

*Facial Rejuvenation*  
(RHYTIDECTOMY OR MELOPLASTY)

**DISCLAIMER:**

**Please read the following points:**

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themselves

# Facial Rejuvenation

## (RHYTIDECTOMY OR MELOPLASTY)

### CONSIDERING FACIAL REJUVENATION

*Facial Rejuvenation, also known as “rhytidectomy” or “meloplasty” is the surgery performed to tighten the skin on the face and neck and the removal of fat from the facial area and underneath the chin. The face takes on a more youthful appearance, looking firmer and more refreshed. Both wrinkles and those unwanted lines or excess skin that hangs beneath the chin are drastically reduced.*

*This procedure is predominantly performed on the 40 plus age group.*

### WHAT TO EXPECT AT YOUR CONSULTATION

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you with the necessary arrangements to make an appointment to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

**Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.**

**Strictest care is taken to ensure your privacy.**

Easy parking is available at the rear entrance.

During your consultation, Mr. Mutimer will ask you about the results you will expect from surgery. He will inform you of the risks and complications as well as the benefits, and whether or not your expectations are realistic. You should inform Mr. Mutimer of any

previous plastic surgery, operations, heart attacks, mental illnesses or medication that you are taking.

There are several points that Mr. Mutimer will assess in relation to facial rejuvenation surgery, such as:

- The elasticity and texture of the skin
- Fatty deposits
- The bone structure of your face
- Your hair - as incisions are placed in the hair.
- Bleeding disorders
- Your previous medical history including any previous surgery.

### DOES MY HOSPITAL INSURANCE COVER THE SURGERY?

Facial Rejuvenation rarely has an MBS item number attached to it, unless you have suffered a deformity in your facial structure or for facial acne scars. You will incur Mr. Mutimer’s fee, anaesthetist fee, hospital bed and theatre fee, all of which will incur GST.

The Patient Care Co-ordinator will thoroughly discuss the costs of surgery with you and give you a full account summary. If you have any questions please do not hesitate to contact the consulting rooms on 9592 0522.

### FACIAL REJUVENATION TECHNIQUE

An incision will be made in or around the hairline and just in front of the ear (where it meets the cheek). Mr. Mutimer separates skin from muscle, where the fat layers lie between. Then the muscles and tissue, which are deeper within the face are sutured, which in turn will tighten them. This is commonly known as a SMAS lift. If there is excess skin or fat it is trimmed. The skin is then pulled the opposite direction to the incision to remove excess skin. Fine sutures or clips are used to bring the skin together. If there is loose



*A facelift smooths loose skin on the face and neck, tightens underlying tissues and removes excess fat. The results may be dramatic or subtle, depending on the patient's appearance before surgery and the goals that she and her plastic surgeon have established.*



*Many patients find having a facelift helps them look as good as they feel.*

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skin, extra fat or muscle bulk in the neck region, this is also removed or repaired by a small incision made just underneath the chin. This incision is barely visible. Upper and lower Blepharoplasty, Laser or Endobrowlift treatments may be performed in conjunction with this treatment, for an overall better result. Mr. Mutimer will advise you if you are a suitable candidate for any of these surgery types. A total Facial Rejuvenation procedure will take approximately 4-5 hours.



*Men as well as women can benefit from facelift surgery. For some men, the procedure may need to be modified somewhat for optimal results.*



*Every year, many thousands of people undergo successful facelift surgery and are pleased with the way they look.*

### **RISKS, COMPLICATIONS AND SIDE-EFFECTS**

Facial rejuvenation is performed regularly by Mr. Mutimer. It is a relatively safe procedure however it is important to understand that there are certain risks, complications and side effects, before deciding to go ahead with surgery. Mr. Mutimer will discuss these points in detail with you. They include:

- Wound infection requiring antibiotics.
- Pain and discomfort due to swelling of the face.
- Haematoma which may require readmission and surgery to remove it.
- Nausea, relating to the length of general anaesthetic.



*Most facelift incisions are placed within the hairline and within the natural contours in front of and behind (shown in lighter black) the ear.*



*Sometimes the deeper tissues (grey shaded area) may also need to be repositioned in order to restore a more useful contour to the face.*



*After the skin has been pulled up and back, the excess (grey shaded area) is removed.*

- Healing process may take longer than expected.
- A degree of depression or the patient feeling very down.
- Hair loss at the incision areas – however this is usually not permanent.
- Bruising of the face, which usually subsides after a couple of weeks.
- The ear lobe can tear or sometimes be unusual in shape.
- There can be damage to the facial nerves (very rare) which can cause partial loss of movement of the face giving it a distorted appearance.
- Follow-up surgery.
- Blood clots, due to being under anaesthetic for a long time.

### **PRE-OPERATIVE PREPARATION**

- It is important to cease smoking at least 4 weeks prior to surgery (including nicotine patches)
- Any blood thinning tablets such as dispirin or aspirin or vitamins should be ceased two weeks prior to surgery

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- ❑ If you colour your hair, this should be done prior to surgery
- ❑ Arnica tablets should be taken 3 days prior to surgery (5 tablets a day excluding the day of surgery and postoperatively).
- ❑ As you are under anaesthesia longer than most other cosmetic procedures, you should be as healthy as possible, thus making your post-operative recuperation easier.
- ❑ Fasting is required 7 hours prior to surgery
- ❑ If you develop any form of cold or chest infection prior to surgery, you should contact the office immediately

### WHAT TO EXPECT ON THE DAY OF SURGERY

The Patient Care Co-ordinator will have given you an admission time, which will be approximately 1-2 hours prior to surgery. You will have fasted for 7 hours prior to this. Remember to take with you all hospital insurance details, toiletries, night wear and loose comfortable clothing (i.e. tracksuit or a top that is zipped or buttoned at the front rather than a top that is pulled over the head). The anaesthetist and Mr. Mutimer will speak to you prior to your operation. The anaesthetists that work with Mr. Mutimer are highly experienced in giving anaesthetics in facial surgery. After the surgery you will be taken into the recovery room. You will have a drainage tube inserted that will allow for excess fluids to drain. A dressing will be placed around the head to cover the incisions made during your surgery.

### WHAT SHOULD I EXPECT AFTER MY SURGERY?

The drainage tube will be removed after 24 hours and the nursing staff will change your dressing so that your hair can be washed. The wound will be redressed, helping to minimise bruising and swelling. Any hair that may be removed during surgery will eventually grow back in a couple of months. Very fine incisions are carefully made within the hairline and are barely visible. The stitches that are placed in front of the ears or under the chin are removed one week after surgery. The sutures or clips placed behind the ears are removed after 10-14 days.

You will be an inpatient for 2-5 days depending on whether you have support at home or your personal choice. The Wound Care Manager will monitor you closely after facial surgery and you should feel free to contact her with any concerns that you may have. You may experience some difficulty eating solid food.

It may be easier for you to eat soft foods for the first few days after surgery.

Swelling and bruising usually takes 3-4 weeks to subside; however each patient is different. It is important not to expect too much too soon. You will need to sleep with your head elevated to reduce the swelling. You should try to sleep on your back, but if you find this difficult you should ask Mr. Mutimer for medication to help you to sleep.

Numbness may occur for a few weeks however this will subside in time. It is important that you protect your skin from the sunlight and wear a sunscreen at all times. You will be able to wear camouflage make-up, which the Wound Care Manager will advise and help you.

### WHEN CAN I RESUME NORMAL ACTIVITIES?

You will need to take 2-3 weeks off work, and abstain from strenuous exercise for up to 4 weeks. If you experience any unusual discomfort or pain you should contact Mr. Mutimer or a staff member to make an appointment. It is important to remember that you have had major surgery, and that rest is one of the most helpful things you can do to aid a quicker recovery.

### MAINTAINING A PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very approachable doctor who understands the needs of his patients in relation to Facial Rejuvenation. Please feel free to approach him with any questions or concerns you would like him to address.

You will return to the consulting rooms for follow up care, where your progress will be monitored. Post-operative photographs will be taken at a later date.

*It is important to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.*

*The post-operative period is an extremely important time and there are trained staff available to help you. You can contact them on 9592 0522.*