- Individual results will vary
- Facelifts won't remove *all* wrinkles although they will soften to a degree over time.
- It's impossible to remove 100% of loose skin. If this were to happen, facial movement would be compromised.
- Some facial characteristics are genetically inherited and cannot always be corrected or softened with a Facelift.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

OUR FACELIFT PROCEDURES

FULL FACE/NECK LIFT + NECK MUSCLE TIGHTENING

Patients in their late 50s to 70s often opt for the Full Face/Neck Lift. This comprehensive approach rejuvenates not only the mid and lower face but also the jawline and neck area. It provides more extensive elevation of the lower cheek, jowl, and neck regions, resulting in a more dramatic improvement. This technique is well-suited for individuals seeking comprehensive rejuvenation in the lower face and neck.

UNDERSTANDING SMAS AND DEEP PLANE TECHNIQUES

Clients frequently inquire about the SMAS (Superficial Musculoaponeurotic System) and Deep Plane techniques, which are sometimes described as standard and advanced, respectively. Both approaches play a pivotal role in facelift surgery.

In a 'SMAS' technique, the skin and SMAS layers are lifted separately to support the face and skin during the facelift procedure. On the other hand, the Deep Plane technique raises the skin and SMAS layer together as a single unit.

While clients may have questions about these techniques, the choice between SMAS and Deep Plane methods should ultimately be based on a thorough consultation with your surgeon. They will recommend the most suitable technique based on your specific needs and desired outcomes, ensuring that you achieve the best results for your facelift journey.

PLANNING YOUR PROCEDURE

There are many things to consider when planning a Facelift. Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with your options. We also encourage you to be open and realistic with your desired surgical outcomes.

TAILORING YOUR PROCEDURE

When planning your procedure, skilled CosMediTour Plastic Surgeons carefully consider a number of factors such as your age, skin elasticity, muscle tone, bone structure and your general health.

Not all clients will require a Full Facelift. Instead, the face is divided into sections (shown below).

Within these sections, various facial rejuvenation surgeries can be performed.

UPPER FACELIFT

An Upper Facelift, also known as a Forehead or Brow Lift, focuses on top third of the face. Suited to deep 'frown lines'—wrinkles or excess skin above eyebrows.

MINI FACELIFT (S-LIFT)

Reduces sagging and tighten muscles around the cheeks, under eyes and chin. Suited to those in the early stages of aging.

LOWER FACELIFT

Softens visible lines around mouth and tightens skin along the jawline.

NECK LIFT

Tightens skin and muscles under the jawline and neck. Suitable for excessive neck skin, fat, or wrinkles and 'double chin'. Neck Lifts are commonly included as part of a Full Facelift.

FULL FACELIFT

Suited to clients with moderate signs of aging. Surgeons remove excess tissue causing wrinkles and sagging around the neck, chin, mouth, and the sides of the nose. The facial muscles are tightened and, in some cases, the previously removed tissue is repositioned to reshape the contour of the face before the skin is re-draped.

The procedure does not address sagging or drooping around the eyes as this is the goal of an Eye Lift, which can be added to the surgery.

> Plastic Surgeons are careful to work with the natural folds of the face, making scarring as inconspicuous as possible. In any case, be sure to talk to your Plastic Surgeon if you have any concerns about scarring.

There are limitations with any surgical procedure, including Facelifts. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your Facelift.

BE REALISTIC ABOUT YOUR RESULTS

WHAT IS AND ISN'T POSSIBLE WITH A FACELIFT

- Facelifts are about refreshing our client's appearance. It's very important to know that results are generally subtle and natural.

- Facelifts will not remove 100% of wrinkles. Deep etched wrinkles or lines will not be eliminated, they will however be softened and improved.

- Facelift surgery does not alter the quality of your skin, therefore characteristics such as skin texture and discolouration won't be improved. To maximise your results after surgery, consult with a beauty therapist or skin doctor who can suggest ways to improve your skin quality before surgery.

- As with any cosmetic surgery, individual results will vary. Your results will depend on how much skin is to be removed and how strong your facial bone structure is. Typically, the more prominent your chin, jawline, and cheekbones are the better the end-result. Clients with a soft chin will experience a "small refinement" only.

- Genetics, including facial bone structure, eye shape, brow position, neck anatomy, gland prominence, and skin quality, influence outcomes.

- Your surgeon will not be able to remove 100% of your loose skin. If this were to happen, you would lose movement of your face. Instead, they will strategically remove excess skin and gently tighten areas of the face, without putting too much tension on incision lines or compromising the functionality of your face.

- Your weight can significantly impact your facelift results. The facelift does not remove fatty tissue or reduce the thickness of your skin. Therefore if you are carrying excess weight in your face this will limit your results. Achieving a healthy BMI and goal weight before surgery is crucial for optimal outcomes. Thicker skin type yields more limited results. For instance, severe "Turkey Neck" improves, but a perfectly flat under-chin angle isn't realistic.

COMMON ADD ONS TO YOUR FACE LIFT:

- Eye Lid Surgery (Upper Blepharoplasty) - Removes excess skin and sagging of the upper eye area to create a more youthful appearance. The Incision will sit discreetly in the natural crease of the eyelid.

- Brow Lift - To remove excess skin and ptosis (sagging) by lifting and elevating the brows or forehead to create a more youthful appearance.

- Platysmaplasty - Platysmaplasty is a specialized tightening of the neck muscles, in particular, the vertical bands that can become prominent. Platysmaplasty helps to reduce the appearance of these bands. There is a horizontal scar that runs across the upper neck, under the chin.

- Facial Lipo Filling - Fat Transfer to the face to add volume, and enhance the overall outcome of the facelift. Common areas include the lips, under the eye, and cheeks.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

Your Surgeon will discuss your specific goals and concerns, and provide you with realistic expectations based on your unique circumstances.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your Facelift than you were expecting.

It's important to understand your surgeon will do everything they can to get you as close to your desired result as possible, but they never go so far as to compromise the normal movement of your face.

Please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior & and long-lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

Despite the numerous types of Facelifts, Plastic Surgeons use the same incision to perform each procedure. The exception being Neck Lifts, where occasionally an additional incision is placed under the chin.

Starting at the side of the face (near the sideburn), the incision extends down along the front of the ear, up the back of the ear, and into the hairline.

PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure.

Everyone's scar management journeys are different and we encourage you to be prepared for this.

Some individuals have minimal scarring with minimal effort after surgery. While others will have more visible post-surgery scarring. Some clients also opt to invest in advanced scarring treatments (e.g. Laser Treatment) to improve their outcome.

Initially, scars may appear red, raised, or slightly discoloured. With time and proper wound care, your scars are likely to fade in the months following your procedure.

Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery. We're here to support you. If you'd like to discuss your Recovery, or if you have any concerns, please reach out to your Client Manager.

HOSPITAL STAY | Half Day - 2 Nights

Your time in hospital will vary according to your procedure. Depending on your Facelift, some clients can leave hospital within 2 to 3 hours where others will be required to stay in hospital for a minimum of 1 - 2 nights.

REST TIME | 2 Weeks

Following surgery, drains are inserted into the incision sites to collect excess blood and fluid (a normal occurrence after most surgeries). Drains are typically removed 1 to 2 days after surgery. At this point, clients can wash their face gently and, in some cases, shampoo their hair.

The face is bandaged for 24 hours. Once bandages are removed, a chin strap may be used to provide support. Bruising, swelling and numbness around the face and ears should start to dissipate after the first week.

- ☑ Use prescribed medication to manage pain.
- ☑ Avoid sun exposure and alcohol consumption for 2 - 3 weeks
- ☑ In the 2nd week, clients can ease into light, lower body exercise and in most cases, return to work.
- ☑ Avoid excess exposure to water while the incision sites heal.
- ☑ Keep the head elevated and sleep on your back during the initial recovery time.

RECOVERY TIME | 6 Weeks

Avoid heavy lifting, strenuous activity, swimming and bathing for at least 6 weeks or until your Surgeon advises.

SETTLING PERIOD | 4 - 6 Months

Numbness in the face and ears can last for 4 months, and a full recovery will take place over the first 6 months.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

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All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.