



# 6

BUSTING  
6 COMMON  
FACELIFT  
MYTHS

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# BUSTING 6 COMMON FACELIFT MYTHS



## You have to be **famous**

Anybody can have a facelift, not just the rich and famous. Ageing impacts us all and you don't have to live in the public eye to feel uncomfortable in or dissatisfied with your body. We treat all our clients the same and will ensure that you receive the highest quality care possible.

# 1

## You look **fake**

We've all seen examples of poor plastic surgery splashed across glossy magazine pages. What these photos of artificial looking faces with tightly stretched skin don't tell you, however, is how the person likely went against their surgeon's advice or didn't check their credentials. They also fail to show the many success stories. You simply need to choose an experienced plastic surgeon and listen to their advice. Your youthful facelift will look utterly natural and you won't stand out for the wrong reasons.

# 3

## You have to be **older**

There is nothing to stop someone in their 30s or 40s from having a facelift. Excessive sun exposure, smoking and poor skincare can have a significant impact while you're still young. Don't wait until you're retired if you know you want one now. In fact, having a facelift at a younger age can produce more subtle results and help you hold onto your youthful looks for longer. For younger patients, we may recommend a mini facelift which requires less intensive surgery. You will still be left with a fresh, rejuvenated look that you can enjoy for years to come.

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## 5



You have to be a **woman**

Facelifts aren't gender specific. Men can suffer from saggy skin and lax muscles just as much as women. In fact, facelifts are becoming increasingly common among men as more people recognise the benefits. In the UK in 2017, the number of men choosing to have a facelift rose by 16% (BAAPS).

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## 4

You have to have surgery on your **whole** face

Whilst full facelifts are available, you can also have more targeted surgery. For example, focusing solely on the neck or temples. At a consultation we will discuss which option is most likely to produce the results you desire. Given the unique nature of your face, we will always create a perfectly customised plan for your surgery. When it comes to facelifts, one approach does not suit all.

## 6



Your **recovery** will take months

Recovery is an incredibly important part of plastic surgery, but is unlikely to last months. Typically, you will be back to work and socialising within a few weeks. If done correctly by an experienced surgeon, the pain should be minimal and easily managed with medication. Bruising and swelling will mean that you look worse before you get better, but that is to be expected with any form of surgery.