



## **FACIAL REJUVENATION – MORE THAN A FACELIFT FACTS YOU NEED TO KNOW**

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### **INTRODUCTION:**

- Not all facelifts are created equal. The term facelift is, in fact, a misnomer. The modern facelift as Dr. Rohrich performs it is a multiple layer and component procedure that is more than a facelift: it is a facial rejuvenation. This means much of the work is done in the deeper structures to lift, reshape, and contour your face to make it look more youthful and rested and most importantly not to give you an “operated” look.
- Different procedures give different results in the hands of different surgeons. A facelift, like rhinoplasty or any other plastic surgery procedure, is both art and science. It requires an artistic input. Dr. Rohrich, after extensive experience, has come to the conclusion that the key to achieving the best facelift is approaching it as more than merely lifting and stretching the skin. He provides a unique individual with “facial rejuvenation.” There is no universal facelift. It depends on the patient’s facial shape and the amount of sagging facial skin. Facelifts are therefore customized depending on the individual’s needs.
- When Dr. Rohrich rejuvenates your face the goal is to restore the sagging deep layers of tissue and fat to make them more harmonious with the rest of your face and to look more youthful. The most common complaints are sagging neck skin, jowls, and sagging eyelids and brows. These cannot be corrected completely. Dr. Rohrich recommends that prior to the consultation you look in the mirror and list the top 3 things that bother you. It is helpful to bring pictures of yourself 10 to 15 years ago showing the areas you would like to improve the most.
- The key element to Dr. Rohrich’s harmonious facial rejuvenation techniques is his individualizing the procedures to help restore you to a more youthful and non-operated appearance. The goal is for you to look younger, better, but not like someone else or “different.”
- You are a candidate for facial rejuvenation when you think you are ready psychologically, emotionally, and physically. During the consultation with Dr. Rohrich for facial rejuvenation, you may discuss with him the benefits from other procedures such as a blepharoplasty, (eyelift) brow lift, skin resurfacing, advanced skin care, or rhinoplasty (nasal reshaping). Some or all of these procedures can be done, if you desire, simultaneously and safely using general anesthesia with an on-board certified anesthesiologist. These procedures can also be done in stages based upon your personal desire. It is up to you. Dr. Rohrich will analyze your face from top to bottom (from brow to neck) and discuss these options with you.
- Dr. Rohrich can show you by computer imaging a comparison with your photos of 10-15 years earlier to show how facial rejuvenation could maximize a more youthful appearance. The computer images are for a patient’s education only and do not represent an absolute operative result.

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- A facelift, though it softens your face, doesn't last forever, and doesn't get rid of all wrinkles. (Wrinkles around the eyes, brow, and lip are best treated with a laser or chemical peel.) A facelift will last 7-10 years if you take good care of your skin, limit your exposure to the sun, use sunscreen, don't smoke and maintain a healthy lifestyle.
- The major contraindication to any type of cosmetic surgery is if you have any serious health problems – cardiac or pulmonary for example. This is elective cosmetic surgery and does involve the use of anesthesia. The benefits outweigh the risks in a healthy individual, as the risks are minimal. If you have a significant medical condition, a careful evaluation is vital and after your consultation with Dr. Rohrich you may be required to have clearance by your own doctor. You may warrant your procedure to be done in a hospital setting.
- There are alternatives to facelifts to minimize aging. Avoid sun, use sunscreen when outside, use Retin-A and do not smoke. All of these will be recommended as part of the wellness concept instituted by Dr. Rohrich many years ago. These steps will minimize aging and enhance better long-term skin health in a patient who elects to undergo facial rejuvenation.
- Though there are many areas that the facelift procedure improves, the procedure cannot correct/improve asymmetry – everyone is asymmetrical – and will continue to be asymmetrical. A facelift will not correct all wrinkling especially fine wrinkles in the center of the face around the lip area or around the eyes). You may observe entertainers who have the “mask” look and note they lack the normal ways of animating or laughing that makes them look “strange” or “different.” Dr Rohrich does not/will not make you “windswept” or have an “operated look.”
- Dr. Rohrich will not perform a facelift on you if you are “a smoker.” Smoking increases the risk of skin loss and impairs the healing process. You must not smoke four weeks preoperatively and four weeks postoperatively.
- Often a facelift is performed in conjunction with a brow lift (done endoscopically – through many small incisions or transcoronally with an incision across the top of the forehead). Sometimes the facelift is performed with a blepharoplasty (incisions made above and below the eyes). Commonly fat augmentation is done as well; that is fat taken from your abdomen and placed discretely into areas of the nasal-labial fold and/or the commissars (which is where you have sagging and gives you the appearance of looking unhappy). Laser skin resurfacing and chemical peels are additional procedures that can enhance the facelift and are performed to get rid of deep wrinkles.
- Dr. Rohrich performs all cosmetic procedures in an accredited outpatient surgery center or in the hospital under general anesthesia. He uses a board-certified anesthesiologist for all his cases.
- Usually Dr. Rohrich will want you to stay one or two nights after your facelift to be monitored by him and his staff. The dressing will be changed on day 1-2 and then you may shower, and will be discharged to go home. Dr. Rohrich and his staff will see you in the post op period every 2-3 days. The first sutures come out in the eyelid in about 5 days, the sutures in the front of the face 5-7 days post op, and the hairline (small staples) 7-10 days.

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- Immediately post operatively you will have a dressing around your face with small drains in your neck which will come out on post op day 2. You must keep your head elevated and stay relaxed. You will be given medications to provide you with postoperative comfort. If you have any significant pain you need to notify the nurse or Dr. Rohrich. Your face will be swollen and may be bruised but don't forget you will be looking better shortly. You need to take at least two weeks off work. If you have laser resurfacing, then you possibly will need three weeks off. We will have you in makeup in two weeks without laser and three weeks with laser.
- Postoperatively you should be walking the first night after surgery or the next day. You can return to work in 2 weeks and in 3 weeks be able to resume all of your strenuous activities but you are to avoid strenuous activities (keep your heart rate below 100) for 3 weeks post op to avoid increased swelling or hematoma formation.
- The scars are hidden behind the earlobe and in front of and behind your ear. If you have eyelid surgery the scars will also be in the natural lines and creases of your eyelids. These will be minimally visible in most cases in 6-8 weeks. But wound healing depends on how you, as an individual, heal. Dr. Rohrich will do everything, as a plastic surgeon to make sure that you will have optimal wound healing.

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