

Looking Younger in Dubai as Elite Plastic & Cosmetic Surgery Group Introduce Facelift Surgery to Patients at their Middle East Clinic

Already well-known for being a leader in advanced rejuvenation treatments of both the surgical and non-surgical type, Elite Plastic & Cosmetic Surgery Group, a leading light of Dubai Healthcare City, is returning to its roots by introducing face and neck lift surgery to its patient base in the Middle East.

According to a recent study the results of which were published in the official journal of the American Society of Plastic Surgeons, patients who have undergone facelift surgery consider themselves to look on average 12 years younger following their surgery and are very satisfied with the results, supporting the concept that facelift surgery not only improves and rejuvenates the appearance but also enhances quality of life.

The study analysed the outcomes of 93 facelift patients - 82 women and 11 men - with an average age of 57 years. They were each interviewed 7 months following their operations, and most had also undergone other procedures at the same time, such as eyelid surgery or brow lift. Whilst 12 years perceived reduction in age was the average, the actual range ran from zero to 27 years, with 97% of patients stating that the results met their expectations, and 40% rating them as being better than anticipated.

But what exactly is a [face lift](#) and who can benefit from it? To answer these key questions, we spoke to Dr Allen Rezai, Lead Surgeon at Elite Plastic & Cosmetic Surgery Group who is not only an internationally renowned Plastic & Reconstructive Surgeon with a practice in Harley Street, London, but also an expert with many years experience in surgical and non-surgical facial rejuvenation treatments. Dr Rezai explained that “A facelift, which is actually known medically as *Rhytidectomy*, is the most extensive and effective way to eliminate or reduce the appearance of wrinkles and facial sagging caused by age. In a traditional facelift procedure, a patient's skin is literally lifted off the face so that the skin and underlying tissues can be tightened, with the skin then being repositioned smoothly over the face. A neck lift, which is often undertaken at the same time as a facelift, tightens sagging jowls and loose skin below the chin.”

According to Dr Rezai, the best candidates are generally considered to be those individuals whose skin quality is still relatively good. Most patients are between forty and seventy years of age, although older patients may also benefit. Indications for having this surgery include looseness of the skin with relaxation of muscles resulting in wrinkles and folds on the face; visible jowls; no longer having a smooth firm jaw line; deep lines in the corner of the mouth, which can often give a “sad” look; and loose skin and wrinkling around the neck. Dr Rezai explains that over-exposure to the sun can make these symptoms even worse and further contributes to an aged appearance by diminishing the overall quality of the skin. Also weight loss in later life can create a more aged appearance, because older skin has less elasticity than younger and, without the fat, it will become saggy and wrinkled.

The operation itself, says Dr Rezai, may be performed under local anaesthetic with sedation. However, the majority of patients and surgeons prefer the use of a general anaesthetic. During the procedure, incisions are made above the hair line over the temple, then follow the natural line in front of the ear, continuing around the ear lobe and up into the crease behind the ear onto the lower scalp. Once the incision has been made the surgeon will carefully separate the skin from the underlying tissue, reposition excess fat and tighten underlying facial muscles using various techniques. The skin will then be lifted and stitched into place along the original incision, any excess skin removed and the wounds closed. Most patients will stay in hospital for one or two nights and be able to return to work after two weeks, resuming normal physical exercise a short time later.

In addition to “traditional” facelift, in certain circumstances there is also the possibility of opting for an [“Endoscopic Facelift”](#), a very modern technique in facial plastic surgery. This is also known as the “scarless facelift”. According to Dr Rezai, this can be beneficial for certain patients who do not have large amounts of excess skin. Through the adoption of endoscopic techniques, this procedure facilitates not only facial rejuvenation but also facial enhancement. The method makes long incisions unnecessary, resulting in quicker healing with fewer side effects. Dr Rezai explains that the best candidates for this type of facelift surgery are those whose skin quality is still relatively good. Patients are typically aged in their late thirties to late fifties.

A further benefit of facelift surgery is that, provided a patient has the appropriate indications, several other related procedures can be performed at the same time. These include blepharoplasty (eyelid surgery), chin augmentation and brow lift procedures, including the endoscopic brow lift. There is also the possibility of liposuction to the neck, when this would be desirable.

Dr Rezai adds that “With all my facelift surgeries, I prefer to add PRP and fat transfer, so as to improve the skin elasticity and promote faster healing. The fat transfer also results in a more rejuvenated appearance.” Many people will be aware that Dr Rezai's clinic in Dubai was the first to introduce Platelet Rich Plasma (PRP) treatment to the Middle East. Better known as the “Vampire Facelift”, this treatment uses a patient's own blood cells in order to regenerate and rejuvenate skin and tissue from a very deep level. They are still one of the few clinics in the UAE to provide this very advanced therapy. “Autologous fat transfer” is a minimally invasive procedure where the patient’s own fat is harvested from one area of the body, such as the abdomen, waist, hips or buttocks, and re-implanted where needed in the face so as to replace any lost volume. It is thus an additional aid in restoring the face to its natural, youthful appearance. It can also be used in correcting asymmetrical areas of the face, sunken cheeks and eyelids, and thinning lips.

According to Dr Rezai, the majority of patients who request facial surgery will have been thinking about this path for a considerable amount of time. They will have had long-term concerns about their appearance and understand better than anybody else just how important the results of the surgery will be. For this reason he and his team will spend considerable time with their patients in order to obtain answers to critical questions such as exactly what they desire as a result of surgery; what actually concerns them is indeed the real problem; and whether or not other possible treatments might be more appropriate or beneficial. If all such factors point to facelift surgery as being the best solution, then a completely personalized treatment plan will be drawn up for them.

The results of facelift surgery, says Dr Rezai, should appear natural with no obvious signs of surgery. His patients usually report that friends and colleagues say they look “well”. Often they will be asked if they have lost weight, had their hair done or even simply changed their make-up. It should not be obvious that they have had “work done”. A facelift will turn the clock back, says Dr Rezai, but it is unable to make time stand still. “You will always look younger than you otherwise would without having had the surgery, but your face will continue to age over the years.”

These comments tally very well with the results of the American study which indicated that the reactions of patients' families and friends to the surgery were very positive with almost 90% of patients declaring that they had received positive reactions from others concerning their appearance, whilst only 7% reported negative reactions. Over 80% admitted benefiting from increased self-esteem, and 70% declared their quality of life to have improved. Such numbers are not insignificant.

For more details concerning Facelift surgery and the many available options and surgical combinations, patients are invited to make an appointment to visit Elite Plastic & Cosmetic Surgery Group for consultation with a specialist who will create a treatment plan tailor-made to their needs. Reference can also be made to their website at <http://elitecosmeticsurgery.ae>

They can also be contacted directly through their clinic in Dubai Healthcare City at the following address:

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