

Our Guide to Face and Neck Lift Surgery



THE GHANEM CLINIC

Plastic Surgery ■ Aesthetics ■ Wellbeing

Cosmetic surgery can transform lives. Choosing to have any procedure is a personal and potentially significant decision. Understandably there are many questions and uncertainties that can arise. We are here to help you make the right decision.

This guide has been created specifically for patients considering face and neck lift surgery under the care of The Ghanem Clinic, to provide an in-depth overview of facelift procedures and hopefully answer any questions that you may have.

We want to make sure you achieve your goals in an as informed a manner as possible.

Why You Might Need a Facelift - The Facial Aging Process

Aging is a natural process that brings with it a series of gradual but noticeable transformations in the appearance of our face. The aging process impacts all the layers of the face: our skin, the subcutaneous fat, the support layer of the facial skin or fascia (Superficial Musculo aponeurotic system – SMAS in the face and Platysma muscle in the neck), the deep muscles of the face with their nerve supply, and then lastly the facial bones.

In order to achieve a natural looking rejuvenation, it is important to understand what happens to your face as you age. The signs of the aging process can be categorised into three distinct but inter-related areas.

Volume:

Volume loss has a major impact on facial aging. Bone, muscle, fat, collagen, and elastin are integral components of our skin's volume and structure and they change throughout our lives. Typically, in our 40s we may begin to notice factors such as the

flattening of our cheeks, hollowing under our eyes, deeper lines and the start of sagging at the jawline because it has lost the support of both fat and collagen.

Laxity:

It is on our 50s & 60s that we notice more significant sagging of our skin, especially in the cheeks and jawline. This is caused by lost collagen and elastin, fat pads starting to diminish, as well as bone loss in the brow area, cheekbones, and jaw. This combination of reduced skin elasticity and the loss of volume outlined above, means our skin sags further, creating more significant wrinkles, droopy eyelids, under eye bags, jowls and sagging of the neck.

Surface:

The skin loses its elasticity and its radiance. It will show the signs of sun damage, can develop a crepey texture, and can be affected by pigmentation issues such as age spots.





What is a Facelift and What Can it Achieve?

A facelift, also known as a rhytidectomy, is probably the best known and most effective procedure for addressing signs of aging on the face and neck. A facelift involves repositioning and reshaping loose or sagging skin to give a natural-looking, more youthful appearance.

As with all cosmetic surgeries, it is important you have a full understanding of what the procedure can and cannot do. When patients have a positive outlook and realistic expectations, they are much

more satisfied with their surgical outcomes.

Facelift procedures can address age-related changes within the lower half of the face, jawline and neck. They can reduce sagging jowls and folds in the neck, restoring a tighter and firmer skin appearance. Facelifts can also lift and tighten the facial and neck supporting structures, and in addition redistribute facial fat to the lower cheeks – altering your profile, jawline and neck, giving a fresher and slimmer contour.

What a Face and Neck Lift Cannot Change

Age-related changes can appear all over the face and neck and it is important to stress that a face and neck lift alone does not address:

- The quality of your skin (the surface): This includes colour /pigmentation differences, sun related / environmental damage, skin irregularities (scars, rough areas, freckles) and fine / deep lines or wrinkles. These can only be addressed by nonsurgical methods – skin resurfacing modalities (peels, dermabrasion, radiofrequency, laser).

- The upper and mid face – forehead, brow, eyelids, upper cheek, nasolabial folds, marionette line, fine lines around the corner of the mouth and lips.

At your consultation we will discuss this with you and outline holistic facial rejuvenation options available at the clinic such as our comprehensive Total Face Refresh protocol which embraces other procedures such as a brow (browlift), eyelid (blepharoplasty), or mid face / cheeks (cheek / malar lift), as well as skin resurfacing and volume boosting treatments.



Types of Facelift

There are various facelifts available and at your consultation we will discuss with you the pros and cons of each, our recommendations based on your facial needs, your current skin condition, and your aesthetic goals.

Micro Facelift

A micro facelift is a minimally invasive procedure designed to enhance and rejuvenate the appearance of the lower third of the face, addressing signs of aging such as sagging skin, fine lines, and wrinkles. Unlike other facelifts, which involve more extensive surgery and longer recovery times, a micro facelift focuses on targeted areas with smaller incisions and less tissue disruption. As a result, a natural, lifted and rejuvenated look is achieved with downtime of a matter of days. The procedure is ideal for individuals in their 30s to 50s who are beginning to notice early signs of aging but do not yet require a full facelift. The procedure itself can be carried out under local anaesthesia and sedation and typically lasts around 45 minutes.

Endoscopic Facelift

An endoscopic facelift is an advanced, minimally invasive surgical technique that lifts and rejuvenates the face using small incisions and an endoscope (a thin tube with a camera). Precise adjustments to the underlying facial structures are made through tiny incisions hidden in the hairline or mouth. The procedure enables elevation of sagging cheeks and jowls, smoothing of nasolabial folds, tightening of neck muscles and repositioning of facial fat pads. This procedure offers subtle, natural-looking results with reduced scarring and recovery time.

Mini Facelift

This is another procedure that addresses skin laxity and contour in the lower face and neck. While the procedure addresses both the deep tissue and skin of the face, tissue manoeuvres are limited as it involves only a short scar. However downtime can be reduced to a week or so. This procedure is not suitable for people with heavy necks.

Full Facelift

A full facelift, or traditional facelift, is a surgical procedure for patients with moderate to advanced signs of aging. The full facelift addresses sagging cheeks and the midface region, as well as the lower face, jowls and jawline, and in some cases, the neck.

Deep Plane Facelift

This is a more involved and sophisticated surgical procedure that can only be performed by a specialist and experienced facial plastic surgeon. Whereas a traditional facelift primarily focusses on lifting the skin, the deep plane facelift targets the deeper layers of facial muscles and tissues, enabling more substantial lifting and repositioning of the facial structures. The deep plane facelift delivers more impressive results and more youthful and harmonious appearance, with longevity of results. However, the deep plane facelift is associated with 2-3 weeks of downtime.

Extended Facelift

For people with heavy necks that extend all the way down to the chest, and heavy deep jowls extending to the smile lines and corners of the mouth, an extended version of a full facelift is employed. Unlike traditional facelifts that mainly focus on the lower face, an extended facelift is an advanced technique that targets multiple areas including the midface, jawline, and neck and involves repositioning deeper facial tissues not just the skin. For enhanced neck definition, additional incisions under the chin may be made to remove excess fat, tighten muscles, and smooth out skin. An extended facelift provides a more harmonious and longer-lasting rejuvenation.



The Ghanem Total Face Refresh – a holistic approach to facelifting and rejuvenation

Early signs of aging can be addressed individually with a range of non-invasive treatments,. However, when signs of aging are more advanced, a holistic approach to facelifting and facial rejuvenation is required. This is because the face, including the deep structures and underlying tissues, ages as a single dynamic unit, not a group of isolated and independent parts.

Traditional or conventional facelifts carried out in isolation don't take this into account. They can result in a 'facelifted' appearance. And they do not always age well. For natural-looking, harmonious and long-lasting results that turn back the clock whilst preserving the essence of 'you', we now engage not only with lifting but also with recontouring, replacing, resurfacing, and regenerating. This is the premise behind our exclusive Total Face Refresh, a pioneering and exclusive combination protocol that addresses all the signs of facial aging concurrently. The Total Face Refresh will:

- Remove wrinkles and sagging skin from your eye lids, under eye bags, cheeks, jowls and neck.
- Restore the volume you have lost and give you pleasing facial contours
- Resurface your skin to remove blemishes and enhance skin texture
- Regenerate you skin to boost collagen, improve your natural skin elasticity, and enhance radiance.

This protocol combines a facelift procedure with other surgical procedures that might include a brow lift and blepharoplasty, along with any necessary additional optimisation of the nose, lip or chin. The Total Face Refresh also includes energy based, injectable and regenerative treatments to address facial aging issues associated with the skin's surface (texture, pigmentation and sun damage related issues) and fat transfer or dermal fillers to restore volume and create more youthful facial contours.

Non-Surgical Facelifting

For those seeking a youthful and revitalised appearance without the risks and downtime associated with surgery, there are non-invasive energy-based facelift options available. These employ energy-based technologies such as microneedling, radiofrequency, ultrasound and HIFEM to lift tighten and rejuvenate your skin. However signs of aging are very advanced, these will not produce the outcomes that can be achieved with surgery.

Our experience has shown us that single modality treatments do not necessarily deliver the outcomes our patients seek. For effective non-invasive facial rejuvenation, again a holistic approach needs to be adopted to address laxity, volume and surface. Therefore we have developed multi-modal treatment protocols such as our G Tite and G Firm Protocols, as well as our ultimate non-invasive Total Face Refresh. We will discuss these options with you at your consultation.



The Facelift Journey



What to expect at your consultation

The consultation is a bespoke interaction between you and your surgeon - to help you reach a considered and informed decision. You would ideally have two pre-operative consultations.

During your initial consultation we will discuss why you are considering facial surgery, how your current appearance affects you and the changes you would like to see. We will review any non-surgical treatments that you may have had, in addition to reviewing your medical history, bleeding tendencies, medication list (including prescription drugs, over the counter drugs, herbal medicines, vitamins and other dietary supplements), allergies, smoking status, occupation, hobbies, and family / social support networks.

A detailed clinical examination will be undertaken of your face and neck – assessing your bone structure, facial shape, skin quality, fat distribution and severity of your age-related changes. Photographs will be taken with your consent to complement your clinical record. Photographs of typical results will also be available for you to view. We will clearly define the changes specific to your case, and outline what can and cannot be changed with surgery. We will explain

the process (pre, during and post procedure), unavoidable consequences of surgery (scars, numbness), complications from both the surgery and anaesthetic (and how the team manage/ mitigate these risks) and the likely results of your surgery.

We will summarise the consultation in a letter to you, and our team will be in contact with further information including pricing. I

If you decide to move forward towards surgery, a second consultation is scheduled. This is helpful to recap the process once more and answer any additional questions.

The practice mandates an important ‘cooling off’ period of 3 weeks before proceeding with surgery – we want you to be happy and confident with your decision and this allows you suitable time to do so.

Whilst at the Practice, you will also meet other staff, who will be closely involved with your aftercare. Written information is available about the anaesthetic, pre-assessment and hospital facility. A spouse, family member, relative or friend is always welcome to accompany you should you wish during your consultation.





Preparing for your surgery

Aesthetic surgery is elective. This means that it is not done as an emergency but should be done at a time of choosing when both your own health and life are at an optimum.

- Keep your weight steady - If you intend to lose weight, you should do so before the operation. This will allow us to remove more skin and so achieve a better result.
- A well-balanced diet is important in the approach to surgery (fruit and vegetables), ensuring your vitamin levels are optimised.
- You should avoid taking tablets containing aspirin, as well as non-steroidal anti- drugs (Ibuprofen, Naproxen, Diclofenac), for at least two weeks before the operation. Also please inform the team if you are taking any supplements (garlic, ginkgo, glucosamine or fish oils) as they increase the risk of bleeding.
- Physical fitness is also important in the run up to surgery and it is important to be mobile and active. This should be combined with keeping well hydrated by drinking plenty of clear fluids and hopefully this will help reduce the chance of a deep vein thrombosis.
- If you smoke or use nicotine replacement, stopping at least six weeks before the operation will help to reduce the risk of complications. Nicotine is known to reduce wound healing by reducing the blood supply to the skin and tissues.
- We would generally recommend a reduction or stopping alcohol prior to surgery for at least a week as this can thin the blood as well as having a dehydrating effect.
- If you are planning to have your hair permed, bleached or coloured, do this before your operation as fresh scars are sensitive to these chemicals for a few weeks.
- Have a bath or shower during the 24 hours before your operation to make sure that the area is as clean as possible.
- It is well documented that patients having personal problems or conflict in their lives at the time of surgery potentially have a poorer outcome. It is important you are in a good state of mind when undergoing aesthetic surgery so avoid doing so if you are in the midst of family or relationship difficulties, bereavement, divorce, financial difficulty or conflicts at work.



Recovery, Results and Expectations

Recovery after your procedure depends on the extent of your facelift, and any accompanying procedures. You would typically be able to engage in light activity a few days after your surgery; a return to more normal activity may take 2 weeks or more.

Your appearance will gradually refine over the following 6-8 weeks. Proper skincare and sun protection are essential during healing and to maintain your results. Results can be long-term, turning back the clock on your appearance often lasting up to 10 years. While natural aging will continue after your facelift, skin care and non-surgical treatments can be used to maintain a youthful appearance after surgery.

Following surgery, there may be a period of adjustment as you may feel the 'you don't look like yourself' – but this is a normal process. It is important to understand that the results will not be apparent until the bruising and swelling have subsided, and the scars matured. This can take a variable period of time. The result of a face and neck lift is dependent on your age, quality of skin, volume of soft tissue, history of smoking or sun damage, weight, BMI and type of face and neck.

Patients with longer faces get better results than patients with rounder faces. Patients with a strong jaw and chin with a better angle between the chin and neck get a better result than patients with a small chin and less defined angle between the chin and the neck. Patients with a long thin neck get better results than patients with short and heavy necks.

Once things continue to settle the long-term result will become increasingly clear and the majority of patients are very happy with their new look. Friends and relatives often comment that 'you look really well or healthy' without realising that you have had surgery. We want to avoid the 'obvious over-operated' face and ensure that you have a natural rejuvenated appearance. Full resolution, to a point where one can judge an end result critically, will take 3-6 months and in most adults, scars mature completely over a period of 9-12 months.

We stress that in order to get the best from your surgery, you continue to undertake your regular skin regimen and avoid external environmental influences (sun exposure, smoking, poor nutrition). Longer term maintenance non-surgical treatments are also advised to ensure longevity of your result.

Getting the most out of your facelift

To prolong your facelift results, consider these important points:

Get serious about sun protection: Sun exposure is one of the leading causes of signs of aging, as UV rays break down important proteins in your skin. This can accelerate the appearance of lines, wrinkles and sagging skin, which could compromise your facelift results. Wearing sunscreen every day and avoiding deliberate tanning helps protect your skin from sun damage and the accelerated aging that UV ray exposure can cause.

Nourish your skin from the inside out: key to maintain great, healthy-looking skin and prolonging your facelift result is to eat a healthful, balanced diet. Just as important as eating the right foods is limiting or eliminating the wrong foods from your diet

(sugars). In addition, regular exercise, avoidance of smoking and excess alcohol also contributes to healthy skin and stable weight

Use the right skin care products: Using the right topical skin products for your skin type as part of a daily regimen. Medical grade products that contain retinoids, peptides and antioxidants can all be great tools for brightening and smoothing the skin.

Take advantage of cosmetic treatments: these can complement your facelift results by acting as an extension of your regular daily skin care regimen. Options include photo facials, chemical peels, laser, radiofrequency, Botox and fillers. These rejuvenation treatments all act to improve the skin quality, revealing more youthful skin.



FAQs

Am I a good candidate for a facelift?

Good candidates for a facelift are individuals who:

- Have noticeable signs of facial aging, such as sagging skin, deep wrinkles, and jowls.
- Are in good overall health.
- Have realistic expectations about the results.
- Do not smoke or are willing to quit before and after the surgery.

What is the recovery time for a facelift?

Recovery time varies, but generally follows this timeline:

- First Week: Swelling, bruising, and mild discomfort are common. Patients should rest and follow post-operative care instructions.
- 2 to 3 Weeks: Most patients can return to work and light activities. Swelling and bruising begin to subside.
- 4 to 6 Weeks: Patients can resume more strenuous activities. Most of the swelling and bruising should be gone.
- Several Months: Final results become more apparent as tissues fully heal and scars fade.

Are there any risks or side effects associated with a facelift?

Complications in facial aesthetic surgery are, fortunately, uncommon. Many can be avoided with careful selection, operative planning and surgical technique, but however careful, complications will occur from time to time. Although the risks are unlikely, it is important to weigh them up against the potential benefit of the surgery. The following are some of the potential risks/side-effects:

- Swelling and bruising
- Hematoma
- Scarring
- Nerve injury
- Infection
- Anesthesia complications

How long do facelift results last?

The results of a facelift can last for many years, but they are not permanent. Natural aging will continue, but patients can maintain their rejuvenated appearance longer by:

- Following a healthy lifestyle
- Avoiding excessive sun exposure
- Using proper skincare
- Not smoking

Will I have visible scars after a facelift?

Facelift incisions are typically made in discreet locations, such as around the ears and along the hairline, to minimize visible scarring. Scars will fade over time and can be further minimized with proper care and possibly cosmetic treatments.

Can a facelift be combined with other procedures?

Yes, a facelift is often combined with other cosmetic procedures to achieve comprehensive facial rejuvenation.

How do I choose the right surgeon for my facelift?

Choosing a qualified and experienced surgeon is crucial for achieving the best results. Consider the following:

- Professional qualifications and registration on the GMC Specialist Register as a plastic surgeon
- Extensive experience in performing facelifts
- Positive patient reviews and before-and-after photos
- A thorough consultation process

What should I expect after a facelift surgery?

After the surgery, you can expect:

- To have dressings and possibly drainage tubes in place to reduce swelling and prevent fluid buildup.
- Some degree of swelling, bruising, and discomfort, which will be managed with prescribed medications.
- Follow-up appointments with your surgeon to monitor healing and remove stitches if necessary.
- Gradual improvement in the appearance of your face as swelling subsides and tissues settle.

Is a facelift right for me?

A facelift can be a life transforming procedure and determining if a facelift is right for you involves a significant personal decision. We will have a comprehensive discussion with you about your needs and expectations to help you weigh if it is right for you.

What does a facelift cost?

The cost of a facelift can be as little as a few thousand pounds but can vary enormously. Based on your individual needs and discussions at your consultation you will be given a fully costed treatment plan proposal.



Why Choose Professor Ali Ghanem for Your Facelift

When considering a facelift, selecting the right surgeon is crucial to achieving natural and pleasing results. Professor Ali Ghanem is a highly esteemed plastic surgeon renowned for his expertise in facial rejuvenation. Choosing him to perform your facelift means entrusting your care to a highly skilled, experienced, and compassionate plastic surgeon. His expertise, aesthetic judgement, and dedication to patient satisfaction have earned him a reputation worldwide as the go-to surgeon for those seeking to rejuvenate their facial appearance and enhance their confidence.

Extensive Experience in Facial Rejuvenation

Professor Ali Ghanem brings a wealth of experience in the field of plastic surgery, particularly in facial rejuvenation. With years of specialised training and practice, he has honed his skills in performing facelifts, consistently delivering exceptional results. His deep understanding of facial anatomy and the aging process allows him to customise each procedure to the unique needs of his patients, ensuring results that enhance natural beauty while maintaining individual characteristics.

Expertise and Skills as a Plastic Surgeon

Professor Ghanem is a certified plastic surgeon and recognised leader in his field. He has undergone rigorous training and has contributed significantly to academic research in aesthetic surgery. His expertise encompasses the latest techniques in facelift surgery, enabling him to offer advanced solutions that minimise recovery time and maximise results. Patients benefit from his meticulous attention to detail and his ability to address complex aesthetic concerns with precision and care.

Aesthetic Judgement and Holistic Approach

One of Professor Ghanem's most distinguishing qualities is his exceptional aesthetic judgement. He approaches each facelift with an artistic eye, striving to achieve harmonious and balanced results that complement the patient's overall appearance. His holistic approach considers not only the surgical aspects but also the patient's lifestyle, expectations, and overall well-being.



Excellent Patient Care at The Ghanem Clinic

At The Ghanem Clinic, patient care is a top priority. The clinic is renowned for its welcoming and supportive environment, where patients are treated with compassion and respect. From the initial consultation to post-operative care, Professor Ghanem and his team are committed to providing a seamless and comfortable experience. They take the time to listen to patient concerns, answer questions, and provide clear information about the procedure and recovery process. This dedication to patient education and support ensures that every patient feels confident and well-informed about their facelift journey.

Commitment to Safety and Innovation

Professor Ghanem is committed to maintaining the highest standards of safety and innovation in his practice. He stays at the forefront of developments in aesthetic surgery, continually updating his techniques to incorporate the latest advancements. This commitment to excellence ensures that patients receive the safest and most effective treatments available.

At The Ghanem Clinic, you can expect outstanding results and a supportive environment that prioritises your well-being at every step. There is no one better to help you achieve your transformation.

Patient Testimonials

Claire is a 62 year old professional woman. She works in the television industry with many of her colleagues much younger than her. This left her feeling very conscious of her age and aging appearance. She had previously tried various energy based and injectable treatments, particularly to address jowls and a sagging neck but was not satisfied with the results. She had a Total Face Refresh that involved a mini surgical facelift with neck lift and upper blepharoplasty, as well as a fat transfer to restore volume and CO2 laser to refresh her skin.

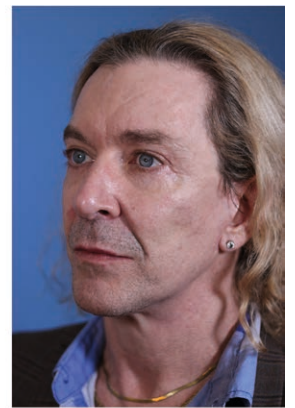


“ I am delighted with my rejuvenated appearance. Mr Ghanem achieved exactly the natural looking result I had hoped for, and that my previous treatment failed to deliver. My Total Face Refresh has restored my youthful appearance and in the process my self-confidence and self-esteem. ”

John is a successful actor in his mid-50s. He had become aware that the roles he had been offered were becoming scarcer and changing in character. He decided he needed to rejuvenate his appearance to give him more chance of winning roles. At his consultation he shared his desire to refresh his appearance and advised that he had previously had blepharoplasty surgery which had not produced a satisfactory outcome. Our treatment plan was a signature Total Face Refresh multi-modal protocol. Central to this was a deep plane facelift and brow lift as well as revisionary surgery to his eyes. This was complemented by fat transfer to restore volume, CO2 laser to address skin texture and regenerative growth factor injections. John was delighted with the results.



Before



After

“ I had a full face refresh. The result is basically flawless. Mr Ghanem and his whole team of co-doctors, anaesthetists, nurses and staff at The Ghanem Clinic is thorough, detailed and kind. I have never looked or felt better. ”



Helping you
to be the
best version
of you

For more information or to book a consultation please
contact The Ghanem Clinic on 020 3750 0400



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