WHAT IS A RHYTIDECTOMY?

A Rhytidectomy is a facelift; a surgical procedure performed to improve the signs of aging in the face and neck. Please note that a face lift cannot change your actual facial structure, nor can it stop aging.

Procedures that we typically perform alongside a Rhytidectomy are brow lifts, neck lifts and eyelid surgery.

WHO ARE CANDIDATES FOR RHYTIDECTOMY?

- Healthy people with no major life threatening diseases.
- Non-smokers
- Someone who has visibly loose skin.
- Able to communicate their feelings and do not voice objections when surgery is discussed

GENERAL INFORMATION

You will have a drain when you wake up from surgery. Please empty this drain the night after surgery at 8PM. Thereafter the drain should be emptied and accurately measured with a syringe every 12 hours (8AM-8PM). Contact us every morning as soon as you are done taking the 8AM reading and give us your readings. As soon as they are low enough and we are satisfied, we will tell you to come in.

Your face will feel puffy, bruised and swollen for several days. Cold compresses can help minimize the swelling and reduce pain. Dr van Rooyen may also recommend pain medicine. It takes about 10 to 14 days before most of the swelling and bruising improves.

You may need to keep your head elevated and relatively still for the first few days after surgery. It may be several weeks before you can return to strenuous activities.

Please take note of the following:

- Your surgery will take place at the Cure Day Clinic Erasmuskloof.
- The stitches will be removed after 1 week. Please contact the practice to schedule this appointment.
- The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee of complete satisfaction with the results. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary.
RHYTIDECTOMY RESULTS

Rhytidectomy surgery offers great results visible once the dressings are removed and the swelling has come down. Keep in mind that you will still be bruised and swollen. Dr van Rooyen will hide the surgical scars in the creases of the face.

RISKS AND SAFETY

The decision to have plastic surgery is extremely personal and you will have to weigh the potential benefits in achieving your goals with the risks and potential complications of ear surgery. Only you can make that decision for yourself.

You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo, the alternatives and the most likely risks and potential complications.

Possible surgery risks include:

- Bleeding (hematoma)
- Blood clots
- Asymmetry
- Infection
- Poor wound healing
- Change in skin sensation
- Skin contour irregularities
- Skin discoloration/swelling
- Anesthesia risks
- Unfavorable scarring
- Allergies to tape, suture materials, glues, blood products, topical preparations or injected agents
- Pain, which may persist
- Possibility of revisional surgery

These risks and others will be fully discussed prior to your consent. It is important that you address all your questions directly with your with Dr van Rooyen.

Following his instructions is key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, sunlight or tanning bed light, abrasion or motion during the time of healing. Dr van Rooyen will give you specific instructions on how to care for yourself.

It's very important to follow his instructions and attend follow-up visits as scheduled.