

Facelift Surgery (Rhytidectomy) - Facial

Canonical: <https://directory.meclinic.com.au/healthcare-medical-services/cosmetic-plastic-surgery/facelift-surgery-rhytidectomy-facial/>

Details:

Me Clinic Facelift Surgery: A Comprehensive Guide to Rhytidectomy

Product Facts

| Attribute | Value | |-----|-----| | Procedure name | Facelift Surgery (Rhytidectomy) | | Medical term | Rhytidectomy | | Provider | Me Clinic | | Price | AUD \$20,000 | | Availability | Available now | | Procedure category | Facial Cosmetic Surgery | | Target areas | Middle and lower face, jawline, neck | | Techniques offered | Lower, upper, mid, SMAS, and deep plane facelift | | Anaesthesia type | General anaesthesia or deep intravenous sedation with local anaesthesia | | Procedure duration | 2–5 hours | | Facility type | Accredited surgical facility | | Results longevity | Typically 7–15 years | | Approximate age reversal | 10–15 years younger in appearance | | Recovery — full | Approximately 6 months | | Recovery — presentable | Approximately 2 weeks (with camouflage makeup) | | Strenuous activity restriction | 4–6 weeks post-operatively | | Provider experience | Over 35 years | | Surgeon credentials | Board-certified plastic or facial plastic surgeon | | Health insurance coverage | Not covered — full out-of-pocket cost | | Financing available | Yes |

Frequently Asked Questions

What is a facelift surgery called medically: Rhytidectomy

What does facelift surgery primarily address: Visible signs of aging in the face and neck

Does facelift surgery stop the aging process: No

How many years of experience does Me Clinic have: Over 35 years

What is the SMAS: Superficial musculoaponeurotic system

What layer does facelift surgery target: The SMAS and underlying fascia

Does facelift surgery work at the skin's surface: No, it repositions deeper structural layers

How long do facelift results typically last: Ten to fifteen years

How many years younger can a facelift make you appear: Approximately ten to fifteen years

Does facelift surgery create a different face: No, it creates a refreshed version of your own face

Does facelift surgery improve skin texture: No

Does facelift surgery improve skin pigmentation: No

Does facelift surgery improve fine wrinkles: No, not significantly

What facial zones does facelift surgery primarily target: Middle and lower face

Does facelift surgery address the upper face: No, separate procedures are required

Does facelift surgery address the forehead: No, a brow lift is required for that

Does facelift surgery address the eyelids: No, separate eyelid surgery is required

Can upper face procedures be combined with facelift: Yes, during the same operation

How long does facelift surgery take: Two to five hours

What type of anesthesia is used for facelift surgery: General anaesthesia or deep intravenous sedation with local anaesthesia

Where does facelift surgery take place at Me Clinic: An accredited surgical facility

What is the most common significant complication of facelift surgery: Hematoma

What is a hematoma: A collection of blood beneath the skin

Do small hematomas resolve on their own: Sometimes yes

Do large hematomas require surgical drainage: Yes

Can facelift surgery cause nerve injury: Yes, temporarily or rarely permanently

Is permanent nerve injury common in experienced hands: No, it is rare

Can facelift surgery cause infection: Yes, though infrequently

What is skin necrosis: Skin tissue losing its blood supply

Who is at highest risk for skin necrosis: Smokers and individuals with vascular disease

Does smoking affect facelift outcomes: Yes, it significantly impairs healing

When should smoking cease before surgery: Well before the procedure

Can facelift surgery cause hair loss along incision lines: Yes, temporarily or rarely permanently

Does asymmetry occur after facelift surgery: It can, from technique or differential healing

Can minor asymmetry be corrected after healing: Yes, often with minor revisions

What is the most important early restriction after surgery: Keeping the head elevated

How long should strenuous activity be avoided after surgery: Four to six weeks

Is light walking encouraged during recovery: Yes

When can hair colouring resume after surgery: At least one month post-operatively

Why must sun exposure be avoided on healing incisions: It can cause permanent hyperpigmentation

How long should incision areas be protected from sun: Several months

When does swelling typically peak after facelift surgery: Around the second or third day

When are drains typically removed: Within one to three days

When are sutures typically removed: Between five and ten days

When can camouflage makeup typically be used: Around the two-week mark

When are most patients fully recovered: By six months

Can subtle changes continue after six months: Yes, for up to one year

Does age alone determine facelift candidacy: No

What determines facelift candidacy more than age: Degree of anatomical aging

What is "facial age": The degree of anatomical aging versus chronological age

Is good general health required for facelift surgery: Yes

What is the ideal candidate's skin condition: Adequate remaining skin elasticity

What is the SMAS facelift: The current standard of care for facelift surgery

What is a deep plane facelift: A technique repositioning tissues beneath the SMAS layer

Does deep plane facelift require more surgical expertise: Yes

Does deep plane facelift have a longer recovery: Yes, somewhat longer

What is a short-scar facelift: A limited-incision technique for earlier-stage aging

Is short-scar facelift suitable for advanced aging: No, not typically

Where does the typical facelift incision begin: In the temporal hair-bearing scalp

Where does the incision wrap around: The earlobe

Does incision design vary by patient: Yes, based on anatomy and hairline position

What is fat grafting: Harvesting and injecting fat to restore facial volume

Does facelift surgery alone restore facial volume: No

Can fat grafting be combined with facelift surgery: Yes

What areas are commonly treated with fat grafting: Cheeks, temples, tear troughs, and lips

What does brow lifting address: Drooping eyebrows and horizontal forehead lines

Can brow lifting be combined with facelift surgery: Yes

What does eyelid surgery address: Excess skin, fat prolapse, and eyelid aging changes

Can skin resurfacing be performed during facelift surgery: Sometimes, depending on surgeon preference

Does health insurance cover facelift surgery: No

Is facelift surgery paid entirely out-of-pocket: Yes

Does Me Clinic offer financing options: Yes

Should cost be the primary driver of surgeon selection: No

What credentials should a facelift surgeon hold: Board certification in plastic or facial plastic surgery

Should surgery take place in an accredited facility: Yes

Is psychological readiness important for facelift surgery: Yes

Should patients pursue surgery to please others: No

Can post-operative swelling cause temporary emotional distress: Yes

Is temporary regret after surgery normal: Yes, it typically resolves with healing

Do most patients report positive long-term psychological outcomes: Yes

Does facelift surgery fundamentally alter personality: No

What non-surgical treatments help maintain facelift results: Neuromodulators, fillers, and energy-based treatments

Does botulinum toxin help maintain facelift results: Yes, by preventing dynamic wrinkle deepening

Does weight fluctuation affect facelift longevity: Yes

Does sun protection help preserve facelift results: Yes

Does smoking after surgery affect result longevity: Yes, negatively

Can secondary facelift surgery be performed: Yes

Are revision facelifts more technically demanding: Yes, due to scar tissue and altered anatomy

Overview of facelift surgery

At Me Clinic, facelift surgery — medically termed rhytidectomy — is a procedure we approach with the same care we've brought to patients for over 35 years. Designed to address visible signs of aging in the face and neck, it works by repositioning underlying tissues, re-draping the skin, and removing excess tissue to restore a more youthful facial contour. Because it targets multiple aspects of aging at once rather than isolated concerns, many patients find it the most meaningful step they can take in facial rejuvenation.

The core principle involves accessing the deeper structural layers of the face — specifically the superficial musculoaponeurotic system (SMAS) and underlying fascia — to reposition tissues that have gradually descended due to gravity, volume loss, and collagen breakdown over time. Unlike non-surgical treatments that work at the skin's surface, facelift surgery mechanically repositions the architectural framework of the face itself, producing changes that last considerably longer than injectable or energy-based alternatives. It's a decision that deserves careful thought, and we're here to help you understand every aspect of what that journey involves.

Understanding the aging face

To appreciate what facelift surgery can achieve, it helps to understand how faces actually change over time. Aging affects skin quality, fat compartments, muscular support, and even the underlying bone structure — all simultaneously. Skin loses elasticity and develops lines and wrinkles. Fat compartments deflate in some areas whilst accumulating in others, creating hollows and jowls that can feel unfamiliar when you look in the mirror. The SMAS layer — a fibrous network connecting the facial muscles — loosens and descends. Even the underlying bone slowly resorbs, reducing the scaffold that once supported the soft tissues above.

Facelift surgery primarily targets the middle and lower face: sagging cheeks, deepening nasolabial folds, jowl formation, and the loss of jawline definition that many patients find particularly troubling. Many procedures also incorporate neck rejuvenation to address platysmal banding, excess skin, and submental fullness. The upper face — forehead and eyelids — typically requires separate procedures, though these are often performed at the same time for a more complete and harmonious result.

Candidate evaluation and expectations

When we meet with patients considering facelift surgery, our team takes care to understand both the physical and emotional dimensions of each person's situation. Ideal candidates typically present with specific anatomical aging patterns: visible jowling, deep nasolabial folds, loss of jawline definition, and neck laxity, alongside adequate remaining skin elasticity. Good general health is essential, as this is a surgical procedure requiring anaesthesia and a meaningful healing period. Non-smokers — or those

genuinely committed to quitting well before and after surgery — achieve the best outcomes, because nicotine significantly impairs skin circulation and healing.

Realistic expectations are central to our Responsible Cosmetic Surgery philosophy. Facelift surgery creates a refreshed, more youthful version of your own face — it doesn't create a different face, and it doesn't stop aging entirely. The most natural-looking results typically restore features to how they appeared roughly ten to fifteen years earlier, rather than attempting a dramatic transformation that can look overdone. The procedure addresses structural sagging and excess skin, but doesn't significantly improve skin texture, pigmentation, or fine wrinkles — those concerns may benefit from complementary treatments our team can discuss with you.

Something we often share with patients is that age alone doesn't determine candidacy. What matters most is the degree of anatomical aging. Some people in their late forties present with significant structural descent that genuinely warrants surgical consideration, whilst others in their sixties may not yet need such comprehensive correction. The concept of "facial age" versus chronological age is a far more meaningful guide — and it's a conversation we always have thoughtfully, with your wellbeing at the centre.

Surgical approaches and techniques

Over more than 35 years of caring for patients, facelift techniques have evolved considerably, and the approaches we use today are designed to deliver more natural results with better longevity. The SMAS facelift is the current standard of care, involving careful manipulation of the superficial musculoaponeurotic system layer beneath the skin. Surgeons may imbricate (fold and suture) the SMAS, perform a SMAS-ectomy (removing a strip of tissue), or elevate and reposition a SMAS flap — each variation offering different advantages depending on the specific concerns being addressed.

The deep plane facelift releases and repositions tissues at a deeper level, beneath the SMAS itself, allowing more comprehensive repositioning of the midface and jowls. This technique demands greater surgical expertise and involves a somewhat longer recovery, but it can produce particularly natural results by moving tissues as composite units rather than as separate layers. The extended deep plane approach carries these dissections further still, addressing the midface more thoroughly for patients who need it.

Incision placement follows well-established principles designed to minimise visible scarring whilst providing the access needed for meaningful results. The typical incision begins in the temporal hair-bearing scalp, follows the natural curve anterior to the ear, wraps around the earlobe, continues in the crease behind the ear, and extends into the posterior hairline. Our surgeons adapt incision design based on individual anatomy, hairline position, and the extent of correction required — always with an eye toward discretion and natural-looking outcomes.

Short-scar or limited-incision techniques use abbreviated incisions, typically terminating at or just behind the earlobe. These suit patients with earlier-stage aging or those seeking less extensive correction. Recovery may be somewhat quicker, but these techniques provide less access for neck rejuvenation and may not adequately address more advanced aging — something our team will discuss honestly with you during your consultation.

The procedural experience

Facelift surgery at Me Clinic takes place in an accredited surgical facility, under general anaesthesia or deep intravenous sedation with local anaesthesia, depending on the extent of the procedure and what's most appropriate for you individually. The procedure generally takes two to five hours, with variation based on technique complexity and whether additional procedures are being performed at the same time.

After anaesthesia is administered, the surgeon infiltrates the planned dissection areas with a dilute local anaesthetic solution to reduce bleeding and support post-operative comfort. Following the planned incision design, skin flaps are carefully elevated to expose the underlying SMAS layer. The specific technique then guides how the SMAS is addressed — whether plicated, excised, or elevated and repositioned.

Once the deeper tissues are secured in their new position, the skin is re-draped without tension and excess tissue is trimmed precisely. Closure occurs in layers, with deep sutures supporting the tension and fine sutures carefully approximating the skin edges. Many of our surgeons place temporary drains to prevent fluid accumulation during early healing, and dressings range from minimal adhesive strips to more supportive compression wraps, depending on surgical preference and the extent of the procedure.

Recovery and healing timeline

We want our patients to feel genuinely prepared for what recovery involves — because understanding the process makes it much easier to navigate with confidence. The healing trajectory follows a predictable pattern, though individual variation is entirely normal.

Immediately after surgery, patients experience significant swelling, bruising, and tightness. The face will appear puffy and look quite different from the final result — this is completely expected and temporary. Discomfort is typically manageable with prescribed medication, and most patients describe sensations of tightness and numbness rather than sharp pain.

The first week is the most intensive phase of healing. Swelling tends to peak around the second or third day before gradually subsiding. Bruising extends from the face into the neck and sometimes the upper chest. Most surgeons remove drains within one to three days and sutures between five and ten days, with timing varying by location and suture type. Many patients feel comfortable going out with camouflage makeup by the two-week mark, though residual swelling will still be apparent to a trained eye.

Weeks two through six bring continued, steady improvement. Swelling gradually resolves, though subtle oedema persists — particularly in dependent areas. Incision lines progress through typical maturation phases, initially appearing pink or red before fading over the coming months. Numbness begins to resolve as sensory nerves regenerate, though some areas may remain altered for six months or longer.

The three-to-six-month period is when real refinement becomes visible. Residual swelling resolves completely, tissues settle into their final position, and incision lines continue to fade. Most patients feel fully recovered by six months, though subtle changes may continue for up to a year as tissue remodelling completes — and we'll be with you throughout that journey.

Activity restrictions and lifestyle modifications

Post-operative activity guidelines exist to minimise complications and give your body the best possible environment for healing. We'll make sure you have clear, practical guidance tailored to your specific situation.

Immediate restrictions typically include keeping the head elevated even during sleep, avoiding bending or straining, and limiting physical exertion. These measures help reduce swelling and prevent hematoma formation — a collection of blood beneath the skin that represents the most significant early complication risk.

For the first two weeks, patients avoid strenuous activity, heavy lifting, and exercises that significantly elevate blood pressure or heart rate. Light walking is actively encouraged to maintain circulation and support general wellbeing during recovery. After suture removal, activities are gradually reintroduced, though high-impact exercise and heavy resistance training typically remain restricted for four to six

weeks.

Hair care requires some modification during healing. Most surgeons recommend avoiding hair washing for several days post-operatively, then proceeding very gently. Hair colouring and chemical treatments should be postponed for at least one month to avoid irritating healing incisions. Some temporary hair thinning along incision lines may occur but typically regenerates over several months.

Sun protection becomes particularly important during healing and beyond. Ultraviolet exposure to healing incisions can cause permanent hyperpigmentation, so patients should avoid direct sun exposure to incision areas for several months and use broad-spectrum sunscreen diligently thereafter — not only to protect the incisions, but to preserve your results for as long as possible.

Potential complications and risk management

Transparency is a cornerstone of the Me Clinic difference, and that means honest conversations about risk. As with any surgical procedure, facelift surgery carries inherent risks that every patient deserves to understand clearly before making their decision.

Hematoma — blood collection beneath the skin — is the most common significant complication, and it can occur even with meticulous surgical technique. Small hematomas may resolve on their own, whilst larger collections require surgical drainage to prevent skin compromise and protect the quality of your results.

Nerve injury can affect either the motor nerves controlling facial movement or the sensory nerves providing feeling. Temporary weakness or altered sensation occurs reasonably commonly and typically resolves as nerves recover from surgical trauma or swelling subsides. Permanent nerve injury is rare in experienced hands, but it is a serious complication when it does occur — and one we discuss candidly with every patient.

Infection occurs infrequently but requires prompt recognition and treatment with appropriate antibiotics. Skin necrosis — where skin tissue loses its blood supply — is a more serious complication, particularly in smokers or individuals with vascular disease. Prevention through careful surgical technique, appropriate patient selection, and smoking cessation is far more effective than treatment after the fact, which is why we take pre-operative preparation seriously.

Asymmetry can result from surgical technique, differential healing, or pre-existing facial asymmetry becoming more apparent after lifting. Minor revisions can often address this once healing is complete. Scarring quality varies amongst individuals, with some people more prone to hypertrophic scars or keloids. Meticulous surgical technique and thoughtful incision placement in natural skin creases and hair-bearing areas work together to minimise visible scarring.

Hair loss along incision lines may occur temporarily or, rarely, permanently. This risk is higher in smokers and individuals with compromised scalp circulation. Modified incision placement can help preserve hair-bearing scalp in those at higher risk.

Combining procedures for comprehensive rejuvenation

One of the ways our team helps patients achieve the most meaningful, harmonious results is by thoughtfully combining facelift surgery with complementary procedures — addressing aspects of aging that lifting alone cannot correct.

Eyelid surgery addresses excess skin, fat prolapse, and age-related changes to the upper and lower eyelids. Since facelift incisions don't extend to the eyelid region, separate incisions are required — though performing both procedures simultaneously reduces overall recovery time and allows for a more balanced outcome.

Fat grafting has become an increasingly valued addition to facelift surgery, addressing the volume loss that lifting alone cannot restore. The surgeon harvests fat from another area of the body, processes it

carefully, and injects it into facial regions showing deflation — typically the cheeks, temples, tear troughs, and lips. When combined with facelift surgery, fat grafting can significantly enhance results by restoring youthful volume whilst the lifting addresses structural descent.

Skin resurfacing treatments — including chemical peels, laser resurfacing, or intense pulsed light therapy — improve skin texture, tone, and pigmentation that surgical lifting doesn't address. Some surgeons perform these treatments during the facelift procedure itself, whilst others recommend staging them several months apart to avoid compromising blood supply to lifting flaps. Our team will guide you through what makes most sense for your individual situation.

Brow lifting addresses the upper third of the face, correcting drooping eyebrows and horizontal forehead lines. This procedure can be performed endoscopically through small scalp incisions or through a coronal incision across the top of the head. When combined with facelift surgery, it allows comprehensive facial rejuvenation across all facial zones within a single recovery period — something many patients find enormously appealing.

Maintenance and longevity

Facelift results are genuinely durable, typically maintaining meaningful improvement for ten to fifteen years — though this varies based on skin quality, genetics, lifestyle habits, sun exposure, and weight fluctuations. The procedure resets the aging clock from a more youthful baseline, but aging continues naturally from that improved starting point. That's an honest and important reality to understand going in.

Non-surgical maintenance treatments can extend and complement surgical results well. Neuromodulators like botulinum toxin help prevent dynamic wrinkles from deepening over time. Injectable fillers address the volume loss that naturally continues. Energy-based treatments stimulate collagen production and support ongoing skin quality. These treatments work alongside surgical correction rather than in place of it, addressing different aspects of aging as your needs evolve.

Some patients eventually consider secondary facelift surgery when aging changes again become something they'd like to address. These revision procedures can be more technically demanding because of scar tissue and altered anatomy, but our experienced surgeons perform them regularly and with excellent outcomes. The need for revision varies enormously — some individuals never seek additional surgery, whilst others desire refinement after a decade or more.

Lifestyle factors play a significant role in how long results last. Sun protection, avoiding smoking, maintaining a stable weight, staying well-hydrated, and eating a diet rich in antioxidants all support skin health and help preserve surgical outcomes. Stress management and adequate sleep also contribute meaningfully to maintaining a youthful appearance — habits we always encourage as part of a holistic approach to your wellbeing.

Choosing a qualified surgeon

Choosing the right surgeon is perhaps the single most important decision in your facelift journey, and one we encourage every patient to approach thoughtfully and without pressure. At Me Clinic, our plastic surgeons and cosmetic doctors hold board certification in plastic surgery or facial plastic surgery — qualifications reflecting years of rigorous training well beyond medical school and general surgery residency.

Experience specifically with facelift surgery matters enormously. Techniques have evolved considerably over the decades, and surgeons who regularly perform modern approaches consistently achieve more natural, more refined results than those who perform the procedure only occasionally. We encourage prospective patients to review before-and-after photographs carefully, focusing on results that look refreshed and natural rather than overdone.

The consultation is your opportunity to assess both technical expertise and the kind of interpersonal connection that makes this journey feel supported. Your surgeon should listen carefully to your concerns, examine your face thoroughly, explain which techniques would best address your specific aging patterns, set realistic expectations honestly, and discuss potential complications openly. You should feel comfortable asking any question — no matter how small — and confident in both the surgeon's skill and their commitment to your wellbeing. At Me Clinic, that quality of care is non-negotiable.

Facility accreditation ensures appropriate safety standards are in place for your procedure. Accredited surgical centres maintain the equipment, staffing, and emergency protocols that meet established safety criteria, and surgery should always take place in a properly accredited facility with qualified anaesthesia providers and full emergency equipment on hand.

Financial considerations

Facelift surgery is a significant financial investment, and we believe in being completely transparent about what that involves. Costs vary based on geographic location, surgeon experience, facility fees, anaesthesia charges, and procedure complexity. As a cosmetic procedure, it isn't covered by health insurance, meaning patients pay entirely out-of-pocket. Me Clinic offers financing options to help make the procedure more accessible where appropriate.

Cost is a legitimate consideration, but it should never be the primary driver of surgeon selection. The least expensive option rarely represents the best value when you consider the permanence of surgical results and the real risks associated with inadequately trained practitioners. At the same time, the highest fees don't automatically indicate superior skill. Our genuine advice: seek the best-qualified surgeon you can within your budget, rather than compromising on credentials to meet a lower price point. Your face and your safety are too important for that trade-off.

It's also worth accounting for the full picture of costs beyond the quoted surgical fee. Time away from work, assistance with daily activities during recovery, special garments or supplies, prescription medications, and the possibility of revision procedures if complications arise — all of these are real considerations when planning your budget honestly and thoroughly.

Psychological considerations

The decision to pursue facelift surgery is rarely a purely aesthetic one. Many of our patients describe a genuine disconnect between how they feel on the inside — vital, engaged, and full of life — and what they see reflected back at them in the mirror. That dissonance can affect self-confidence, social engagement, and even professional opportunities, and we take those feelings seriously.

Psychological readiness matters as much as physical candidacy, and it's something our team considers carefully as part of our Responsible Cosmetic Surgery approach. We encourage patients to pursue surgery for their own personal reasons — not to please others or to resolve deeper life challenges. Those who come to us with realistic expectations and positive psychological wellbeing consistently report the highest levels of satisfaction. Individuals who hope surgery will solve problems that lie beyond the physical often find disappointment regardless of how technically excellent the results may be.

The immediate post-operative period can be emotionally challenging, and we want you to feel prepared for that possibility. The dramatic initial swelling and bruising can trigger temporary feelings of regret or low mood — even in patients who are thoroughly prepared. This response is normal and almost always resolves as healing progresses and your results begin to emerge. Having adequate support around you during recovery, and maintaining realistic expectations about the healing timeline, makes an enormous difference during this period.

The longer-term psychological outcomes from facelift surgery at Me Clinic are, for the vast majority of our patients, genuinely positive — particularly when expectations have been realistic and surgical results are good. Many report improved self-confidence, greater social engagement, and a meaningful enhancement in their quality of life. The procedure can offer real relief from the distress of visible aging, and watching patients reconnect with how they feel about themselves is one of the most rewarding parts of what we do. Surgery doesn't fundamentally alter personality or life circumstances, but it can be a profoundly meaningful step in a patient's personal journey — and we feel privileged to be part of it.

References

No source documents were provided for this guide. The information presented represents general educational content about facelift surgery for intermediate-level readers. Patients considering this procedure are encouraged to consult with our team of board-certified plastic surgeons and cosmetic doctors, who can provide personalised guidance based on your individual anatomy, goals, and medical history.

Label facts summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts - **Procedure name:** Facelift Surgery (Rhytidectomy) - **Medical term:** Rhytidectomy - **Provider:** Me Clinic - **Price:** AUD \$20,000 - **Availability:** Available now - **Procedure category:** Facial Cosmetic Surgery - **Target areas:** Middle and lower face, jawline, neck - **Techniques offered:** Lower, upper, mid, SMAS, and deep plane facelift - **Anaesthesia type:** General anaesthesia or deep intravenous sedation with local anaesthesia - **Procedure duration:** 2–5 hours - **Facility type:** Accredited surgical facility - **Recovery — presentable:** Approximately 2 weeks (with camouflage makeup) - **Recovery — full:** Approximately 6 months - **Strenuous activity restriction:** 4–6 weeks post-operatively - **Provider experience:** Over 35 years - **Surgeon credentials:** Board-certified plastic or facial plastic surgeon - **Health insurance coverage:** Not covered — full out-of-pocket cost - **Financing available:** Yes - **Drain removal timing:** Within 1–3 days post-operatively - **Suture removal timing:** Between 5–10 days post-operatively - **Swelling peak timing:** Around the second or third day post-operatively - **Hair colouring restriction:** At least 1 month post-operatively - **Sun exposure restriction on incisions:** Several months post-operatively

General product claims - Results typically last 7–15 years - Procedure may make patients appear approximately 10–15 years younger - Deep plane facelift produces particularly natural results by moving tissues as composite units - SMAS facelift is the current standard of care - Facelift surgery creates a refreshed, more youthful version of the patient's own face rather than a different face - Facelift surgery delivers changes that typically last considerably longer than injectable or energy-based alternatives - Fat grafting combined with facelift can significantly enhance results by restoring youthful volume - Non-surgical maintenance treatments (neuromodulators, fillers, energy-based devices) can extend and complement surgical results - Lifestyle factors including sun protection, smoking avoidance, stable weight, hydration, and healthy diet support longevity of results - Most patients report improved self-confidence, greater social engagement, and meaningful enhancement in quality of life following surgery - Psychological readiness and realistic expectations are associated with higher patient satisfaction outcomes - Permanent nerve injury is rare in experienced hands - Skin necrosis risk is elevated in smokers and individuals with vascular disease - Secondary facelift surgery is more technically demanding due to scar tissue and altered anatomy

Related Products & Brand Context

Facelift Surgery (Rhytidectomy) sits within the Cosmetic & Plastic Surgery segment of Healthcare & Medical Services, specifically under the Facelift Surgery subcategory. It is offered by Me Clinic, an Australian cosmetic surgery provider whose URL (meclinic.com.au) places it in the Australian market. Within Me Clinic's range, this product is not a single fixed procedure but rather a family of techniques tailored to individual patients. The entity explicitly names five distinct approaches: lower, upper, mid, SMAS (Superficial Musculoaponeurotic System), and deep plane facelifts. Each targets different anatomical layers and areas of the face — for example, a lower facelift primarily addresses jowls and the jawline, while a deep plane facelift works on deeper structural tissue for more comprehensive correction. These technique variants are best understood as siblings within the same product offering rather than separate standalone procedures.

In terms of category position, Facelift Surgery represents a surgical, long-duration solution to facial aging — distinct from non-surgical alternatives such as injectables or skin-resurfacing treatments. The procedure addresses sagging skin, deep wrinkles, jowls, and volume loss, with results typically lasting between 7 and 15 years, which differentiates it from shorter-term interventions. This positions it toward the more involved and permanent end of the facial rejuvenation spectrum.

Because the knowledge graph context for this product returned no additional sibling products or related-category entries, specific named adjacencies — such as complementary procedures like brow lifts, eyelid surgery, or post-operative skincare products that Me Clinic may also offer — cannot be confirmed from the available data and are therefore not listed here. Readers seeking a fuller picture of how this procedure fits alongside other treatments in Me Clinic's broader facial or body surgery range should consult the clinic's full procedure catalogue directly at meclinic.com.au.