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GUIDE TO

# FACELIFTS

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Boston's top cosmetic surgeon shares everything you need to know about how a facelift can refresh and rejuvenate your look



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# CONTENTS

<i>All About Facelifts.....</i>	3
<i>Types of Facelifts.....</i>	4
<i>Facelift Techniques.....</i>	5
<i>About the Procedure.....</i>	7
<i>Your New Look: What to Expect .....</i>	8
<i>Facelifts vs. Fillers.....</i>	10
<i>Combining Cosmetic Procedures.....</i>	11
<i>Avoiding Unfavorable Results.....</i>	13
<i>Safety and Surgery Risks.....</i>	14
<i>Evaluate Your Surgeon.....</i>	15
<i>Schedule a Consultation.....</i>	16



# ALL ABOUT FACELIFTS

## EVERYTHING YOU NEED TO KNOW

According to the [American Society of Plastic Surgeons](#), more than 133,000 facelifts were performed in the US in 2013. The results of facelifts can be powerful and last for years—far longer than results achieved with minimally invasive procedures.

But how do you know if a facelift is right for you? How can you find the right surgeon? How should you prepare for the procedure itself?

There is no set age or profile for the “best” facelift patient. Facelifts can and should be individualized, taking into account factors like age, general health, skeletal morphology, lifestyle and expectations.

Men and women in their forties well through their eighties can all benefit from a facelift’s rejuvenating effects. Remember that while the facelift is “cosmetic,” it is still a surgery and must be respected by both patient and surgeon as such. However, since it is purely elective, it affords both patient and surgeon the luxury of ample time for evaluation, planning, execution and recovery.

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# TYPES OF FACELIFTS

## Facelift (Rhytidectomy)

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

## Neck lift

A neck lift addresses excess neck skin, and involves an incision behind the ear and usually beneath the chin. A neck lift alone has little or no impact on the jowl.

## Mini-lift

Mini-lifts are usually done 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. Incisions are most often made just in front of the ear.

## Upper facelift, lower facelift and neck lift (or varieties thereof)

These procedures are usually scheduled together and are another way of saying “facelift.”

## Complete or total facelift

Usually refers to a facelift performed in combination with a browlift, addressing the full face.

# FACELIFT TECHNIQUES

The vast array of facelift techniques can be bewildering:

- deep plane
- high SMAS
- short scar
- skin only
- MACS lift
- SMASectomy

But how different are they, really?

It is often **more important to find the right surgeon** than decide for yourself the right surgical technique. If you like the results of facelifts done by a certain surgeon, regardless of his or her technique, then you are on the road to obtaining **the results you want**.

The surgeon who consistently provides results which you find appealing usually has an array of techniques that he or she can draw upon. It is the surgeon's skill in selection and execution in the procedure that will be rewarding, not the name of the technique.

Facelifts, and even the many subtypes noted above, are essentially, generic terms, and their simple execution is no guarantee of a specific result.

Similar to having your house “redecorated,” the result depends on the house you started with and the person who does the decorating.

**TIP:** During your consultation, ask your prospective surgeon to describe their aesthetic goal and show you before-and-after images demonstrating it.

# FACELIFT TECHNIQUES

Dr. Yaremchuk's goal with facelifts is to make patients look **younger and better, but never operated on**. Close family members or friends will notice an improvement, but a stranger in a restaurant at the table next to you will only know that you look good, and will underestimate your age, without assigning the label of having "had work done."

To accomplish this, Dr. Yaremchuk has an extremely wide array of techniques – many borrowed from his experience with complex craniofacial reconstructive procedures. This reconstructive-cosmetic interface allows many refinements to the procedure.

Greater familiarity with the anatomy allows Dr. Yaremchuk to elevate and re-drape the full-thickness skin and subcutaneous tissues more extensively. This is different from techniques that employ the minimal undermining of thin flaps which result in unnatural pulled looks.

Finally, Dr. Yaremchuk's **vast experience** with facial implants allows him to offer patients even more options to further refine their results.

# ABOUT THE PROCEDURE

**Length of surgery** The length of the surgery time will depend on the extent of the procedure.

*Mini-facelifts* can be performed on some patients in less than two hours.

*Standard facelifts* usually take 3 to 4 hours, and may take up to 6 when combined with eyelid or brow surgery.

A facelift is a relatively superficial operation (no bones are broken), so there should be little upset to one's overall homeostasis (blood loss, fluid balance, temperature) or overall well-being. In the appropriate setting, a longer surgery time has little detriment to the patient.

**Recovery time** Patients' recovery times differ depending on the patient and the extent of surgery, but in general, noticeable swelling will go down within 7-10 days. Dr. Yaremchuk's patients often return to work that requires visible personal interaction in two weeks.

**TIP:** If you're considering a procedure to look your best for a special occasion, schedule surgery one month before the event to avoid any anxiety about your appearance.

# YOUR NEW LOOK: WHAT TO EXPECT

An effective facelift makes patients look younger, rather than “different” or “operated on.”

The best facelifts look natural – as if nothing has been done beyond rest and relaxation.

Most patients report looking refreshed.



*In addition to a lower face “mini-lift,” this patient also underwent augmentation of her posterior mandible (lower jaw).*



“ ... I'm looking way better and I'm really happy and grateful for all the amazing work you did for me!... you are an amazing artist and I trust you with my face and my life. Lots of love, and my best wishes to you and your fantastic team! ”

- From One of Dr. Yaremchuk's Patients



*The patient shown here underwent a facelift, lateral brow lift, midface lift), and eye lift (blepharoplasty).*

# FACELIFTS VS. FILLERS

## What is a filler?

Fillers are temporary solutions for adding volume to deflated tissues. So-called “liquid facelifts,” whereby large amounts of fillers are 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.

## When should I consider a filler?

The role of fillers and selective use of fat injections should not be discounted. Although these are not alternatives to facelifts, they can be useful adjuncts. Dr. Yaremchuk often refines a facelift with the use of these modalities. The new, longer-lasting hyaluronic acid filler, VOLUMA, when used with Dr. Yaremchuk’s blunt needle technique, has been very effective with minimal to no bruising or swelling.

## How long do results last?

Real facelift results will last for years, though the longevity depends on several factors. These include:

- skin type and quality
- significant weight changes
- environmental factors such as excessive sun exposure

On average, patients who return for another facelift do so about 10 years after their first. However, it should be noted that there is always some relapse, for example, a bit of neck laxity or appearance of platysmal muscles, within the first year after a facelift. Some patients find a small touch-up procedure to be effective.

“Tight” facelifts might delay this appearance, but trade it for unnaturally tight looks such as tethered ear lobes and joker smiles.

# COMBINING COSMETIC PROCEDURES

Many patients combine another procedure with their facelift surgery.

The most common procedure done with facelifts is eyelid surgery (blepharoplasty). In fact, these procedures are performed together more often than not.

When adding more procedures such as rhinoplasty (nose reshaping), you should understand that the additional procedure will add a bit more discomfort and perhaps lengthen recovery time.

A well-trained plastic surgeon will arrive at a surgical menu that is safe and appropriate for you. The best course of action is to consult with your surgeon to see what he or she recommends.



*In addition to facial rejuvenation surgery, Dr. Yaremchuk inserted a small chin implant into this patient.*

# COMBINING COSMETIC PROCEDURES



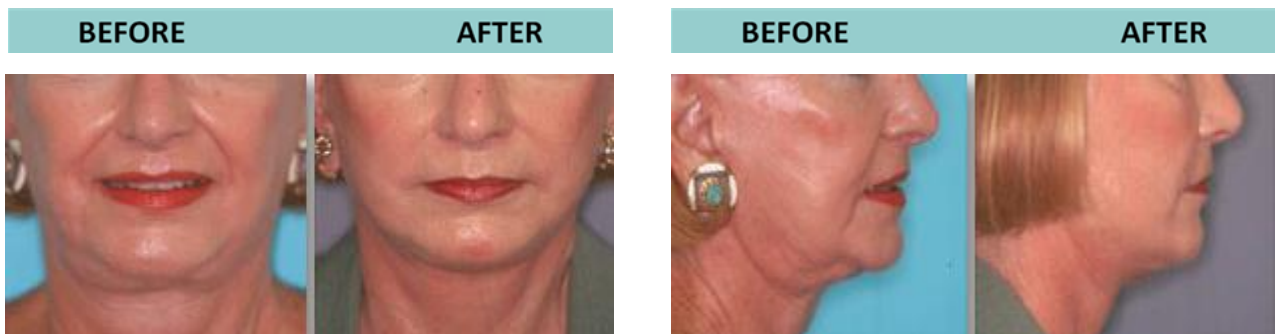
*This patient had small chin and mandible implants placed at the time of her facelift surgery to help define her neck contour.*

# AVOIDING UNFAVORABLE RESULTS

We all know how facelifts can go wrong, from perpetually surprised expressions due to eyebrows raised too high on the face, to round and hollow eyes due to excess skin and neck fat removal, to overly flat and windswept cheeks that seem to merge unnaturally with lower eyelids.

## How can you avoid these results?

Look carefully at a variety of patient examples from the surgeon you are considering. Look at their website, but also ask for additional before and after photos of patients who have received facelifts. This way, you can be confident that you and your surgeon have the same understanding of aesthetic goals and expectations of their achievement..



*This referred patient disliked the windswept look and uneven contour of her neck after a facelift. Dr. Yaremchuk corrected this problem by performing a lower facelift, which included neck defatting and vertical elevation of the lower face soft tissues.*

# SAFETY AND SURGERY RISKS

Facelifts are safe when performed by a well-trained physician who is competent in evaluation, judgment and surgical technique.

Like any surgery, facelift procedures carry some risks. Infection is possible, but rarely occurs because of the face's abundant blood supply. Bleeding in the postoperative period may result in hematomas, which can sometimes require returns to the operating room to evaluate.

Healing is usually uneventful unless the patient is a smoker, and nerve damage is usually temporary. The incidence of these risks relate closely to the surgeon's skills. However, these remain small but real risks even in the best surgeon's operating room.

Dr. Yaremchuk performs all of his cosmetic surgery at the [Boston Center](#) which is a JCAHO, Medicare approved facility. All anesthesia is provided by board certified MD anesthesiologists to assure maximum patient safety.

# EVALUATE YOUR SURGEON

- ❑ Certification from the [American Board of Plastic Surgery](#)  
*These surgeons have gone through lengthy and specific training, examinations and requirements for recertification to avoid complications and make cosmetic surgery safe*
- ❑ Membership in prominent professional organizations, such as the [American Society of Plastic Surgeons](#) and the [American Society for Aesthetic Plastic Surgery](#)  
*These organizations require members to be certified by the American Board of Plastic Surgery*
- ❑ Multiple before-and-after photos of facelift patients that show results consistent with your desired outcomes
- ❑ Hospital affiliation
- ❑ Additional credentials (e.g. teaching experience, honors and awards, speaking engagements at major plastic surgery conferences and research and publications)

For more information,  
including additional before-and-after photos,  
**visit [www.DrYaremchuk.com](http://www.DrYaremchuk.com)**

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