

# Facelift Variations

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There are several names and variations associated with the facelift procedure. Patients with varying facial conditions will need different variations on the facelift. This article explains these variations to help you find the best option for your condition.

Facelifts may be categorized by the

- type of incision
- the number of tissue layers treated during the procedure
- the area of the face
- the invasiveness of the procedure

**The deep plane facelift** treats the underlying tissue layer or layers and muscles to provide the longest facial rejuvenation benefit. The procedure can greatly improve the appearance of the face for older patients who wish to see a dramatic change.

The second less invasive facelift is the **subperiosteal lift**, whereby tissue on the bone is lifted in patients who require an actual change in facial appearance, including areas of the face that facial implants must be used for.

Third, the **skin lift** is signified by lifting and repositioning the surface skin layer in patients who request a less significant change in the appearance of the face.

**The mini-facelift** term has been used to describe the least invasive approach that provides for a more temporary solution in younger patients who are not yet true facelift candidates. Consumers may also hear the term **S-Lift**, which describes the type of incision that is used in the procedures. This incision starts at the base of the sideburn and continues on the inside of the ear to form an S shape.

A short scar facelift is used to describe the short length of the scar. A full scar facelift is used to describe the longer scar.

Patients with varying facial conditions will need different variations on the facelift. This article explains these variations to help you find the best option for your condition.

## The Deep Plane Lift: Related to the SMAS Lift

Older patients with severe facial sagging and laxity typically benefit most from a deep plane lift. The deep plane lift creates dramatic changes in the mid face area, including the cheeks, nasolabial folds (nose to mouth), jaw, and chin. Patients are usually satisfied with the benefit for about ten to fifteen years, after which, patients may opt for a secondary facelift procedure. Since the deep plane lift offers the most dramatic benefits, the secondary procedure is typically much less invasive than the deep plane lift.

The deep plane lift is a commonly used, tried-and-true technique in cosmetic facial plastic surgery. But complications are possible with any medical procedure. Risks include adverse anaesthesia reaction, infection, or excessive bleeding. The extent of the procedure may affect the level of swelling and bruising. Treatment for complications ranges from oral medications to surgical intervention.

## **MAXIMUM RESULTS**

The deep plane lift offers the most dramatic improvement to the face, because the underlying tissue layers and muscles of the face are lifted and repositioned, involving improvements to the jaw line and nasolabial folds as well. The deep plane lift puts less tension on the facial skin itself. The result is a very natural-looking face, meant to avoid an overly tightened look.

During the procedure, tissue in the mid facial region and the cheekbones is lifted and repositioned. This is often a better technique to use for smokers. The skin and tissue lifted is thicker, so there is less interruption of the blood supply to the area. The procedure often requires incisions along the hairline so that the facial muscles and upper fatty tissue layers can be easily lifted and repositioned in the area of the cheekbone and mid face. The facial muscles are lifted and repositioned along with the fatty layer above them; these are then secured to achieve a more youthful appearance.

## **The Mid Facelift**

Ideal candidates for a mid facelift are typically between the ages of 40 and 50, when the cheeks appear to be sagging and the nasolabial area has skin folds or laxity. The procedure often requires several small incisions along the hairline and inside the mouth so that the fatty tissue layer(s) in the affected areas can be lifted and easily repositioned.

The mid facelift is a safe procedure in general, with few complications or side effects, though there are possible complications with any medical procedure. Risks include adverse anaesthesia reaction, infection, or excessive bleeding. Some patients may experience numbness in the lip which may last for two to six weeks. Treatment for complications ranges from oral medications to surgical intervention.

## **A MID-RANGE SOLUTION**

By the time we reach our mid-30s the soft tissue from around the cheekbones starts to lax and sag slightly, creating nasolabial folds. This flattens the mid face area and may make a woman's face look slightly masculine.

The procedure uses small cuts in the hairline and the inside of the mouth, so scars are practically nonexistent. The natural fatty layer over your cheekbones is lifted and repositioned. The benefits of a mid facelift include the improvement of nose-to-mouth lines and the roundedness over the cheekbones, restoring a more youthful appearance.

## **The Thread Lift**

A thread lift or feather lift may be considered a non-surgical enhancement, intended to lift sagging facial skin without invasive surgery. The Thread lift candidates are typically in their late 30s to early 40s who seek minimal improvements to treat sagging or laxity in the eye area, forehead, and nasiofold areas of the face. This procedure provides a modest effect acting as a bridge until a deep plane facelift may become more

appropriate in years to come. The procedure involves re-draping the skin and does not involve the disruption of the underlying muscles or tissue layers.

The thread lift can be performed under local anaesthesia. The doctor uses a barb suture technique. In this technique, barbs that act as a hook are used with threads to gather skin layers in an upward direction thereby tightening the skin. The thread itself, which has small barbs to hold the skin in place, is not reabsorbed or dissolved and remains in place. No skin is cut away and only the barbs on the threads give the lifting effect. It is a facelift for people who do not have very serious types of sagging or loose skin, which is why it is best suited to patients in their 30s or 40s.

Complications and risks include adverse anaesthesia reaction, infection, or excessive bleeding. Complications may also include the appearance of lumps, puckering skin, or the visibility of threads. Treatment for complications can range from oral medications to surgical intervention. A thread lift may provide a maximum benefit for up to five years.

## **Smoking and Facelifts**

Smoking reduces blood flow to areas of the facial skin, so you shouldn't smoke a month before and a month after surgery. Stopping smoking will help the healing process.

**Dr Zacharia** looks forward to discussing all the available options to you in a private in-depth consultation so that an appropriate treatment plan can be tailored to your individual needs **Tel: 1800 685 438**