



Peter Callan Plastic Surgeon

Peter Callan Plastic Surgeon specialising in Cosmetic Surgery, Breast Surgery, Hand Surgery and Treatment of Skin

Face lift (Meloplasty, rhytidectomy, neck lift, lower face lift, mid-face lift)

What is it?

Face lift is the repositioning of facial tissues back to where they belong to get rid of a saggy neck, jowls and marionette lines (lower face lift, neck lift), and improve the nasolabial folds and lower eyelids by elevating the cheeks to where they belong (mid-face lift). An upper face lift or browlift is dealt with elsewhere but may also be a part of full facial rejuvenation. It is important to note that a face lift does not involve pulling the face tight or changing appearance. It is the creation of a more youthful and natural appearance.

Is Mr Callan experienced at this procedure?

This is an important question to ask. Not only is Mr Callan experienced at this procedure, but he performs face lift regularly and keeps up to date with the latest techniques. It is also important to know that as a fully trained plastic surgeon Mr Callan performs this procedure to the high standards of Australian Plastic Surgery.

Can I see photographs?

You can see photographs in our office when you have a consultation. As Mr Callan performs face lift frequently, there are large numbers of photographs to look at many of which will be of patients with a problem similar to yours. We do not publish photographs on the web for a number of reasons, but the most important of these is that you need realistic photographs for the particular type of face lift you will need.

Who has a face lift?

Women or men when their facial tissues start to sag to the extent that it is distressing and is significantly improved when the tissues are elevated (such as with the hands in front of the mirror) are suitable for face lift.

Am I suitable?

You need to be sensible, honest about your reasons, happy with your informed decision, and be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery. It is important to remember that face lift is used to fix gravitational changes in the face and is not a fix for fine lines and animation lines, which are best dealt with by wrinkle treatments.

What would stop me from having the surgery?

You must not be smoking, outside the BMI range of 18-28, under stress when making your decision, or have a medical condition that would make surgery unsafe.

How is it done?

Face lift surgery is done in a fully accredited hospital. It is done via inconspicuous incisions placed in front of the ear and the hairline. Rarely does Mr Callan need to make incisions behind the ears or in the hair behind the ears, so it is easy for women to wear their hair up after such an operation. The facial tissues are then tightened and the skin replaced in a more elevated, fresher and younger position.

What are the benefits?

This is entirely a personal matter, but a true rejuvenation of the face makes you look refreshed and younger. Your identity is fully maintained while improving your appearance. Most people will not know you have had it done, but may comment that you look well, or have lost weight, or have been on a holiday.

What are the risks?

All surgery carries some element of risk. You can minimize your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and giving yourself a stress free time during which to recover. Despite this there are some risks that you will need to discuss. The most common of these is a little delayed healing along the incision lines. There are other risks common to all surgery, and you should be aware of these.

Are there scars?

The incision lines for the surgery are always present, but fade over the first six to twelve months. As a rule the incision lines are inconspicuous unless specifically searched for, or viewed at certain angles.

How long am I in hospital for?

You will be in overnight. Face lift discomfort is minimal, but if required you will be given plenty of medication if it is required to keep you comfortable.

How long will I need to recover?

This varies but usually you will need a month. After two weeks most people look fairly good but may still be a little puffy or bruised in the cheeks. After four weeks you will usually look good and continue to improve. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery so as you are fully capable. If in doubt, don't.

Do I wear a garment after surgery?

Not usually. You will have some bandages for a few hours and in some cases will need to wear a neck strap for a period.

Will I need to be seen after surgery?

Yes. We will keep in close contact with you by telephone for the first few days and then will see you about four days after surgery, then at eight days, three weeks, then at three months. You are of course welcome to call or visit anytime with any concerns.