

Facelift

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GASPAR ANASTASI Award, Aesthetic Society (USA) 2000

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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 reconstructing the face rather than removing the excess skin, but it does offer a natural looking solution.

This technique is not suitable for smokers. Smoking breaks down the fats in the face, this is one of the reasons why smokers age more rapidly than non-smokers. Smoking would break down the fats grafted under the skin, making the procedure ineffective in the long run.

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 as a fat graft, although it only lasts months rather than years. It is non-permanent and a quick procedure with minimal risks.

Elaine has qualified with Allergan to offer Juvederm Volux as a liquid facelift. Using a 7-point system for women, and 9-point system for men. The filler is injected under the skin at key points on the face are along the cheekbone, the chin and jaw.

See [non-surgical/liquid facelifts](#) for more information.