

# The Extended Deep Plane Facelift

*Your Destination to the Most Natural  
and Revitalizing Facial Results*

BY DR. EDWIN WILLIAMS

*Internationally Recognized Facelift Surgeon*

*Find answers to all your questions in Dr. Williams  
Fireside Chat Video Series*

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### **Additional Books by Dr. Edwin Williams**

*Rhinoplasty: Everything You Need to Know about Fixing and Reshaping Your Nose*

*Blepharoplasty : Everything You Need to Know about Revitalizing Your Aging Eyes*



*While there are many facial plastic surgeons who have mentored me, and taught me the principles of rhytidectomy, it is my patients who have been my greatest teachers. They have given me countless opportunities to develop as a surgeon and as a person, teaching me some of life's most valuable lessons in the process.*

*It is with appreciation and gratitude that I dedicate this book to them.*



## **Special Thanks**

A special thank you to the very talented people, especially the staff of the Williams Center for Plastic Surgery, who contributed to this project, including

My colleagues, Dr. Slaughter and Dr. Lee;

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# INTRODUCTION



**A**s a leader in the field of facial plastic surgery, Dr. Williams has been featured in dozens of publications and national syndicates, including, Vanity Fair, Glamour, New York Times, Prevention, Allure, New Beauty, Red Book, Good Housekeeping, The Wall Street Journal, Shape, Washington Post, USA Today, Time

Magazine, Huffington Post, Cosmetic Surgery Times, Cosmopolitan, Daily News and Town & Country Magazine.

He has been recognized in industry publications such as The Good Life, Health, Medical Aesthetics, Plastic Surgery Practice, and has appeared on Dr. Oz, Fox News, Geraldo Rivera, Maury Povich, TLC, and Lifetime.

He is a frequent guest speaker at national and international meetings for his expertise in facial rejuvenation surgery and rhinoplasty.

## **Discovering the Secret to the Thoroughly Natural Looking Facelift**

Facial surgery (rhytidectomy) is an art as well as a medical science. Bringing your face into balance without losing the unique characteristics that define your identity requires skill and a thorough understanding of what is needed to protect such distinct features.



I have always been fascinated by the aging process. It's so multi-faceted and challenging!

When it comes to the aging face, I began to see something other surgeons missed. This played a significant role in the 'paradigm shift' occurring in the treatment of facial aging over the last two decades. This shift was a departure from older 'subtractive' techniques to newer 'restorative' techniques that address every aspect of aging while assuring you look like you—only better.

In the 90s I had several mother and daughter patients which gave me an opportunity to

compare aging. I would morph their faces in a PowerPoint, and I noticed it wasn't just drooping tissue that aged the face. It was volume loss, wrinkling, settling soft tissue and even some bone loss.

This led me to fine-tune and customize my approach to the facelift—starting with addressing the forgotten mid-face—now key to producing natural-looking and flawless results. I quickly discovered the key to a truly undetectable yet revitalized appearance without that windswept look that has been the butt of many a plastic surgery joke.

Before this discovery, plastic surgeons were addressing only sections of the face. ***The traditional facelift neglected to address this fact as I learned and shared with my colleagues.*** As a result, we now know a natural-looking facelift starts with a totally balanced approach to the mid and lower face.

My intention in writing this book is to share with you what you need to know to have the best, most successful AND NATURAL facelift possible. By taking the mystery out of cosmetic facial plastic surgery, I share with you what facial enhancements, anti-aging techniques and non-surgical options can give you the



most natural-looking, ‘invisible’ results and the refreshed look you want. I have included sections on the types of facelifts, anesthesia options, effective skin care and injection treatments.

Based on my medical research, scientific studies, and extensive expertise, it is my hope the book answers your questions and assuages your concerns about making the decision to have a facelift procedure.



<https://youtu.be/X7jfTuYGQJM>

## The Extended Deep Plane Facelift—A Revolutionary Comprehensive Approach

Many patients think a facelift involves the entire face, but it refers to the lower third only. As we get older, the muscles and ligaments of the face get lax and become droopy giving the lower face a tired look. The critical part of correcting the lower third of the face is to address more areas of the face, including the jaw and neckline, and to tighten the structural portions of the face by tightening the deeper muscles and ligaments.

This is often referred to as an *Extended Deep Plane Facelift* or a structural facelift.

Don't let the word 'deep' concern you. You will learn as you read on, that this lift is more comprehensive and addresses the lower eye area, mid face, neck, and jaw line. And it involves smoothing more layers of skin which leaves you with a smoother looking result.

To distinguish my approach to this surgery, you might consider this as an *extended Deep Plane* lift.

My approach to the Deep Plane lift produces longer lasting results, as the structural portions of the face have been elevated and tightened with no tension on the skin. The key to giving the face a very natural, refreshed look is tightening these

muscles. If the structural portions of the face are not corrected, the skin will soon stretch out.

A true Extended Deep Plane Facelift is a more comprehensive approach to releasing and elevating the tissue then replacing it back where it belongs. I can move more tissue and in many different paths or vectors. For example, some areas need to be lifted and other areas require only a gentle, small pull back.

## **The Deep Plane Lift Requires Extensive Experience**

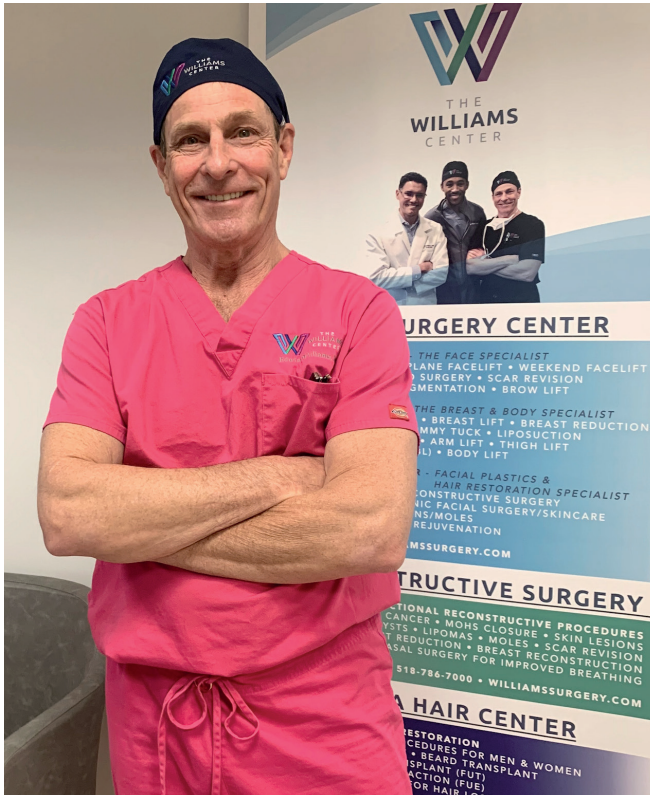
There are several reasons many surgeons do not perform a Deep Plane lift. It's a little longer surgery and is much more technically difficult. The training to acquire the necessary technical skills to safely perform the Deep Plane lift, typically comes during years of intensive surgical training within the head and neck region.

Over the past decade I have focused on fine tuning and customizing my approach to the Extended Deep Plane Facelift. Thanks to my experience and affiliation with the highly rated Albany Medical Center, I've availed myself of every opportunity to perfect this procedure in their state-of-the-art teaching laboratory.

For this reason, I now predominantly offer my patients, who travel from all over North America and beyond, the Deep Plane lift option. There are only a handful of surgeons with the experience to perform a true Deep Plane lift. For this reason, many surgeons still prefer the traditional facelift which addresses only sections of the face. While this may be referred to as a Deep Plane lift, it may not be. The proof is in the results—a natural-looking face, totally balanced, with noticeable impact to the mid and lower face as well as the neck and lower eye area.

To give you a better understanding of a true Deep Plane lift, I created a video that explains what is involved in this procedure. Don't worry, it's not the actual surgery, that might be too graphic for most people. Instead, I crafted a model to represent the face, jawline and neck and explain this procedure in a way that is accessible to my patients so they can make an informed decision when choosing a procedure or a surgeon.

<https://youtu.be/X7jfTuYGQJM>



On the video, I explain that the most common technique used in the US is what's called an Imbrication technique. And what that means is that we take a strip out of the SMAS (superficial musculoaponeurotic system). We then tighten the SMAS layer and lay it back down; once it is tightened and in position, we remove excess skin.

The SMAS is a layer that's contiguous with the muscle of the neck and the temporal parietal fascia up in the temple area.

Basically, this is the layer we work on below the skin surface. There is usually deepening of the nasal labial fold which occurs during the aging process.

So, when we do the traditional lift, we elevate the flap of skin to expose it and create a wrinkle under skin closer to the lateral nasal labial fold and the jawl. As you'll see in the video, skin tightening is just not as effective as releasing that lump or mass. We can tighten the SMAS up a little bit but there's a resistance where the ligaments are and then when we pull the skin back, we're still going to have a little lump. So, it's not as natural a result as possible.

Surgeons who are doing a regular Deep Plane lift are spreading this tissue below the SMAS to slightly release it.

When I refer to an Extended Deep Plane lift, I cut and release the ligaments and work further and deeper, down to the neck and toward the smile lines. This allows repositioning things back where they could be, where they should be because the SMAS has then been released and stretched out as you can see in the video. We then trim the skin, so it drapes nicely, as it is under no tension at all, giving the patient a much more youthful jawline.

I encourage you to look at this video by scanning the QR code above. I described this procedure in more details with accompanying illustrations in Chapter \_\_\_ and in the Before and After section at the back of the book.

I have also incorporated a deep neck lift and it's revolutionized the way I treat the neck. It's ideal for the patient who has a heavy neck and is on the younger side (around 40 or younger) who doesn't have a lot of jowling and or concerns about the midface. This can be genetic and often takes away from the patient's overall facial appearance.

The incisions are typically right under the chin or behind the ear allowing us to do sculpting and liposuction for the neck. However, because people are younger, I can go deeper to get more of that tissue and give them a sharper line. This procedure takes 2-3 hours. Typically, people take Tylenol for any discomfort and recovery is about a week.

If you think you might be a candidate for this procedure, you can send us photographs and we can determine if the deep neck lift is for you.

## **There is No One Size Fits All When It Comes to Your Face**

Surgical treatment of facial aging changes must be carefully individualized to match each patient's aesthetic needs and desires. No two 'facelifts' are the same. In helping a patient to make decisions about plastic surgery for facial rejuvenation, I always examine and assess how each aesthetic area or 'unit' of the face contributes to an individual's overall appearance: the brows and eyelids, the cheeks or 'midface', the lower face and chin, and the neck. An individualized surgical plan that considers the advantages of the Deep Plane lift is then developed which addresses each patient's specific concerns and needs.

There is no one size fits all with a natural-looking facelift. It requires a customized approach, a painstaking and patient process on my part to tailor each procedure—whether a weekend lift, extended weekend lift, or my unique Deep Plane with liposuction and/or fat transfer to restore volume.

Also, the more comprehensive approach such as the Deep Plane procedure produces longer lasting results, as the structural portions of the face have been elevated and tightened with no tension on the skin. The key to giving the



face a very natural, refreshed look is tightening these muscles.

If the structural portions of the face are not corrected, the skin will soon stretch out. I also find using a patient's own fat from the abdomen or thighs is extremely effective in restoring volume associated with a youthful appearance. The natural-looking result of adding volume is readily apparent when I've reviewed patient photographs taken when they were in their twenties and thirties. The careful addition of soft tissue volume with fat grafting is one of the most powerful ways for 'turning back the clock.'



## Listening to My Patient Makes All the Difference

After performing this complex yet common procedure countless times, I have become especially tuned-in to what patients want to know before making the decision to proceed with their facelift.

The first thing I do in my consultations, before I share what I see, is ask what you don't like about your face. I listen to what is said (and not said). If you say, "I look tired and older than I feel," that might mean one thing to you and another to me as a surgeon, so listening with the intent to really understand your concerns is essential if I am to accurately set and meet your expectations.

Patients may not be able to articulate their concerns. That's when I say, "Well, let me tell you what I see. I'm going to use some medical terms, but then I'm going to try to communicate it in a way that you can relate to." As I observe your face and share what I see, I might, for example, talk about *platysmal bands*, those prominent vertical cords on the neck as seen in the before and after photos below.

If I don't take the opportunity to *really* listen to you, I could miss an essential aspect of what changes are important to you. I understand that for many patients it's difficult to speak up

when they perceive someone's expertise as beyond theirs.

I encourage you to make every effort to share what you want and don't want. Give your surgeon every opportunity to meet your expectations so the result is something both of you will feel great about.

## My Facelift Surgery—Innovative, Customized and Expertly Performed



As a leader in facelift surgery, Dr. Williams frequently lectures on advances in facial plastic surgery at national and international meetings.

Facial aging is the cumulative effect of time on the skin, soft tissues, and deep structural components of the face. It is a complex collaboration of the skin's textural changes and loss of facial volume; the result of gravity, progressive bone re-absorption, decreased tissue elasticity, and redistribution of subcutaneous (under the skin) fullness.

As I said before, most traditional facelift techniques focus on the lower facial areas, such as the jawline and jowls. A facelift can include the mid face (cheeks) or the forehead. In some techniques, deeper facial tissues may be repositioned or tightened to restore a more youthful contour. In others, removal, or addition of fat or other soft-tissue fillers may be necessary to achieve the best results.

Surgical treatment of facial aging changes must be carefully individualized to match each patient's aesthetic needs and desires. No two 'facelifts' are the same. In helping a patient to make decisions about plastic surgery for facial rejuvenation, I always examine and assess how each aesthetic area or 'unit' of the face contributes

to an individual's overall appearance: the brows and eyelids, the cheeks or 'midface', the lower face and chin, and the neck. An individualized surgical plan is then developed which addresses each patient's specific concerns and needs.

## Why We Specialize







## CHAPTER 1

# THE ANATOMY OF THE FACE

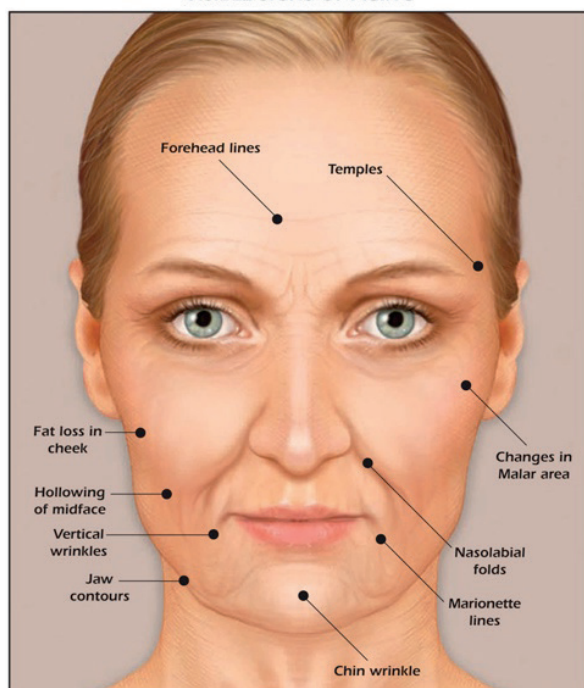
According to the American Board of Cosmetic Surgery, facelift surgery is a complex procedure that requires extensive knowledge in facial anatomy, a very specific skill set of surgical techniques, and a highly developed eye for aesthetic detail. Techniques continually evolve and improve as the complex, layered architecture and soft tissue compartments of the face are better understood through imaging and other approaches.

To create a more youthful, natural-looking form, we work to reverse some of the changes of aging. These include volumetric changes in soft tissue, gravitational and ligament changes. Whether the plan of rejuvenation includes rhytidectomy, platysmaplasty (neck Lift), fat transfer, skin resurfacing, implants, or endoscopic techniques.



This chapter describes the anatomy of the face in layers or planes, with some important structures or regions described separately, including the facial nerve, sensory nerves, and facial arteries. The superficial layers and topography of the neck are also described. The facial skeleton forms the hard tissue of the face and provides important structural support and projection for the overlying soft tissues, as well as transmitting nerves through foramina and providing attachments for several mimetic muscles and muscles of mastication.

VISIBLE SIGNS OF AGING



## Aging Signs

Changes in the area around the mouth (vertical wrinkles, lip thinning and flattening)

### Neck lines and wrinkles

- Development of prejowl depression (marionette lines)
- Greater visibility of bony landmarks, lines, and wrinkles
- Prominence of transverse forehead
- Nasolabial folds become more prominent
- Hollowing of the mid-face (loose skin)

## Skin

Changes include:

- Thinner, drier skin
- Less elastic skin
- Skin more likely to wrinkle or sag
- Reduction in collagen

## Collagen

Collagen loss is a key factor in the aging process. As skin ages, the middle layer of skin (dermis) thins due to collagen loss. This reduces the skin's ability to retain elasticity (from elastin) and moisture (from hyaluronic acid). Due to this loss of elastin and hyaluronic acid, the skin



becomes: dryer, thinner (volume loss), less supple and elastic.

### **Fat**

Modification of the fat pads leads to contour deficiencies. In addition, the areas of the fat tend to become farther apart. Instead of a smooth, almost continuous layer, the fat pads appear as separate structures. A youthful look depends on having the right amount of facial fat in the right places. Redistribution, accumulation, and atrophy of fat lead to facial volume loss. Some areas lose fat i.e., the forehead and cheeks. Other areas gain fat i.e., the mouth, jaw and under the chin.

### **Bone**

There is a significant loss of facial bone with age. Aging of the craniofacial skeleton may be due to changes in the relative dynamics of bone expansion and bone resorption leads to biometric volume loss. Without the structural support of bone, there are noticeable changes in the other layers of overlying soft tissue and skin.



A convenient method for assessing the effects of facial aging is to divide the face into the upper third (forehead and brows), middle third (midface and nose), and lower third (chin, jawline, and neck).

The midface is an important factor in facial aesthetics because perceptions of facial attractiveness are largely based on the synergy of the eyes, nose, lips, and cheek bones. For aesthetic purposes, this area should be considered from a 3-dimensional rather than a 2-dimensional perspective, and restoration of a youthful 3-dimensional facial landscape should be regarded as the primary goal in facial rejuvenation.

Facelift surgery is a complex procedure that requires extensive knowledge in facial anatomy, a very specific skill set of surgical techniques, and a

highly developed eye for aesthetic detail. Not all physicians who practice cosmetic surgery receive specific training in facelift surgery in their residency, so it's important to do your homework before choosing a facelift surgeon.

When consulting with potential cosmetic surgeons, ask about their specific training and experience in facial cosmetic surgery. Also, find out how many facelift procedures each has performed, and be sure to look at plenty of before and after photos during your consultation especially those on their web site and social media as this will help you get a feel for a cosmetic surgeon's aesthetic style. Men considering facelift surgery should make sure a cosmetic surgeon has experience performing facelifts for male patients; the anatomy of the male face is unique from a woman's and requires a knowledgeable approach.

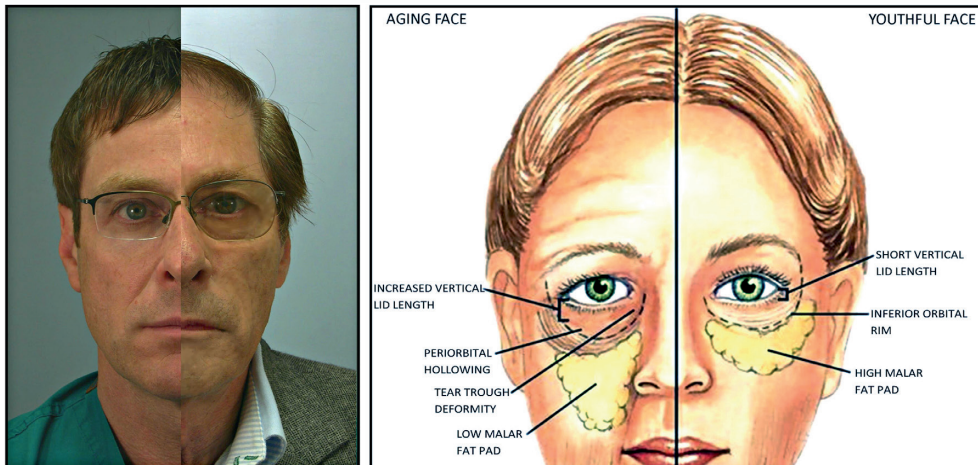
Choosing a board-certified facial plastic surgeon ensures that your surgeon is specifically trained and experienced in cosmetic surgery, including facelift techniques, and that your procedure will be performed in an accredited surgical facility.

In recent years, there have been a significant increase in the number of nonsurgical procedures performed for facial rejuvenation. Patients who require restoration of lost facial volume, those who wish to enhance normal facial features, and those who want to correct facial asymmetry are seeking alternatives to surgical procedures. Also, an important factor in selecting a nonsurgical treatment option include the advantages of an immediate cosmetic result and a short recovery time.



## CHAPTER 2

# WHY CONSIDER A FACELIFT?



The photo on the left is a split-face photograph of me on the left and my father on the right. I find this an interesting study of the aging process and have done this same comparison with mother/daughter photographs.

You may be reluctant to have a facelift (rhytidectomy) because you're afraid your face will not be what you expected or wanted. Computer-generated imagery (CGI) can help alleviate such fears as it gives you and your surgeon a visual idea of the goals for the surgery.

As you can see from the photo and graphic, the aging process is not simply about wrinkles and bulging or puffy lower lids. The process results in deflation, loss of tissue elasticity, and a more elongated distance between the lower lid and the top of the cheek.

That's why computer imaging is an essential part of my practice: it allows patients to communicate their aesthetic wishes in visual form. At the same time, it gives me the opportunity to display the results I feel are achievable and realistic given the patient's facial anatomy and skin type. No reputable surgeon can guarantee your face will look exactly like the one shown to you in the CGI simulation. However, the CGI can help you feel more confident in proceeding with surgery.



*Facelift vs. Necklift: what is right for me?*

## How Exactly Does CGI Work?

At the time of your visit, photos are taken and put on the *imager*, a computer with a screen for viewing. These images usually take about fifteen

to twenty minutes to create. The images are not a guarantee of results but rather a visual representation of our mutual surgical goals for your rhytidectomy or brow lift.

In each case, we recognize that everyone's face is different, and surgery should be tailored to match one's anatomy and other facial features. A "cookie cutter" approach may result in an artificial appearance for some patients.



*Dr. Williams uses computer-generated imaging to help demonstrate the potential outcome of a facelift.*

Computer-generated imagery (CGI) is a specialized application of computer graphics that allows me to manipulate a photograph and explain and develop possible surgical goals and do so right before the patient's eyes. This is extremely

helpful in effective communication between doctor and patient. The goals of one patient may be very different from another. One of the integral parts of my practice is making sure each procedure is a fully unique event. I am not creating the same “look” for everyone; I am partnering with my patient to create a customized surgical plan that honors his or her unique characteristics, including ethnicity.

### **Ideal Candidates for a Facelift**

Your age is not the most important consideration in any facelift procedure. Your skin condition and overall health are much more important. Most patients who undergo facelift surgery are between 40 and 75 years old, but people older than 75 can also benefit from this procedure. We will evaluate your medical history and current skin quality to determine whether a face lift is right for you.

During a personal consultation, your current skin condition and texture will be examined to determine whether you are a good candidate for face lift surgery. Some of the factors we will look at include:

- **Overall health**—Candidates are generally healthy and unencumbered by major

medical conditions well in advance of your facelift. Proper healing and recovery are an important aspect of surgery that patients should be physically prepared for.

- **Skin elasticity**—The ideal facelift candidate has skin that retains some amount of flexibility. Face lift surgery is designed to stretch your facial skin to remove deep wrinkles and “lift” sagging skin. The best results usually depend on how supple your skin still is.
- **Bone structure**—Having a well-defined underlying bone structure in your face helps provide support for the specific and precise facial alterations made by your surgeon.
- **Loose skin**—Excess skin on the face or neck can be trimmed and tightened during a facelift procedure to help remove wrinkles.

Most importantly, the best face lift candidates have realistic expectations about what surgery can accomplish and accept potential risks. Although a facelift can have dramatic results, it should not make you look like someone else. You should look like a younger version of yourself. If you are not a good candidate for a face

lift, consider other facial rejuvenation procedures such as laser skin resurfacing, chemical peels, BOTOX® Cosmetic, and dermal fillers that can help improve your appearance.

### **Ethnicity and Anatomy Differences**

Facial anatomy and skin texture and tone are the major factors to consider regarding a facelift procedure.

When discussing aging and healing with a patient, we take into consideration the ethnicity and its impact on aging and healing. While your skin type will react differently surgery, there are

some things that are consistent. For example, if you have fair, dry or thin skin, facelift surgeries are less likely to leave visible scars. At the same time darker skin tends to pigment more.” When it comes to addressing fine lines and wrinkles especially around the eyes or mouth, we often combine facelift with chemical peels.

Each patient is different. An experienced surgeon will modify procedures based on the individual’s features and skin type and discuss these with their patients.

## CHAPTER 3

# FACELIFT PROCEDURES

Beyond the Hollywood glam and glitz of mainstream plastic surgery lies a reputable discipline that affords your face with a healthy, more youthful appearance by treating the tell-tale signs of aging. Cosmetic surgery offers individuals the opportunity to make changes to their face that improve their overall look.

Everyone's face is unique, and the aging process of the face is no different. At our center, we consider each facelift and offer a custom, tailored approach to address your specific desired outcome, anatomy and needs. In the following chapters, we give further details of several types of facelift surgeries, from a full facelift to a Weekend Facelift.

A facelift, or rhytidectomy is a surgical procedure designed to treat the sagging tissues of the jowls, cheeks, and neck by removing excess fat, tightening muscles, and re-draping the skin. We use the terms facelift, and rhytidectomy interchangeably throughout this book. The term "facelift" is broad in the sense that it encompasses a wide range of procedures used to improve the look of the lower one-third of the face and neck.

At the Williams Center we offer several types of facelifts to address and tailor to the patient's specific wants and needs, including:

- Deep Plane Face and Neck lift (Weekend Facelift / Neck lift / Mid-Facelift)

- Traditional Facelift (SMAS, Weekend/Neck Lift)
- Weekend Facelift (S Lift or Mini Facelift)

As a double board-certified facial plastic surgeon who exclusively operates on the face, my goal is to have you looking NATURALLY younger without any indication you had plastic surgery. Along with a comprehensive evaluation, as we said previously, we offer our patients computer imaging. This gives you a preview of what to expect. I evaluate volume loss where facial tissue has settled and allow for a procedure that is customized, using special techniques, and carefully placed incisions for each patient. For example, some patients require tissue to be lifted and others need it to be gently pulled or both.

No matter which technique approach you and your surgeon choose, your surgeon's skill, expertise and training are the most important. This is especially true with the deep plane lift as it's much more complex procedure requiring very specific training and experience. You want to feel assured you are in the hands of an expert.

## Extended Deep Plane Lift

Due to its natural and long-lasting results, I now prefer to offer my patients the more contemporary Extended Deep Plane Lift or the Weekend/Neck Lift/Mid-Facelift.

This is an advanced deep plane facelift, which modifies deep tissues in the face. I enter a deeper plane to better release the mid-face, jawline, and neck structures. By releasing and mobilizing tissue more efficiently, I can tighten and re-drape the tissue more effectively. This allows for more precise tailoring of the skin and tissue resulting in a more youthful look without any tension. With this procedure, you are getting two thirds of the lower face addressed, as your cheeks are lifted and repositioned to the ideal location.

If you haven't already, I recommend viewing the video in the Intro of this book on page xix.

Performed under a combination of IV sedation and general anesthesia, which keeps patients from feeling pain during surgery or other procedures. The procedure takes approximately three to three and half hours. The deep plane facelift is an outpatient procedure with a ten to fourteen-day recovery time. This approach requires an especially accomplished and trained surgeon, it delivers the most enhanced and lasting result.



*Traditional Facelift/Extended Deep Plane Facelift  
(weekend facelift/neck lift/mid-facelift)*

### **Traditional Facelift (SMAS, Weekend/Neck Lift)**

A traditional facelift, or SMAS facelift, addresses the sagging upper and lower neck skin, vertical neck bands, jowls, lower and mid nasolabial folds, and marionette lines.

For this procedure, the incision begins at the temples within the hairline then extends along the edge of the inner ear and behind the earlobe and ending at the lower scalp. An additional small incision may be made below the chin. Once the

incisions are made, the skin is separated from the underlying fat and muscle. The muscles are tightened, and fat is trimmed or suctioned from around the neck and chin. The skin is then pulled back, the excess removed, and the incisions closed. This procedure takes about two and half to three hours.

### **The Difference Between the Extended Deep Plane Face and Neck Lift and the Traditional Lift**

Like most things, the facelift has come a long way. The first such procedures simply involved a single layer of skin on a patient's face which was lifted and tightened. Good but not great results due to scarring and a face that looked 'done'.

Eventually, we realized that the underlying facial structure—moving the dense connective tissue layer and muscles below the skin was the key to longer, more natural results. This procedure allowed the surgeon to take the pressure off when the skin is being tighten—provides the 'lifting' power needed.

The Deep Plane facelift and traditional facelift (SMAS) are both effective techniques with the same goal—to address the signs of aging and give the patient a more youthful appearance.



Many highly experienced surgeons recognize the deep plane lift offers a very natural and longer lasting results.

A simple way to compare these two procedures is the deep plane lift addresses two-thirds of the face while the traditional lift focuses on the lower face alone. Specifically, a deep plane facelift involves tightening the muscle layer or SMAS layer which involves releasing several of the underlying “attachments” that secure or anchor the muscle layer to the underlying tissues and structures. This allows the muscle layer to be lifted and tightened.

As we discussed in the Intro (and video), facial tissues and the muscle layer are commonly sagging, or loose from aging. By releasing these attachments, the surgeon can tighten the lax and sagging SMAS layer in a tension-free way and more natural path.

Perhaps this common analogy will give you a clear idea of the difference. Imagine pulling on a rope that was attached to a ball. If the middle of the rope was caught on a hook, for example, you would not be able to exert an adequate force or pull on the ball and move it.

However, if we released the rope from the hook, the ball would easily move forward; this

is like releasing the attachments in a deep plane facelift. So, with a facelift, if the attachments are not released the surgeon will simply be “pulling” against the attachments (or hook) and not effectively “moving the ball” or tightening the SMAS (“muscle layer”) beyond the attachments.

While a surgeon can get some tightening if the attachments are weak or “loose” with a traditional lift, but in doing so there would be constant tension to keep the SMAS tight in its new location. Eventually, it will return to its original position, much like a rubber band snapping back.

## **The Weekend Facelift (Mini Facelift or “S” Lift)**

Minimally invasive facial rejuvenation procedures have become more popular over recent years for those who wish to improve their appearance. It is often sought after as an alternative to the full facelift procedure. The Weekend Facelift is a cosmetic surgical procedure that’s regularly referred to as a mini facelift or “S” lift. The Weekend Facelift, named for its short recovery period, meets this criterion as it is less invasive, less expensive, and with less recovery time to the traditional facelift. This procedure is quick, simple, and can lift your confidence while easily fitting into your lifestyle.





The Weekend Facelift or S Lift or Mini Facelift is a specific approach that I innovated and perfected over twenty-five years and I am proud to say my techniques have gained both national and international interest among other surgeons.

A Weekend Lift tightens the face and ensures that definition is properly restored. This procedure is very popular among younger patients who are not concerned about their neck, which is addressed with a full facelift. It's designed to correct some of the sagging that exists around the lower portion of the face specifically around the jawline to soften some of the jowling around the mouth. These lines (folds) are often referred

to as marionette lines. In general, this procedure provides patients with a more youthful appearance and a boost in confidence. However, the Weekend Facelift does not address sagging neck skin or tissue.



*Cosmetic surgical procedures performed, including facelifts, neck lifts, and chin augmentation, are technically done in the same manner in all facial groups.*

There are many reasons to choose the minimally invasive Weekend Facelift. The incisions made for the Weekend Facelift are shorter and easy to conceal within the standard hairline and contours of the face. This procedure also comes with very few side effects, when compared to a more extensive facelift. Everything from swelling and bruising to the amount of tenderness you experience once the procedure has been completed, is lessened with a Weekend Facelift.

Since this treatment focuses on the lower portion of the face, specifically the jawline, it allows the changes to blend in naturally with the rest of your face. This cosmetic surgery procedure is also very efficient, as it typically takes about an hour to complete. This procedure is performed with local anesthesia and mild IV (intravenous) sedation. However, some patients opt to have this procedure done under local anesthesia with or without oral sedation.

Aligning patients' anticipated Weekend Facelift results with a realistic outcome is a priority for me. We present your potential facelift outcome using computer-generated images of your post-surgery and post healing period results. Additional procedures which could be helpful in your personal enhancement journey may be discussed during consultation. Once you have your Weekend Facelift scheduled, you would typically meet with one of the nurses to go over the pre-and postoperative instructions that include answers to some of your frequently asked questions. This appointment will take place two to three weeks prior to the scheduled facelift procedure. Depending on the type of anesthesia you elect, preoperative laboratory tests may be required.

## Where to Have Your Rhytidectomy Surgery



*Dr. Williams shares results with this patient at 1 day after her extended deep plane facelift surgery.*

Our onsite freestanding surgery center is held to the highest of standards through accreditation agencies and the New York State Health Department and is designated an Accreditation Association for Ambulatory Health Care.

(AAAHC). Procedures performed at the center use safe and reliable anesthesia with board certified anesthesiologist or Certified Registered Nurse Anesthetists (CRNAs)

The center includes two fully equipped operating rooms and a recovery room. The facility complies with all mandated guidelines and requirements for operating rooms. It is staffed with nurses specifically trained in plastic surgery who monitor the recovery room.

It is a very different setting compared to having a procedure in a surgeon's office. We offer our patients highly trained specialized teams of staff accustomed to working with our surgeons in a safe environment.

As with all surgeries there are risks. The potential complications that can occur with facelift surgery include but are not limited to adverse anesthesia reactions, bleeding, infection, and poor healing. I strongly recommend that you find a surgeon that is highly qualified and experienced in facial rejuvenation and exclusively performs facial surgery.



## Initial Consultation with Your Surgeon

Should you opt to go forward, your next step is to select a highly regarded, experienced surgeon. This is, without a doubt, the most important part of the process. To start, consider doing a web search, or ask a trusted doctor or facelift patient for a referral.

Board certification, in my opinion, is a minimum standard. It does not, however, constitute training in a specialized area. It is strongly recommended that you choose a surgeon who has dedicated his or her primary practice to include this procedure. Ask the prospective surgeon if rhytidectomy is a major focus of his or her

practice. If the surgeon or the staff can look you in the eye and say yes, you are most likely dealing with a highly skilled and experienced doctor.

Such doctors are likely educating others on a national or even international level and are considered leaders in the field. This is the level of competency and care you want for your surgery.

Once you schedule an appointment, consider what information you would like to know about the surgery and the doctor performing it. Don't be reluctant to ask for the surgeon's credentials or rhytidectomy experience. Feel free to bring photos or other visuals to help you communicate your concerns.

A confident and competent surgeon will appreciate this opportunity to assure you and put you at ease. It's also a wonderful way to build rapport, facilitate greater communication, and increase the likelihood that your expectations will be understood and met.

Depending on where you live, there may not be a thriving local practice or many to choose from, but don't let that get in your way. Consider the option of traveling to our surgical practice for an initial consultation or opt for a virtual consult, which, in most instances, will be worth the additional time and relatively modest consultation fee.

Once you schedule an appointment, the necessary paperwork will be emailed or mailed you to fill out prior to your pre consult with the doctor. You also have the option, as in my practice, to fill these forms online or download and print them from the practice's website and bring them to your appointment.

In my practice these include the following:

- New-Patient Information Form
- New-Patient Medical-History Form
- HIPAA Contract\*
- HIPAA Notice of Privacy Practice\*
- Preop Anesthesia Form
- Patient Medicine-Reconciliation Form
- Postop Instructions for Plastic Surgery

\*These forms explain your rights under HIPAA—the United States Health Insurance Portability and Accountability Act of 1996—regarding how your medical information may be used and disclosed and how you can get access to this information.



## Look Around the Office

It's not just about décor, environmental aesthetics or first impressions; such efforts demonstrate the physician's commitment to provide you and all his or her patients with the best possible experience.



While you wait to meet with the surgeon, take a look around the office. Does it exude competence and caring? Do you feel at ease? Is the waiting room clean and comfortable? Is the staff courteous and professional? Are there articles about the doctor, videos from local and national media, certificates of board approval, professional journal articles, or perhaps thank-you cards from previous patients that assure you are in a first-class practice?

## Facelift-Consultation Checklist

I have included a helpful checklist to take with you to your consultation. Although a good surgeon will cover all the necessary points, it is best to have a written list so nothing important is missed—especially since you may be understandably nervous during the visit.

Also, I have suggested several questions that will help you determine whether the surgeon is doing a true Extended Deep Plane lift.

You will be given a consent form for the CGI. Be sure to read this carefully so you fully understand all the points listed.

During the consultation, with the aid of imaging, diagrams, and hand sketches, the surgeon should give you a comprehensive overview of the



rhytidectomy procedure and discuss your options, such as where you would prefer the incisions to be placed.

Most experienced surgeons have a portfolio of before and after pictures of their rhytidectomy operations that demonstrate their skill and expertise. These pictures can help you and your surgeon “get on the same page” about what’s an achievement in cases like yours. A good practice can also arrange for you to speak with patients to discuss their experience with the practice and the surgery as you decide whether to go forward.

I’ve noticed that some patients worry that I may forget the particulars of their case, given the span of time between their consultation and the date of surgery may be several weeks apart. For this reason, I let them know during our pre-operative appointment that I take very detailed notes, thoroughly review imaging photos, and then design a specific plan for their surgery.

As you consider the best surgeon for your rhytidectomy, there are important questions you want the surgeon or his or her staff to answer. The consultation checklist below includes such questions and provides an easy way to remember them as well as keep track of a surgeon’s responses.

Plastic-surgeon’s name: \_\_\_\_\_

Office phone number: \_\_\_\_\_

Date of consultation: \_\_\_\_\_

Time of appointment: \_\_\_\_\_

### **Credentials**

Are you board certified? ☐ Yes ☐ No

American Board of Facial Plastic and  
Reconstructive Surgery? ☐ Yes ☐ No

American Board of Plastic Surgery?  
☐ Yes ☐ No

Additional board certifications: \_\_\_\_\_

### **Extended Deep Plane Facelift (Rhytidectomy) Surgical Experience**

How long have you been performing  
Extended Deep Plane Facelifts (rhytidectomy)  
procedures? \_\_\_\_\_

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How many Extended Deep Plane Facelift procedures have you performed? \_\_\_\_\_

\_\_\_\_\_

How many times do you perform these procedures in an average year? \_\_\_\_\_

\_\_\_\_\_

Do you teach other surgeons Extended Deep Plane Facelift surgery? ☐ Yes ☐ No

Have you been published about rhytidectomy presented nationally especially regarding the Extended Deep Plane Facelift? ☐ Yes ☐ No

Do you go below or elevate the platysma muscle in the neck along the jawline to get a more effective release? \_\_\_\_\_

\_\_\_\_\_

Do you release the zygomatic ligaments in the area of the cheekbone and elevate the SMAS or muscle in the deep plane all the way out to the smile line and along jawline? \_\_\_\_\_

\_\_\_\_\_

In the Extended Deep Plane Lift do you address both in the middle part of the face and down the neck below the muscle? \_\_\_\_\_

\_\_\_\_\_

Ask to see before and after photos of some of the doctor's Extended Deep Plane Facelift patients.

Can I speak with one of your past facelift patients? ☐ Yes ☐ No

### **Facelift (Rhytidectomy) Surgery Location**

Where will the surgery be performed?

Is the surgical facility an accredited ambulatory surgery center? ☐ Yes ☐ No

If yes, by which accrediting agencies? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Feel free to ask for a tour of the surgery facilities.

At which hospitals do you have admitting privileges? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Medical Conditions and Medications

Write down any of your existing medical conditions to discuss with the plastic surgeon. Also make a list of the medications you are taking, and don't forget to include vitamins and other supplements as they can cause interactions with anesthesia or other medications. I have included a list of medications, vitamins, and supplements to avoid on page \_\_\_ to help with this process.



## Facelift (Rhytidectomy) Costs

What is the cost for the surgery? \_\_\_\_\_

\_\_\_\_\_

Does this include the costs of anesthesia, and surgical facilities.? ☐ Yes ☐ No

If not, what are the additional costs? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do I need to buy any medications before or after the surgery? ☐ Yes ☐ No

Do I need to buy medical supplies (ice packs, etc.)? \_\_\_\_\_

\_\_\_\_\_

If so, what will they cost? \_\_\_\_\_

What kind of pain medications will I be given?

What are they, and what might they cost?

Who can I talk to about my payment options,  
including insurance coverage and financing?

## Anesthesia

What type of anesthesia will you use?

Who will administer the anesthesia?

## What are his or her credentials?

### The Extended Deep Plane Procedure

Describe the Extended Deep Plane procedure and provide any imaging or diagrams that will help me understand it. How do you remember what was discussed during my consultation?

What complications can occur? \_\_\_\_\_

## Postoperative Care

Are there any special instructions I should follow once I get home? ☐ Yes ☐ No

Are they available online? ☐ Yes ☐ No

What should I be alerted for after surgery that might indicate a need to call you? \_\_\_\_\_

## Fees, Costs, and Payment Options

At the end of the consultation, you will meet with the surgeon's staff to review fees, costs, and payment options.

Rhytidectomy costs can vary widely. According to the American Society of Plastic Surgeons, facelift costs range from \$10,000 to \$70,000 depending on the procedure you choose and your surgeon's location. Additional fees include anesthesia, operating-room facilities, and medications.

When choosing a board-certified plastic surgeon for facelift surgery, remember that the surgeon's experience and your comfort with him or her are just as important as the cost of the surgery.

If you are certain rhytidectomy is for you and you have chosen the right surgeon, you can schedule your surgery along with preop requirements,

such as an EKG or physical examination. Remember, you are not obligated to commit to the surgery at the end of the initial consulting. If you need more time to think over your decision, take it. You owe it to yourself to consider any reservations.

You will not be the first or last person to opt for a nonsurgical approach after a consultation. The key to a successful consultation is thorough preparation. Good communication between you and your surgeon will increase the likelihood of getting the look you want. Speak up and take an active role in the consult and in the process that follows.





## CHAPTER 4

# BEFORE YOUR RHYTIDECTOMY

### (PREOPERATIVE PREPARATION)

**D**uring your initial consultation, your surgeon should discuss with you any potential complications that may occur with your surgery, such as bleeding or infection. In the hands of an experienced surgeon, the complications rarely occur.

At your preoperative appointment, your doctor's staff will give you instructions to follow before and after your facelift surgery. These include when to schedule your next appointment, swelling and pain medications, and recommended supplements for faster healing. We



prepare a little gift bag containing products that prepare your skin after surgery.

Some surgeons recommend taking bromelain (a protein extract), vitamin C (ascorbic acid), as well as *Arnica* (a natural herb) two weeks before and after surgery as they can decrease swelling and bruising. It's best to obtain all prescriptions and medications before your surgery so they are ready when you return home.

Again, be sure to let your doctor know about your daily medications (bring a list for easy recall or use the one on page \_\_ as a guide) so he or she can let you know which of these can be taken (with just a sip of water) the morning of your surgery and which must be avoided.

If you are taking prescription blood thinners, such as Coumadin and Plavix, do not stop taking them without a discussion with the prescribing physician. Be sure to also discuss any vitamins, herbal supplements, or diet pills as they may contain elements that thin the blood and interfere with anesthesia.

It is very important that the contents of any over-the-counter preparations be checked carefully as well. Many headache preparations, cold remedies, and “hangover cures” contain aspirin (chemical name for aspirin is acetylsalicylic acid)

or ibuprofen and should be avoided two weeks before the surgery. You can substitute Tylenol occasionally for the products above.

## Supplements

It is important to discontinue the use of the following supplements two weeks prior to surgery, and for up to two weeks after surgery:

- |                 |                      |
|-----------------|----------------------|
| ■ Bilberry      | ■ Hawthorne          |
| ■ Cayenne       | ■ Kava kava          |
| ■ CoQ10         | ■ Licorice root      |
| ■ Dong quai     | ■ Ma huang (ephedra) |
| ■ Echinacea     | ■ Melatonin          |
| ■ Feverfew      | ■ Red clover         |
| ■ Fish oil Caps | ■ Valerian           |
| ■ Garlic        | ■ St. John's Wort    |
| ■ Ginger        | ■ Vitamin E          |
| ■ Ginseng       | ■ Yohimbe            |
| ■ Ginkgo biloba | ■ Multivitamins      |

## Examples of Drugs Containing Aspirin (acetylsalicylic acid)

You can substitute *Tylenol* occasionally for the products above, however, avoid taking them *daily* for 2 weeks prior to surgery.

As I said before, if you are taking regular prescription medications for high blood pressure, diabetes, heart disease, or asthma, *please* check with your doctor before disrupting your routinely scheduled medications.

Alcohol—Ideally, abstain from drinking a week or two prior to and after surgery as this can promote healing.

Nicotine—Nicotine interferes with healing by reducing blood flow. Avoid smoking, as well as gums and patches that contain nicotine, for at least two weeks prior to your procedure.

Increase fluids a few days prior to surgery. We find that

### ASPIRIN AND ASPIRIN-RELATED PRODUCTS

Aspirin and aspirin-related products should **not** be taken 2 ½ weeks before and up to 1-2 weeks post-surgery because they increase the tendency of bleeding. For this reason, it is very important that contents of any "over the counter preparations" be checked carefully prior to their use. Many headache preparations, cold remedies and "hangover cures" contain ASPIRIN. The chemical name of aspirin is acetylsalicylic acid.

Examples of drugs containing salicylates are as follows:

Acetidine	Coricidin	Excedrin	Menadob	Robassisal
Alka-Seltzer	Cephalgesic	Feldene	Mobidin	Roxiprin
Amigesic	Cheracol Caps	Fenoprin	Monogesic	Rufin
Anacin	Clinoril	Fiorinol	Nabumetone	Saleto
Anahist	Congesprin	Froben	Nalfon	Salflex
Anaprox	Children's ASA	Flurbiprofen	Norgesic	Sine Off
Anaproxin	Choline Salicylate	Gelprin	Norwich EX	Sine Aid
Ansaicd	Cope	Genpril	Ocufen	Soma Compound
APC	Corticosteroids	Genprin	Orudis	Suldinac
Argesic	`Coumadin	Goody's Body	Oruvail	Synalgos DC
Arthra G	Daypro	Haltran	Oxyphenbutazone	
Arthropan	Depakote	Halfprin	Oxybuta	Tanacetum
Ascodeen	Dilofenac	Ibuprin	Oxyprozin	Trandate
Ascriptin	Dipyridamole	Ketoprofen	Pamprin	Trigesic
Aspergum	Disalcid	Ketorolac	Peptol Bismol	Trental
Aspirin	Divalproex	Lortab ASA	Pecodan	Trilisate
Baby Aspirin	Doan's Pill	Liquiprin	Persantin	Tusal
Bayer	Dolobid	Magan	Phenaphen	Vanquish
BC Powder	Dristan	MG Salicylate	Piroxicam	Voltaren
Bromo-Quinine	Easprin	Meclofenamate	Ponstel	Warfarin
Bromo-Seltzer	Ecotrin	Meclofen	Prednisone	WillowBark
Brufen	Emprazil	Medipren	Quagesic	Zactrin
Bufferin	Empirin	Mefenamic	Relafen	
Butazolidin	Endodan	Midol	Rexolate	

Examples of aspirin-related products (Ibuprofen, Indomethacin, Naproxen, Tolmetin)

Advil	Naprosyn	Indocin	Tolectin
Aleve	Nuprin	Motrin	Toradol

You can substitute **TYLENOL** for these products, on occasion but this should *not* be taken **daily** for the 2 weeks prior.

It is important to discontinue the use of the following supplements 2 weeks prior to surgery and for up to 1-2 weeks after surgery:

■ Bilberry ■ Cayenne ■ CoQ10 ■ Dong quai ■ Echinacea ■ Feverfew ■ Fish Oil Caps  
 ■ Garlic ■ Ginger ■ Ginseng ■ Ginkgo Biloba ■ Hawthorne ■ Kava Kava ■ Licorice Root  
 ■ Ma Huang (ephedra) ■ Melatonin ■ Red Clover ■ Valerian ■ St. John's Wort ■ Vitamin E  
 ■ Yohimbe ■ Multivitamins

**Prescription Medications:** If you are taking prescription medications, Anesthesia will review your chart and you will receive a phone call the day before surgery with instructions as to which meds to take if any the morning of surgery.

**If on insulin,** please bring both insulin and blood sugar monitor to the facility the day of surgery.

**If you are taking prescription pain medications,** e.g., for arthritis, please ask your physician if you can safely continue these medications. Some of these medications contain aspirin or aspirin-like products, which may cause you to bleed. (See list of aspirin-related products above)

**If you are asthmatic,** it is okay to use your inhalers the morning of surgery as necessary. Please bring inhalers with you the morning of surgery. Check with your pharmacist if you are not sure the medicine you are taking contains aspirin.

patients recover faster from anesthesia when they are well hydrated, and we encourage them to increase their water intake a few days before surgery. Just remember—do not eat or drink any food or liquids after midnight the day before the surgery, including water, candy, mints, or gum. You can brush your teeth.

The night before surgery, feel free to wash your hair and face. Don't apply makeup on the morning of the surgery. Leave all jewelry at home, including rings, earrings, watches, and any piercings. Contact lenses should not be worn the day of the surgery. Eyeglasses are acceptable and can be brought into the operating room with you.

You'll want to wear comfortable clothing, such as yoga pants or sweatpants and a shirt or sweater with front closures to avoid pulling it over your head.

### **Preparing for Your Surgery**

At our practice, patients have two pre-operative assessments. The first being the Pre-anesthesia assessment which involves the following:

Up to 8 weeks prior to your surgery, our operating room nurse reaches out to patients via phone for a 30–45-minute call to review your health history. During this time, you are asked

to schedule a pre-op appointment with your own primary care provider to obtain medical clearance as well as any further testing such as an EKG, cardiac clearance, bloodwork and/or imaging based on your medical history. It is important to note all these tests must be completed within a 30-day period prior to your procedure or they will have to be repeated.

### **Pre-Op Nurse Consultation**

Approximately 2-3 weeks prior to your surgery, our patients can visit our office or virtually to meet with one of our nursing staff members to answer any questions regarding pre- and post-operative care. A patient may be given pre-treatment medications that are relevant to their surgical procedure.

### **Risks and Complications of Anesthesia**

Anesthesia is very safe, especially when administered by an anesthesiologist or nurse anesthetist, but safe does not mean there is no risk. You need to understand what the risks are and tell your surgeon if you have any heart or respiratory problems. Other underlying problems, such as liver or kidney disease, can interfere with anesthesia and raise the chance of an adverse event. Smokers



are more likely to have problems with anesthesia than people who do not smoke.

Remember, thousands of people have anesthesia every day. Most of the associated risks are very small and unlikely to happen. Most people undergoing surgery with any type of anesthesia do just fine.

ANESTHESIA OPTIONS



This information is not meant to alarm you but rather to inform you so you can make a well-educated decision about your anesthesia.

### **Fasting before Surgery**

Your stomach needs to be empty in the event you become nauseated during or immediately after your surgery. This also means no breath mints,

lozenges, or gum. If you must take a medication the morning of your surgery, consult with your surgeon first. It is important to follow your surgeon's preoperative instructions to avoid any problems.

### **The Day of Your Surgery**

On the day of your surgery, your surgeon will review the details captured in your chart from previous consultations and talk with you about your agreed-upon goals for the procedure. At our center, we do this after the patient has checked in. I also let my patients that their photos and images will be displayed on the monitors in the operating room as we use them as a guide since patients tend to look a little different lying down than in an upright position. I feel it is an important consideration for achieving the best outcome for a cosmetic procedure. These help me refer to the subtler aspects of their face, which may be less obvious during the procedure due to swelling from local anesthesia and from the patient lying flat on the table.

Next, a nurse or other health professional will start an IV with fluids that contain antibiotics. Facelift surgery is usually done in an outpatient ambulatory surgical center. Our surgery

center is very private with one-on-one nursing care. Depending on the amount and location of tissue being removed, facelift surgery takes one and half to three hours depending in the type of facelift and your anatomy. An experienced surgeon should be able to give you a good idea of how long surgery will be at your consultation. During the procedure, you will be pain-free, relaxed, and kept still thanks to anesthesia, which is administered by a certified registered nurse anesthetist (CRNA) or an anesthesiologist (a medical doctor who specializes in anesthesia). Your surgeon will also inject numbing medication while you are sedated.

During the procedure, your surgeon will make precise markings based on a customized and specific preoperative evaluation of your underlying facial-muscle and bone structure and the symmetry of your face. Sutures are carefully applied to smooth and reconfigure the incision areas around the ears. A tight wrap will go around your head for the first 24 hours but will not block your ability to see.

If a brow-lift procedure is also done at the same time, incisions are made in the scalp area to tighten the skin and lift the underlying brow tissue. A carbon dioxide (CO2) laser or deep

chemical peel may also be done at this time to enhance the procedure by resurfacing skin and smoothing out any remaining wrinkles in the eyelid and eyebrow area.

As the local anesthetic wears off and the nerves wake up from being “asleep,” the area will feel sore for a few hours. Typically, acetaminophen (Tylenol) should be taken on a proactive basis (every four to six hours) and is usually adequate for this temporary discomfort. However, some patients require prescription pain medication.

By the evening of the surgery, pain is minimal. Most patients do not need any pain medicine by the next morning. By the second day, discomfort is minimal or no longer experienced.



## CHAPTER 5

# AFTER YOUR FACELIFT SURGERY

### (POSTOPERATIVE PROCEDURES)

**A**fter facelift surgery, some tightness and soreness in the neck and lower face region can occur. Patients should keep their heads elevated as much as possible during the first few days and regularly apply cold compresses to help reduce swelling and bruising. Most patients do not complain of discomfort but often describe it as being sore or a tight feeling.

*If you are concerned about anything you consider significant, do not hesitate to call your doctor.*



## General Postop Instructions following Facelift surgery

1. Sleep on your back or side with head elevated above your chest.
2. Facelift surgery usually involves little or no postoperative pain. If you experience significant sharp or dull pain that persists, notify your doctor's office immediately.
3. Cold compresses over your cheeks and neck should be used every twenty to thirty minutes for up to seventy-two hours to minimize swelling.
4. Bruising is quite common along with a little asymmetrical swelling. This does not affect the outcome of surgery.
5. Do not engage in vigorous exercise or sports for at least three weeks or until approved by your doctor.
6. It is normal to feel slight itching and tightness in your face during the early healing period. Avoid salty foods before and after surgery as they can cause increased swelling and pain.
7. If you are prescribed an antibiotic after your surgery, remember to take it with food.

## Postop Instructions following Facelift surgery

1. Follow the postop instructions for facelift surgery above.
2. After the dressing is removed on the 3rd day after surgery, gently clean incision line with distilled water, and then once a day, apply a thin layer of aquafor as instructed by your nurse.
3. Two weeks post-op, you may begin taking ibuprofen, such as Advil, or Aleve (as directed). This can help decrease chances of incision lines becoming a little darker (hyperpigmentation). Take until all redness or inflammation is gone—but no longer than three weeks.

## CHAPTER 6

# ADDITIONAL POSTOPERATIVE RECOMMENDATIONS

**R**est quietly in bed (or in a reclining chair) with your head elevated (above the level of your heart) for the first forty-eight to seventy-two hours after surgery. Continue sleeping elevated for approximately one week, and, if possible, on your back for a few weeks afterward. It is common to have low energy levels following surgery. Unnecessary activity will encourage swelling, discomfort, and bleeding. Minimize all activities for several days until these symptoms resolve.

*Resist using your recovery period to catch up on errands, exercise, or home projects. You need rest.*



## When and What to Eat

In most cases a healthy appetite will return within twenty-four to forty-eight hours of anesthesia. Start eating when you feel hungry. Consider light liquids (broth, ginger ale, crackers, toast, etc.), and progress slowly to regular foods. Increase fluids such as water and fruit juices (no citrus fruits). Avoid alcohol, nicotine, and caffeine as these will dramatically slow the healing process.

## First Postoperative Appointments

Your first return appointment will be the day following surgery when your dressing will be removed, and your incisions will be cleaned. A lighter dressing will then be replaced.

At your second post op appointment on day three, your dressing will be removed, and the incision cleaned again. The nurses will show you how to properly care for your incisions during this appointment.

At this point you can go home and enjoy a nice shower. Just be sure to re-apply the Aquaphor afterwards and pat it dry with a soft hand towel.

Some patients experience discouragement or mild depression after cosmetic surgery. It is natural to be concerned when your face is a bit swollen and bruised.

It's advisable to keep your activity level to a minimum for three to five days after surgery. To keep your blood pressure down, you should avoid strenuous activities for three weeks to one month. This includes heavy lifting, bending, and participating in sports activities. Also, to be avoided are things that cause fluid retention, such as high-fat, salty foods, and excessive amounts of alcohol. Don't avoid drinking water though! Proper fluid intake is important to your health and healing.

At 6 days following surgery all or part of your sutures will be removed. Some patients are asked to return 2 days later (8th day after surgery) to have the rest of their sutures removed.

Most patients feel comfortable going out in public after a week or two. When you resume social activities and return to work really depends on you. The average patient returns to work or social activities in seven to fourteen days.

At about three weeks, you can start with aerobic activities; however, avoid anything involving contact for three weeks. After this period, most patients are healed and can get back to contact activities.



## Caring for the Face

After upper- and lower-facelift surgery, the face typically feels tight; accompanying soreness may be treated with analgesics. For the first couple of days following the surgery, the incisions should be treated with ointment to keep them lubricated. Cold compresses can be placed on the face to reduce swelling as well.

I often will see a little more bruising especially of the face/lower eye area if my patient has fat transfers and bruising is common in the neck area.

Camouflaging cosmetic products can be used to help cover any remaining bruising and are often available from your plastic surgeon's

office as well as many places where makeup is sold. Just make sure you check with your surgeon to ensure that your products won't cause an adverse reaction.

## Healing after Facelift Surgery

Healing after surgery takes time. Your scars will eventually fade and become nearly invisible. Until that happens, you can expect that the scars will be pinkish. The pinkness can persist for six months or so. That's why sunscreen is important. Massage of incision lines and applying small amounts of Aquaphor morning and evening is recommended. The sun can make scars appear more prominent, so protecting them from the sun is essential. For the first couple of weeks following the surgery, dark sunglasses are recommended to protect the eyes from irritation caused by the sun and wind. Patients may notice that their eyes tire easily for the first few weeks of the recovery period.

One question we receive a lot from patients is, "What is the recovery like for a facelift?". In this video, a recent patient takes you through her days following facelift surgery.





## Other Considerations of Facelift Surgery

- Incision lines (scars) are a normal outcome of surgery and are placed in areas that are either concealed within the hairline or within natural folds of the skin. Placement of incisions will be discussed in detail during the consultation process.
- Recovery time is one to two weeks depending on the procedure. In depth education, working with a specialized surgical team, and the use of advanced techniques all lead to less bruising. Light to normal activities

of daily living can be resumed the day surgery for weekend lift and a little bit longer for the Extended Deep Plane Facelift.

- While lasting results are possible from these surgical procedures, they may be affected by your lifestyle and skin care.
- After outpatient surgery, you may return home. Our patient concierges can recommend a nearby hotel for our out-of-town guests. You will also need to arrange for a responsible adult to escort you home after your procedure and to stay with you for a minimum of 24 hours following the surgery. If you do not have a responsible adult, we will help to arrange for this for you at an additional fee.

You will also need to arrange for a responsible adult to escort you home after your procedure and to stay with you for a minimum of 24 hours following the surgery.



## How Long Does Facelift Surgery Last?

Facelift surgery has some of the longest-lasting results—so much so that after you have one, you probably won't need to get another ever again. This is not to say that once you recover from your facelift surgery, your face will stay exactly as it is for the rest of your life. Plastic surgery can improve your appearance, but it can't prevent you from aging, and your face will continue to change as the years go by.

However, it is not unusual for me to see a patient 10-15 years after their original facelift and most patients still look better than they did in the photo taken at the time of their original facelift.

Many experts will say facelift surgery lasts from ten to fifteen years, but in my experience, this is not a hard and fast rule. While some retouching may be necessary, most people undergo an Extended Deep Plane Facelift once and do not seek additional surgery for many years.





## CHAPTER 7

# NONSURGICAL FACIAL PROCEDURES

**M**inimally invasive, non-surgical procedures are those that require little or no downtime. They include neurotoxins such as BOTOX® and Dysport®, and fillers such as Restylane®, Juvéderm®, Sculptra®, and Radiesse®.

BOTOX COSMETIC TREATMENT TO THE LARGE MASSETER MUSCLES



BOTOX® Cosmetic is used to minimize wrinkles in the forehead, around the eyes, the space between your eyebrows (glabella), upper lips and neck by relaxing the muscles.

Fillers such as Juvéderm®, Restylane®, and Sculptra® are used to improve the appearance of fine lines and wrinkles in the lips, nasal labial folds, cheeks, marionette lines, chin, jawline, and hollowness under the eyes.

For the best results, the cosmetic nurse specialist or physician must possess an understanding of the application techniques and how neurotoxins and fillers can be used together in creative ways to complement each other.

By combining these options, we can achieve a “non-surgical lift”—ideal for patients who want a safe, though shorter term alternative to surgery.

### **The most common injectables are described below:**

**NEUROTOXINS**—Botulinum toxin (such as BOTOX®) is used to weaken muscles and minimize wrinkles and lines. It is injected directly into the muscle. Only lines caused by muscle contractions will be affected by botulinum toxin injections.

The most common locations for treatment are in the upper third of the face—on the frown line, crows’ feet, and on the forehead lines. BOTOX® treatments soften expressions and reduce facial lines and wrinkles. However, such neurotoxins are being used on the lower third of the face including the lip lines, chin, and neck. Traditional BOTOX® injections are best suited for the upper face while hyaluronic acid fillers are used in the mid/lower face.

Baby BOTOX®, (MicroBOTOX® or MesoBOTOX®), uses a smaller dose of BOTOX® than the usual injection. There may be as many as 50 to 100 tiny superficial injections over the

face compared to 5 to 20 deeper injections for traditional BOTOX® treatment. Numbing cream is commonly applied before the treatment to make it more comfortable for the patient.

As we mentioned throughout this book, many doctors now recognize the best way to achieve a natural look is to treat the face, neck, and chest globally. To achieve this global change, Baby BOTOX® technique is often used as it allows treatment of the full face, neck, and chest. Results are enhanced with the combination of Baby BOTOX® with traditional BOTOX® injections, hyaluronic acid filler, and good skincare.

Other uses for Baby BOTOX® include the treatment of acne excess sweating in an area such as under the arms.

**TRADITIONAL FILLERS**—These are soft substances, liquids, or gels, which can be injected into the skin to improve the appearance of fine lines and wrinkles, plump lips, fill out cheek hollows, and repair other facial imperfections. They work by filling out the space below the wrinkles, replacing lost fat. They can be injected into the dermis or subcutaneous layer if the skin, depending on the filler and treatment goal.



**COLLAGEN STIMULATORS**—As you age, it is important to replace the collagen your body loses. Collagen stimulators such as Sculptra® and Radiesse® are injected into the dermis or subcutaneous layer, filling the spaces where collagen has been lost. The newly produced collagen provides a structural framework to hold hyaluronic acid and elastin that helps restore the dermis. Hyaluronic acid attracts water molecules to the dermis and restores skin moisture and elastin provides elasticity and helps the skin stretch.

**KYBELLA®**—an injectable treatment that addresses a double chin. When injected into the fat beneath the chin, KYBELLA® destroys fat cells, and once destroyed, the cells can no longer store or accumulate fat. The result is a noticeable reduction in fullness under the chin and an improved chin profile.

Administered by a KYBELLA®-trained healthcare specialist, patients receive multiple small injections under the chin, which takes about fifteen to twenty minutes. The number of injections needed will depend on the amount of fat one has under the chin. You may receive up to six treatment sessions, spaced at least one month apart. Many patients experience visible results in

two to four KYBELLA® treatments. After reaching your desired look, further treatment is not expected or required.

It is important to seek a licensed and trained specialist who has experience treating patients with KYBELLA® who will take the time to understand your treatment goals and develop a treatment plan that is right for you.



## Laser Treatments, Medical Facials and Skin Creams

Patients looking for rejuvenation without undergoing a surgical procedure can benefit from several aesthetic treatments and see results in as little as one visit.

Laser treatments are effective in the treatment of rosacea and spider veins. These laser treatments will affect the color, texture, and tone of your skin, giving you a brighter, more youthful look. Our Rejuva Center's laser was scientifically proven to stimulate the production of collagen in a study published in the "Facial Plastic Surgery Archives" magazine.

Medical peels help medicated creams and moisturizers penetrate cells more effectively. These peels are also effective for pigmentation irregularities and help to even out skin tone. Depending on the strength of the medical peel, recovery time can be from three to seven days while some laser treatments can have up to a seven-day recovery period.

Skin creams and other treatments can also lighten brown spots and can be used in conjunction with the cleansers and moisturizers that are recommended by a registered nurse or trained skin consultant.

OVERWHELMED BY SKIN CARE OPTIONS



Our Rejuva Center, a dedicated non-surgical option within our practice, we offer patients the benefits of near-constant advancements in non-surgical cosmetic innovations without the healing time of surgery. This allows for a stronger focus in all non-surgical rejuvenation treatments and providing patients the best experience.

Each treatment is designed with our patients' needs in mind. When seeking such options be sure to research who is providing them. You want trained physicians, registered nurses, and nurse practitioners that are passionate about providing each patient with top-level care and superior results.



## WHAT ARE THE BENEFITS OF DEFENAGE



There are new innovative beauty breakthroughs every day that can rejuvenate the face instantly and affordably without the risks and downtime of surgery. Check with your plastic surgeon's practice for more information on the benefits of these near-constant advancements in nonsurgical cosmetic innovations.







## CHAPTER 8

# CONCLUSION

It is my hope that this book and the photos and referenced videos give you all the information you need to decide if a facelift is right for you and how to get the best, most successful AND NATURAL facelift possible.

By anticipating and answering your most common and frequently asked questions, you are now armed with the information that takes the mystery out of cosmetic facial plastic surgery especially the Extended Deep Plane Lift.

Even a quick study of the Before and After photos show just how facial enhancements and anti-aging techniques performed by expert hands, can create the natural-looking, undetectable vibrant and fresh look you want.





## CHAPTER 9

# FACELIFT FAQS



*Dr. Williams received his Doctor of Medicine from the State University of Buffalo School of Medicine. He then pursued additional head and neck surgical training and developed a strong interest in facial plastic surgery. Over the few decades, Dr. Williams developed new approaches to this surgery and has trained hundreds of other surgeons.*



## General FAQs

### **How long will the effects of a facelift last vs. skin resurfacing, fat transfers or fillers alone?**

Fillers are temporary solutions for adding volume to deflated tissues. So-called “liquid facelifts,” whereby large amounts of fillers were injected to eliminate soft tissue redundancies, were in vogue until it became clear that the result was too often a swollen, bloated appearance. Patients did not look younger — just different.

A well-performed facelift results will last for years, though the longevity depends on several factors including skin quality, significant weight changes and environmental factors such as excessive sun exposure.

Note that while fillers are not interchangeable with facelifts, they certainly can be complementary. The aging face can usually benefit from both treatment modalities to maintain a youthful, full look without reinventing fundamental facial appearance.

### **What does a typical face lift consultation involve?**

Your surgeon will discuss your goals with you and explain what can be achieved realistically for you with the different facelifts. You can bring photos of yourself at an earlier age to show your original facial look so that the surgeon has a better idea of what concerns you most. Most patients want to achieve a more attractive, younger look without looking too different. Others may want more than a subtle change. Talk with your surgeon about your goals and the general result you want.

### **How does an experienced facelift surgeon achieve natural results?**

An experienced facelift surgeon achieves the most natural looking results by using a perfect balance in the rejuvenation process by addressing aged skin, volumetric loss or settling soft tissue. Work that is done well is not seen or “picked up” by the untrained eye. Experienced surgeons



achieve this utilizing their extensive experience, carefully trained eye, and thorough understanding of the aging process. Some patients have more volume loss than settling of soft tissue and the surgeon will need to balance volumetric restoration with fat transfer in conjunction with a lifting procedure.

### **What is the difference between the Extended Deep Plane lift, mini-lift, and neck lift?**

When plastic surgeons discuss facelifts, we're referring to a procedure that has an impact on the cheeks, jowl, and neck. It requires incisions placed in front of and behind the ear.

The Deep Plane lift (upper, mid, and lower face) are usually scheduled together and are another way of saying "facelift."

A neck lift addresses neck skin redundancy or deformity and involves an incision behind the ear and usually beneath the chin.

Mini-lifts are ideal for patients who have relatively minor concerns about their cheeks and jowl. They are often done to refresh a face that has had a facelift before or for a patient that has a small jowl issue without any excess neck tissue.

### **I've been considering another procedure (rhinoplasty, fillers, etc.). Should I do the procedure in conjunction with my facelift? If not, how should I prioritize?**

It will depend upon the patient, but the most common procedure done with facelifts is eyelid surgery (blepharoplasty) and fat transfer. In fact, these procedures are more often performed together.

### **Can I Combine Plastic Surgery Procedures?**



<https://youtu.be/WEohWnRm9-8>

When adding more procedures such as rhinoplasty (nose reshaping), the patient should understand that the additional procedure could potentially add a bit more discomfort and perhaps

lengthen recovery time. The well-trained plastic surgeon will arrive at a surgical menu that is safe and appropriate for each patient, and the best course of action is to consult with your surgeon to see what he or she recommends.

### **Is skin resurfacing with laser or a chemical peel at the same time as facelift surgery right for me?**

Many patients do have significant aging on their skin as well as settling soft tissue that cannot be addressed with facelift surgery alone. Often the most appropriate facial rejuvenation will include skin rejuvenation by way of a chemical peel or laser resurfacing. This is a customized approach recommended most experienced facelift surgeons. (See my Fireside Chats on Facial Rejuvenation.)

### **What about fat grafting?**

Many experienced facelift surgeons will use fat grafting in conjunction with facelift surgery. Since patients start losing their facial fat as they approach their 30s and 40s, it only makes sense that some of that fat has to be replaced to achieve the most natural facial rejuvenation with a lifting surgery. While a detailed explanation of this is more complicated, (See my video Fireside

Chats on Fat Grafting and Facial Rejuvenation Surgery) approximately 70 to 85% of our patients undergo fat grafting at the same time as a facelift to address this important aspect of facial aging.



*Fat Grafting and Facial Rejuvenation Surgery*



### **How do I prepare for my procedure?**

During the consultation with your surgeon, he or she will go over the steps that you need to take before your surgery. You will also discuss your personal health and desired results so you can choose the best procedural option for you including any recommended non-surgical treatments before or after surgery to enhancing skin tone and texture.

### **Are there risks involved with facelift surgery?**

There are risks involved with any surgery. As with all cosmetic procedures, complications following a facial rejuvenation surgery are possible and your doctor will make you aware of all possible health risks prior to your making a final decision. Some of these include but are not limited to poor healing, infection, bleeding, and adverse reactions to anesthesia.

The best way to avoid post-surgery problems or complications is to precisely follow your surgeon's instructions and report any abnormal symptoms or side effects as soon as they occur. Swelling, bruising, neck tightness, numbness and discomfort are the most common side effects.

### **Where is facelift surgery performed?**

We generally operate at New England Laser and Cosmetic Surgery Center (NELCSC), a free-standing surgery center located on the first floor of our office building. If the patient has medical issues preventing this, we will do the surgery in a hospital setting such as Albany Medical Center. At NELCSC, our surgeons have their own teams working with them on a regular basis. Our patients are cared for in a state-of-the-art facility offering them a private setting with a highly trained staff that specializes in caring for facelift patients.

### **How painful is the facelift?**

With any surgical procedure, there is a certain amount of discomfort. Our patients typically will take Tylenol for this procedure.

What about make up or coloring my hair?

It is suggested that you color your hair prior to surgery; color should not be applied until six weeks' post-procedure. The head dressing remains three days' post-surgery. After that is removed you may wash your hair. Makeup can usually be applied to the incision line approximately 4 days after the sutures are removed.

### How much does a facelift cost?

Depending on which procedure you choose; facelift costs range from \$12,000 to \$70,000. However, given the changing nature of surgical procedure costs fees will change from time to time. There are likely additional operating room and anesthesia fees as well.

## FAQs for the Extended Deep Plane Facelift

### Who is a candidate for the Extended Deep Plane Facelift?

You may be wondering whether you are a good candidate for facial rejuvenation cosmetic surgery, whether a Weekend/Mini Lift (addressing the jowls only) or Extended Deep Plane facelift (addresses multiple areas) is right for you. Of course, you should discuss your individual situation with your cosmetic surgeon during your initial evaluation, as all patients are unique and best served on a case-by-case basis.

However, below are the characteristics of a good candidate for procedures of this kind:

- Hollowness beneath the eyes or heaviness below the cheeks
- Saggy neck skin

- Improvement in the jaw line
- Age 35 to 75 years of age who want to reduce the signs of facial aging
- Emotionally and mentally stable and in good physical health
- Not at an increased risk for complications and who do not have any health conditions that may impede the healing process

Finally, all prospective clients should have realistic expectations about the procedure and understand that it will not stop the aging process altogether, but rather eliminate sagging skin and reduce the visible signs of aging.

### How do I know if I'm getting a true Extended Deep Plane Facelift?

Make sure your surgeon goes below and/ or elevates the platysma muscle in the neck along the jawline to get a more effective release. Also ask if the procedure involves releasing the zygomatic ligaments around the cheekbone and elevates the SMAS or muscle in the deep plane all the way out to the smile line and along jawline. It should also release the middle part of the face and continue down the neck below the muscle.

### **What are the specific risks involved with the Extended Deep Plane procedure?**

This facelift is a less invasive procedure than the traditional facelift of years ago; however, there are a few limited risks involved, as with any surgery. Swelling, bruising, and mild discomfort are the most common side effects. Patients can also experience tightness in the neck area and temporary numbness especially around the ears.

Is the Extended Deep Plane Facelift painful?

Following the surgery your face will appear slightly bruised, puffy, and pale. Bruising may take up to two weeks to disappear. Patients are prescribed pain medication for a few days post-surgery. Tylenol will then alleviate any pain. A tight feeling may be experienced under your chin area with some soreness along the sides of your neck or jaw. A bit of numbness may occur on your skin which represents a normal response to the procedure. For the first several days, elevate your head as often as possible and apply cold compresses.

### **Where are the Extended Deep Plane Facelift incisions?**

The incision begins in the temple around the hairline, proceeding down along the hard part

of the ear and returning upward in the ear's back area continuing into the hairline.

How noticeable are the Extended Deep Plane Facelift Incisions?

As with any incision, initially it will be more noticeable before fading over time so that ultimately it is barely visible. It can be red and a little raised during the first few weeks. The sutures are removed approximately six to eight days' post-procedure and you may apply makeup roughly ten days after surgery. To hide the incision lines after surgery, you may want to allow your hair to grow over your ears just prior to surgery.

### **What can I expect from the Extended Deep Plane post-surgery?**

The head dressing remains for three days after surgery. After that time, hair may be washed and brushed. Bruising and swelling differs from patient to patient, but most patients can become mobile outside their home in about 10 to 14 days. Hair coloring should be applied immediately before the procedure because patients are advised to wait six weeks after surgery before hair coloring is applied.





### **What is the Extended Deep Plane cost and procedure time?**

The cost of this facelift is approximately \$12,500 to \$70,000. In addition, there will be an operating room fee and possible anesthesia fee. The Extended Deep Plane Lift procedure typically takes three to three-and-a-half hours, though that may vary.

### **How soon can I return to work after the Extended Deep Plane Facelift?**

Most prospective clients have concerns about how soon they will be able to return to work following their procedure. Generally, patients can return to work in ten to fourteen days, although swelling and bruising may still be visible. You should no longer be in any pain or discomfort by that time and, if your job does not require strenuous activity, there is no reason you would be unable to return to work. However, you should speak to your surgeon if your job requires you to work outdoors, as direct sunlight should be avoided for a month or so.

### **General FAQs for the Weekend Facelift**

#### **What is a Weekend or mini facelift?**

The mini facelift is a minimally invasive plastic surgery procedure that addresses wrinkles and sagging jowls with shorter incision lines and less healing time than a traditional facelift.

#### **Who is a good candidate for a Weekend or mini-facelift?**

This procedure is best suited for those 30 to 40 years old. Most plastic surgeons agree that treating the early signs of aging can be accomplished

through the Weekend or mini-facelift. Likely candidates for a mini-facelift are those who have minimal loss of elasticity and fat tissue.

### **Are there risks involved with the Weekend Facelift or mini-Lift?**

A mini lift is a minimally invasive procedure; however, there are a few limited risks involved as with any surgery. Swelling, bruising, and mild discomfort is the most common.

### **Where are the incisions for the Weekend Facelift?**

The incision starts in the temple around the hair-line and continues down along the hard part of the ear and just under the earlobe.

### **How noticeable will the incisions be for the Weekend Facelift?**

As with any incision, initially, it is more noticeable. It can be red and a little raised during the first few weeks. Over time it fades so that one would have to really be looking for it to see it. At approximately six days after surgery, sutures are removed. Makeup can be applied at about ten days after surgery. We advise our patients with short hair to grow their hair a little longer around their ears to provide better coverage of the incision line during the healing period.

### **When can I go out in public after the Weekend Lift?**

The head dressing stays on for three days after the surgery. However, the first day the dressing is snug but is replaced with a lighter less constricting dressing the following day. At the three-day mark, you may wash your hair. Bruising and swelling differs from patient to patient but most can get out and about at this time. As with any facelift surgery, you want to take it easy and not overdo activities too soon.

### **How soon can I return to work after the Weekend Facelift?**

Most patients can return to work in five to seven days after a mini lift. However, some patients may be able to return to work even sooner.

### **How painful is the Weekend Facelift?**

With any surgical procedure, there is a certain amount of discomfort. Our patients typically will take Tylenol for this procedure.

### **What is the cost of the Weekend Facelift?**

Weekend facelift costs range up to \$10,000. There are additional operating room and possible anesthesia fees.



## CHAPTER 10

# FACELIFT BEFORE AND AFTER RHYTIDECTOMY PHOTOS

## The Natural Results Speak for Themselves!

### Extended Deep Plane Facelift

This patient wasn't sure what procedure she wanted. After discussing her concerns with the changes in her jaw line, midface, and neck, Dr. Williams recommended the Extended Deep Plane Facelift. As you can see her results are subtle and natural while taking years off her appearance.





*Before*



*After*



*Before*





After

*Before*



*After*

## Chooses Deep Plane After 2 Years Research

### **Extended Deep Plane Facelift, Upper/Lower Blepharoplasty, Fat Grafting, Neck Liposuction**

This patient underwent an Extended Deep Plane Facelift 1 month ago. She is very happy with her results so far. I performed a deep neck lift, submental liposuction, bilateral upper and lower blepharoplasty, as well as fat grafting. With being in the medical industry, she spent a lot of time researching to find a facial plastic surgeon. I am grateful that she has put her trust in me to perform her surgery. At her follow-up appointment, she told me that she feels 15 years younger!



*Before*



*After*





*Before*



*After*

*Before*



*After*

## **Looks and Feels Natural and Revitalized**

### **Extended Deep Plane Facelift**

This patient is an international flight attendant who set up her first consult virtually with Dr. Williams. She had consulted with multiple surgeons but ultimately decided to go with Dr. Williams for an Extended Deep Plane Facelift. She also had buccal fat pad removal, and neck liposuction with an upper lid blepharoplasty. Like many patients, she was very concerned with looking overdone or overpulled and relied on Dr. Williams to take her concerns seriously ensuring the results are natural-looking.





*Before*



*After*



*Before*



*After*





*Before*



*After*

## Looks 20 Years Younger and Taking Better Care of Herself

### Upper/Lower Blepharoplasty, Fat Grafting, CO2 Laser Extended Deep Plane Facelift

For the past several years, this patient felt she looked so old, that she stopped looking in the mirror. When she thought of getting a facelift, she felt 'guilty and selfish'. Thanks to the support of her husband and her sister-in-law, who had a facelift with Dr. Williams, this patient decided it was finally time to do something for herself. She shared with Doctor Williams her concerns about her neck and the wrinkling, jowling, and sagging around her mouth which made her look sad even when she was happy. After her consult, she chose Dr. Williams's Extended Deep Plane Facelift (which lifts the neck), a blepharoplasty, and CO2 laser resurfacing. Two months later, as shown here in her After photos, there is noticeable improvement without looking 'done'. And she says looks 20 years younger and no longer feels guilty about taking care of herself.



*Before*



*After*





*Before*



*After*



*Before*



*After*



## More Refreshed and Natural

### **Extended Deep Plane Facelift, Neck Liposuction, Upper Blepharoplasty**

This patient felt she aged considerably over the past few years and came to see Dr. Williams with a girlfriend who was also considering facial rejuvenation surgery. During her consultation, she expressed concern about her turkey neck and the heaviness and extra tissue in the neck area. Liposuction, an Extended Deep Plane Facelift, and upper eyelid blepharoplasty were performed. Her smile lines and folds are much softer. You can also see from the photos her eyes look more refreshed, without changing their natural shape.



*Before*



*After*



*Before*



*After*





*Before*



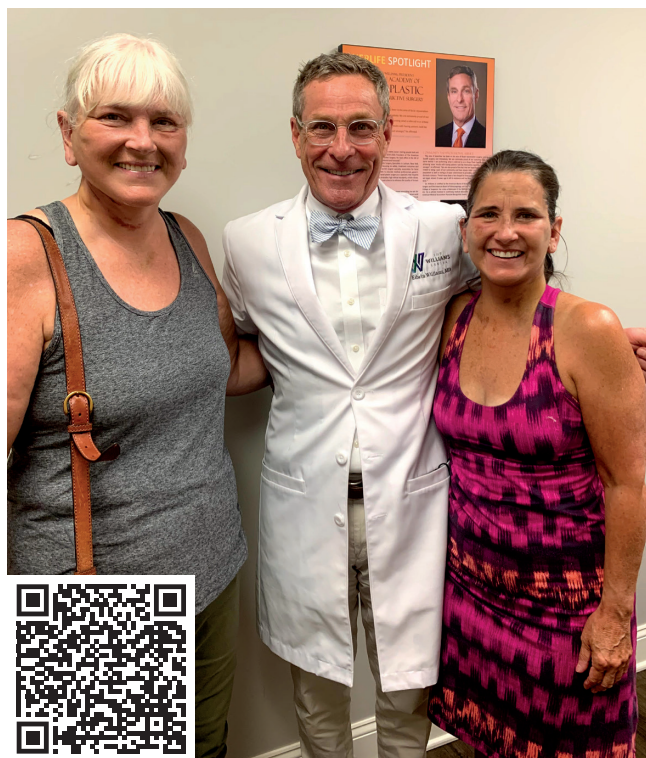
*After*



## Grabbed a Friend and Loves Her Results

### Extended Deep Plane Facelift, Upper Blepharoplasty

This patient is a physician who found Dr. Williams through research and chose him for two reasons. He specifically specializes in facial plastic surgery and teaches other surgeons in the field- believing that the best surgeons are the ones who take the time to teach and mentor other surgeons. This patient and her best friend came together to have Deep Plane Facelifts and took turns helping each other with the recovery process!





*Before*



*After*



*Before*



*After*





*Before*



*After*



## The Eyes Have it and so Does Her Face

### Extended Deep Plane Facelift, Blepharoplasty

This patient felt her eyes used to be quite attractive, and her neck and jawline were making her look tired. Her biggest concern was a facelift that was natural and not pulled or windswept. She decided on an Extended Deep Plane Facelift and a blepharoplasty (eye lift) which smoothed her mid-face area and jawline to give her the restored youthful appearance that she wanted. Performing a platysmaplasty increases the definition of the neck from the angle of the jaw down to the chin restoring a youthful and aesthetic contour to the face.



*Before*



*After*



*Before*



*After*





*Before*



*After*



## Thrilled with Her New Appearance

### **Upper/Lower Blepharoplasty, Buccal Fat Pad Removal, Extended Deep Plane Facelift**

Like many patients, this woman had considerable aging around her eyes and a very heavy neck and jawline. Her main goal was to feel better about herself and look natural without looking pulled or overdone. After doing her research, she came in to discuss options for facial rejuvenation. Using computerized imaging, she got a realistic sense of what she might be able to achieve. Dr. Williams performed an Extended Deep Plane Facelift with a blepharoplasty (eye lift), which addressed the loose skin in her upper and lower eyelids. With the Extended Deep Plane Facelift approach, the doctor was able to reduce and remove her buccal fat pads to help give her a more youthful appearance around her mouth and jawline. As you can see from her oblique photo view, we restored her cheek volume, lifted the area, and addressed her neckline. She is thrilled with her new appearance and happy with her results. For any questions on the difference between a traditional facelift and an Extended Deep Plane Facelift, see the video on page xv.



*Before*



*After*



*Before*



*After*





*Before*



*After*



## No More Turkey Neck

### **Extended Deep Plane Facelift, Buccal fat removal CO2 laser treatment**

This patient was bothered by her turkey neck and the sagging and deep wrinkling around her mouth as shown in the front view. She told Dr. Williams that her naturally round face had changed significantly in the past few years and so she was considering surgery, but she feared looking unnatural—too “over pulled or tightened.” After extensive research for an experienced surgeon, she met with Dr. Williams who recommended the Extended Deep Plane Facelift with buccal fat removal, and a CO2 laser treatment around her mouth. While the laser treatment would leave her mouth area somewhat red for a couple of months, she opted for it as the most effective way to treat the deep wrinkling. She is extremely happy with her improved neck and jaw line and especially with the smoother area around her mouth.



*Before*



*After*



*Before*



*After*





*Before*



*After*



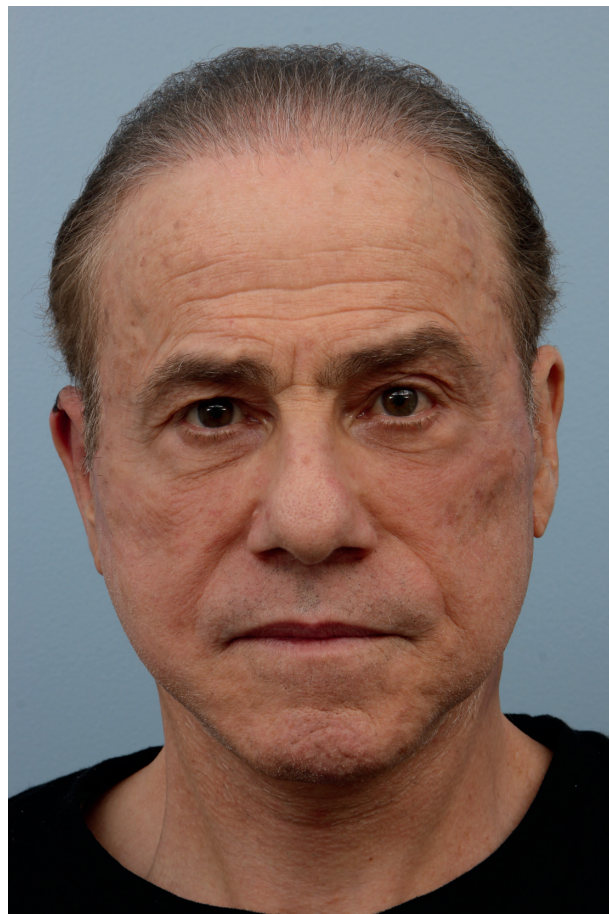
## Face Matches Youthful Body

### Extended Deep Plane Facelift

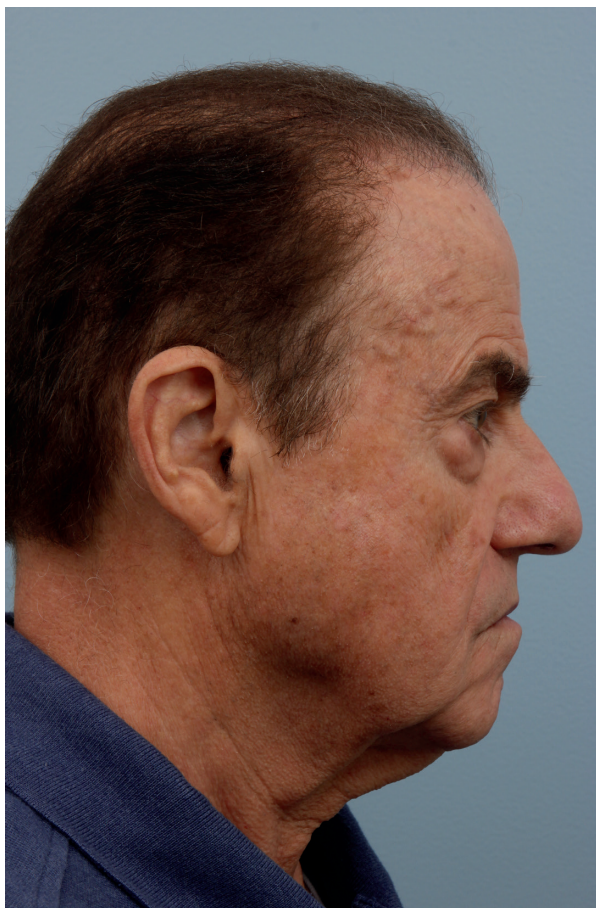
This gentleman was working on transforming his body. He started six years ago by losing weight and exercising every day. But when he looked in the mirror, he didn't recognize himself and felt he looked sad, and his face didn't reflect the hard work he was doing at the gym. He came to Dr. Williams after seeing the great result his ex-wife achieved with him. He underwent an Extended Deep Plane Facelift and blepharoplasty (eyelid tuck). He couldn't be happier with the results and says he looks 15 years younger. He thanks Dr. Williams every day when he looks in the mirror.



*Before*



*After*

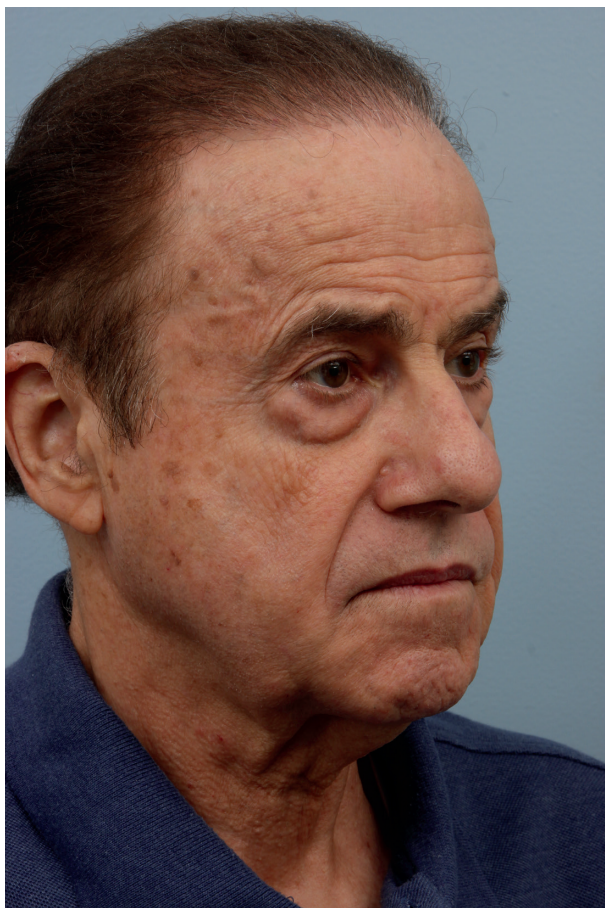


*Before*



*After*





*Before*



*After*



## Combining Procedures for a Beautiful (and Natural) Result

### Facial Liposuction, Chin Augmentation, Rhinoplasty, Extended Deep Plane Facelift

We give our patients the time they need to consider a procedure. After a year or so, she was ready to address her concerns with her nose and chin. We talked about the importance of balancing the face, in this case, her nose in relation to her chin. She also had some extra skin in her upper eyes. In consultation, we discussed the Extended Deep Plane Facelift, a rhinoplasty, and conservative chin augmentation to bring everything into balance. As you can see, we achieved this balance by producing a natural-looking, enhanced appearance. And the patient agreed, telling me she “feels pretty again”.



*Before*



*After*



*Before*



*After*





*Before*



*After*



## Combined Procedures for Natural Results

### Extended Deep Plane Facelift, Chin Augmentation

This 41-year-old woman was concerned with the aging in the lower part of her face and the gelling and the settling in her mid-face. She was also self-conscious about her chin and felt she no longer had a jawline. She underwent a chin augmentation with liposuction and an Extended Deep Plane Facelift. As you can see, it was very effective in the mid face, the area around her mouth, jawline, and her neck. She was very concerned with achieving a natural outcome and loves her result. She combined her facelift procedures with a tummy tuck coordinated with Dr. Polynice, our body specialist.



*Before*



*After*



*Before*



*After*





*Before*



*After*



## No More Tired Looking Face

### Extended Deep Plane Facelift

This woman was bothered by the excess skin on her neck and the heaviness of her lower face—making her look tired. She discussed her concerns with Dr. Williams and together they choose an extended Deep Plane Facelift and an upper and lower blepharoplasty (eyelid). At the suggestion of Dr. Williams, she also had an upper lip lift to address her thinning lips. She is thrilled with the results—looking pretty, refreshed, vibrant and natural.



*Before*



*After*



*Before*



*After*





*Before*



*After*



## Even her Eyes Look More Youthful

### Extended Deep Plane Facelift

After meeting with Dr. Williams, this patient underwent an Extended Deep Plane Facelift which addressed the mid-face, lower eyelid area, smile lines, and jawline. She is thrilled with her new natural and not pulled or tight look. Her incisions are virtually invisible, completely hidden in her hairline as Dr. Williams promised. She looks considerably younger than her age now that her fine lines and jowls have been addressed. She was surprised at her reflection commenting that her even eyes looked more youthful.



*Before*



*After*



*Before*



*After*





*Before*



*After*



## Looks 15 Years Younger

### Extended Deep Plane Facelift

This 61-year-old woman made an appointment with Dr. Williams after watching his videos and reading his outstanding reviews. At her consult, she felt Dr. Williams fully listened to her before suggesting several procedures. He gave her a better understanding of how important facial balance is in achieving the results she wanted. She chose a chin implant with facial liposuction to remove fat under the chin. She also had an upper and lower lid blepharoplasty to remove excess skin and fat transfer under her eye and in the mid-face for an extremely natural-looking result. Notice in her after photos, that her cheeks are higher, improving the appearance of her lower eyelids. Her nasolabial folds are softened, as well as her jawline is more defined, and the excess tissue on her neck is eliminated. This patient feels that she looks 15 years younger and like herself only better!



*Before*



*After*



*Before*



*After*





*Before*



*After*



## Great Care and Great Results

### Extended Deep Plane Facelift

During her consultation, this 60-year-old woman found Dr. Williams to be warm, and friendly and left her confident he could meet her expectations for a natural facelift. She proceeded with an Extended Deep Plane Facelift which included a mid-facelift, lower facelift, and neck lift with facial liposuction and fat transfer. She also had a TCA Chemical Peel to smoothen the wrinkles around her mouth and cheek area and address her uneven skin pigmentation. She found the care she received at the Williams Plastic Surgery Specialists exceptional and offered to share her experience here.



*Before*



*After*



*Before*



*After*





*Before*



*After*



## Outside Face Matches Happy Inside

### Upper/Lower Blepharoplasty, Extended Deep Plane Facelift

This patient said her face looked like it was sad or angry and people would often ask her, “What was the matter?” She felt her face did not match how she felt inside which was usually happy. She said once she had the Extended Deep Plane Facelift, she felt her inner happiness show on her face. Here she is 9 weeks out from the procedures (after photos) looking refreshed and natural and happy.



*Before*



*After*



*Before*



*After*





*Before*



*After*



