

EXPERT ADVICE FROM A FACIAL PLASTIC SURGEON

The aesthetic industry has expanded very rapidly, leading to exaggerated marketing, confusion, poor results, and fears of looking “fake” among patients who want to enhance or rejuvenate their appearance. However, it is possible to get high-quality and natural results by avoiding the gimmicks, learning about the procedures, and carefully choosing the proper providers. This monthly series focuses on providing helpful information about the various aspects and procedures of facial aesthetics.

WHAT PATIENTS NEED TO KNOW ABOUT FACELIFTS

There are many different names for facelifts, but they really boil down to 3 main types: Skin only, SMAS, and Deep Plane.

- **Skin only:** Should not be done
- **SMAS:** Pulls on the layer below the skin without separating it from the muscles and bones below. Versions of this lift are very common as they are generally easier. Although it can produce decent results, it has some limitations and relies on tensioning the SMAS, which can lead to issues.
- **DEEP PLANE LIFT:** Separates the SMAS layer, allowing us to reposition it freely to its more youthful position. Tightens the deep layer without excessive tension or pulling, allowing for more natural yet also more significant results. This is becoming the gold standard for facelifting, but it is more challenging to perform.

A facelift typically refers to the neck, jawline, and cheeks. Above the eyes is a browlift, which is often combined with a facelift. In some cases, these approaches can be limited to just the cheeks and jawline, or neck and jawline only.

A vertical lift refers to the direction of movement of the SMAS and skin.

A temporal, endoscopic, or ponytail lift typically refers to a deep plane type lift that moves the SMAS, but limits the incision. This may be an option for those with little to no extra skin to remove.

A high-quality facelift will give NATURAL results.

Contrary to popular belief, it is the “smaller” more “conservative” lifts that often lead to the overtightened / distorted appearance. Because they involve doing less work (on the part of the surgeon), they rely more on pulling and tensioning, which create these problems.

The more “extensive” lifts such as a Deep Plane lift, require surgeons to do more meticulous work, which allows for a more natural restoration.

It’s not about how much you pull the face, the important factor is how freely does it move and in what direction.

A more comprehensive / deeper lift does not necessarily mean more downtime or surgical pain.

Be cautious of gimmicks that promise the same results with faster recoveries or other shortcuts.

Do not take shortcuts when it comes to the face, these not only lead to poor results, but can create problems that are hard to fix.

Although volume loss contributes to some of the aging that we see, and can be corrected with fillers or fat, AVOID overfilling the face just to bypass a facelift.



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