



PLASTIC &
RECONSTRUCTIVE
SURGEON

Dr. Johan van Heerden

MBChB, MMED, FC Plast Surg (SA)

Pr Nr: 036 0000 386 502

Pretoria East Hospital

Suite M12

c/o Garsfontein Drive & Netcare Street

Moreletapark

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INFORMATION LEAFLET FACE LIFT

ADVANTAGES:

- Removal of excess skin in the midface with or without neck region.
- Distribution of the remaining skin over the midface with or without neck region.
- Improvement of skin wrinkles (not complete disappearance thereof).
- Improvement of nasolabial fold and jowl areas.
- Tightening of the SMAS layer (facial muscle layer).

DISADVANTAGES:

- Scars in temporal-, in front of ear and behind ear regions.
- Pain and discomfort.
- Bruising and swelling for 2 – 6 weeks.

RISKS AND POSSIBLE COMPLICATIONS:

- Hematoma (blood collection that needs to be drained in theatre).
- Seroma (fluid collection that needs to be drained in the rooms).
- Muscle function loss in forehead, around the eyes, midface or around the mouth regions (usually transient due to pressure on the nerves).
- Sensation loss (usually sensation returns within 12 months).
- Skin necrosis and wound breakdown (especially at the wound edges, smoking may increase the risk).
- Infection (0.1% incidence).

ADDITIONAL INFORMATION:

- You have to be fasting for 8 hours before the procedure.
- You should not be smoking cigarettes for 4 weeks before and for 4 weeks after the operation.
- You should stop taking vitamins pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure (these may cause excessive bleeding or interfere with anaesthesia).
- You have to arrive 2 hours before the procedure at admissions.

POST-OPERATIVE CARE:

- Empty the drains daily in a disposable container, measure the volume of each drain daily at 8:00 with a 20ml syringe. Contact the rooms once the drainage is less than 25 ml/24 hours.
- Do not remove the dressings.
- You may wash around the dressings, please do not let the dressings get wet.
- Do not wear tight clothing over the wounds.
- Normal daily activities may be resumed after 2 weeks.
- Exercises "Gym" may be resumed after 6 weeks.



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- Do not apply "tissue oil" or Bio-oil on the scars, until the wounds have healed completely.
- Micropore bandage may be applied to the scar line after the dressings have been removed, this will help prevent the scar from stretching. This is not mandatory.
- Wound healing and the final result of the scar is a continuous process and will only be completed after 12 – 18 months.
- Due to the above, the shape of the face may change as the wound heals and the swelling subsides. After many years the signs of aging and new wrinkles may be visible again.
- Please follow-up with removal of the drains, after 2 weeks, 6 weeks and 1 year.