

# Facelift

**Although this anti-ageing technique is very popular, we prefer to advise our patients to consider rebuilding the fatty tissue underneath the skin.**

Miss Sassoon does not perform surgical “facelifts” at all. Her argument against the facelift procedure is based on the logical reasoning that faces lose the plumpness of youth due to a reduction in fatty tissue, the face droops and merely drawing the skin tighter over the face is both costly and unnecessary - the procedure does not last and needs re-attending to after only a few years.

## Fat grafting

Building up the face with fatty tissue offers a more natural return to youthful appearance rather than the rather severe method of drawing the skin tighter on the face. With fat cells surviving for 7 -10 years, this also benefits from being a more long term anti-ageing treatment.

It is not a common operation compared to surgical facelifts - the surgeon reconstructs the face from the inside out, but it does offer a natural looking solution.

This technique is not suitable for smokers.

## Fillers - an alternative to surgery

A much simpler and readily available procedure is one that uses dermal fillers to plump out the face and achieves a more natural look. Non surgical and just as effective although it only lasts months. It is non-permanent and a quick procedure with minimal risks. See [non-surgical/liquid facelifts](#) for more information.