

# Facelift Frequently Asked Questions and Answers

## How long does a facelift take?

Depending on the facelift type and if any other treatments are being undertaken, surgery can take anywhere from two to four hours or more.

Dr De Silva takes as much time as he needs to ensure his surgeries provide the best possible results.

## How do I recover from surgery?

Dr De Silva will provide personalised recommendations on how best to optimise your recovery.

In general, it is best to rest, take action in preventing swelling (such as icing swollen areas for ten minutes at a time), avoiding sunlight for one to two weeks, and avoiding strenuous activity.

## What type of facelift is best for me?

Using his experience as a facial plastic surgeon, the current state of your face and skin, and information gained from discussion during your consultation, Dr De Silva will recommend the optimal surgery to undergo in order to achieve your desired outcome.

## Are there any side effects?

Like any surgery, there can be some side effects, ranging from mild to severe. Dr De Silva takes all precautions in order to prevent or avoid serious side effects during surgery.

However, there are highly some rare yet possible side effects, including visible scarring, nerve damage and infection.

## How do I choose a facelift surgeon in London?

One of the most important parts of surgery is choosing your surgeon, especially for surgery on the delicate and complex face. There are a few things to ensure when it comes to making your choice:

- That they are a specialist facial plastic surgeon
- That they are detail-oriented and meticulous
- That they understand facelifts require not just medical technique but an artists' touch
- That you have a good rapport and feel comfortable with them

Patients come from all over London, the UK, and the world to be treated by Dr De Silva and his team, who treat each patient like family.

## Can I combine a rhytidectomy with other procedures?

As part of your procedure, we may recommend other treatments, such as a neck lift, blepharoplasty (eyelid lift) or fat transfer to supplement and enhance the end result.

These will be conducted during your surgery to combine recovery time.

## Will I have visible scars?

Where possible, Dr De Silva hides incisions within the natural creases in the face. 99% of scars are virtually invisible, achieved by using meticulous technique and 3 levels of stitches.

## Is surgery painful?

Before surgery is commenced, you are put to sleep, before having a local anaesthetic applied.

Aside from mild discomfort, many patients report having very little pain after surgery, and often only require basic pain relief, if any.

## What kind of anaesthesia is used?

During surgery, sedation anaesthesia, also known as "twilight anaesthesia," is used, which is a combination of local anaesthesia and sedative medications.

We have further developed our own specialised form of this anaesthesia. A patient is made to sleep as they would on a normal night, without the breathing tube and side effects of general anaesthesia.

As soon as the anaesthetic is stopped, patients wake within 30 minutes. [Read more about our anaesthesia here.](#)

### Am I a good candidate?

A good candidate for a facelift is facial ageing with symptoms of sagging of the skin and soft tissues of the face, deepening of the nasolabial folds (a line between nose and mouth) and loose skin below the neck with loss of the angle between the chin and neck.

The patient should be in good health, and a non-smoker with have realistic goals of rejuvenating their face.

### What happens after surgery?

A bandage is placed around your head from the top of your head to under the chin, this gives support to the face and reduces swelling.

We use micro-drains for some patients to reduce swelling and enhance recovery. By the use of meticulous techniques, patients are able to leave the surgical centre and go home after 1-2 hours.

Most patients have little or no pain; however, they should take things relatively easy and avoid all forms of exercise.

Dr De Silva will see all of his patients the day after surgery and provide you with contact details so he may be reached 24-hours a day. The following day you are able to have a shower and wash your hair.

From 5-7 days, your facial stitches will be removed, and after two weeks most of the swelling will have resolved. The scars are hidden behind the ear and in the hair, the remainder fade over a period of months.

### How long does recovery take?

Typically patients will go home on the day of surgery. There is a support bandage that applies pressure to the face and neck for the first day.

Dr De Silva advises his patients to apply ice packs to their faces for the first 2-days as this speeds up recovery and reduces swelling.

Patients often feel good after a few days, and the face is usually swollen and bruised for two weeks. Occasionally patients can feel really drained for the first couple of weeks.

After 1-week patients may return to most normal activities, although strenuous activity should be avoided for 3-4 weeks.

Most of the stitches are removed between 1-2 weeks. Dr De Silva avoids the use of staples as these promote scar formation through tracks. In addition, Dr De Silva takes steps to minimise leading, with meticulous techniques and fibrin tissue glue and drains in the face to enhance recovery after surgery.

Dr De Silva follows his patients very carefully after their surgery and is readily accessible 24-7, he also advises patients on minimising scarring and may use medications that facilitate hidden incisions with the use of creams or local treatments.

### What age is suitable for a facelift?

The average person having facelift surgery is between 50 and 70 years old.

Younger ages for this surgery are the 40s, all faces age at different rates, where a combination of natural genetics and exposure to the sun may result in early ageing.

In younger patients, this can be used as a form of preventative maintenance, a requisite in some professions such as the actresses and actors in the movie industry.

**There is no fixed age limit to undergo cosmetic surgery;** the person must have good health and be a non-smoker as safety always comes first.

The father, one of my surgeon's colleagues, was in good health and underwent a facelift at the age of 85, he was absolutely delighted with the results. There are no absolutes to age in having a facelift it is necessary to do a comprehensive series of blood tests, electrocardiogram (heart tracing) and chest x-ray to establish good health.

## What is the difference between a full facelift and a mini facelift?

A mini facelift procedure is a technique that benefits a person with relatively early features of facial ageing, including facial sagginess with deep facial lines (termed nasolabial folds) with or without early jowls (softening of the smooth jawline) and some skin laxity in the cheeks and lower face.

Key for suitability for a mini-facelift is relatively good skin elasticity and relatively mild changes in the lower third of your face and neck. The advantages of a mini facelift are a small incision and a hidden scar with rapid recovery after surgery.

There are circumstances where a mini-facelift procedure is not adequate. If you have substantial skin laxity, marked jowls, droopiness in the neck including vertical bands (termed platysmal bands). With these features usually from your 50s, a full facelift is required to provide a natural rejuvenation.

A full facelift requires a larger incision as more surgery is required to lift and rejuvenate the face. The incision is longer as it needs to extend behind the ear into the hairline principally to treat the increased skin laxity.

At the same time, the incisions can be largely hidden in natural creases and contours to avoid visible scars after surgery. The recovery from a full facelift is approximately 2-weeks, although the final result is 6-12 months later.

Key to a natural rejuvenation in both mini-facelift and full-facelift techniques include meticulous attention to detail, lifting beneath the skin including the SMAS and deep soft tissue layers (to avoid a wind-swept appearance) and multi-layered closure (to avoid visible scars).

Both techniques are effective at rejuvenating your face depending on your clinical needs, and an assessment is required to determine your individual needs and suitability for this facial surgery.

Both techniques may be completed with other facial techniques, including blepharoplasty (eyelid lift), fat transfer (volume rejuvenation), and CO2 laser resurfacing to augment the natural results.