

Endoscopic Facelift *Information*

A refined, minimally invasive approach to facial rejuvenation

What is an endoscopic facelift?

An endoscopic browlift is a surgical technique that lifts and resets the face to a more youthful position through a series of small incisions hidden within the hair. It offers a natural looking lift without visible incisions and an easier recovery than a traditional facelift.

The defining feature of an endoscopic facelift is the endoscope itself - a slender, high-resolution camera, roughly the width of the pencil, that is inserted beneath the skin through a small incision. The camera projects a magnified, 4K-resolution view of the deeper facial tissues onto a monitor, allowing the surgeon to see and work with precision in spaces that would otherwise require a much larger incision to visualize safely.

How is an endoscopic facelift different from a traditional facelift?

	Traditional Facelift	Endoscopic Facelift
Incisions	One continuous incision, from temple hairline, curving around the ear	One 3-4cm incision in the hair behind the temple on each side
Direction of lift	Obliquely in the backward and upward direction	Vertical
Plane of dissection	Deep plane	Deep plane
Skin removal	Yes	No
Most effective for	Indiscrete jawline , jowls	Midface (cheek) descent

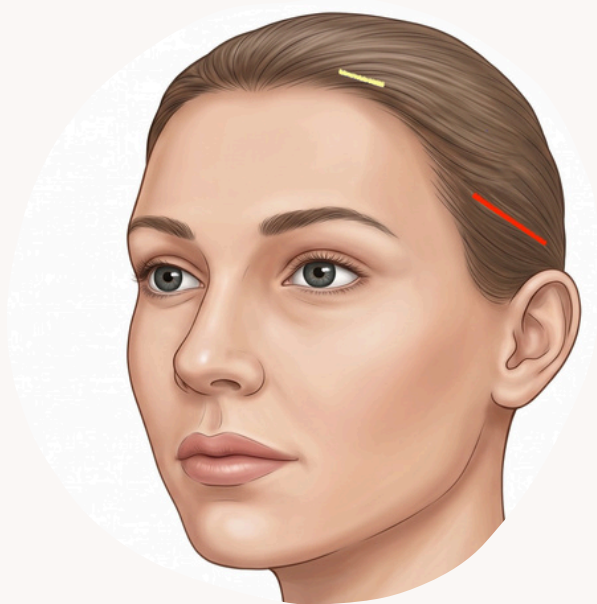


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Where are the incisions?



Yellow incision (2cm, just behind the hairline): only required if endoscopic brow lift is performed along with endoscopic facelift.

Red incision (3-4cm, in the hair): endoscopic facelift incision.

What can it address?

Midface (cheeks and undereye hollowing)

The cheek fat pads descend early in aging, leading to cheek flattening and undereye hollowing. The endoscopic facelift allows the surgeon to lift the cheek fat pads and support the lower eyelid-cheek junction, restoring a fuller, more youthful cheek contour and softening the undereye hollow.

Brow and forehead

The endoscopic facelift alone only lifts the lateral brow. However, for full brow and forehead restoration, an endoscopic browlift can be added to the endoscopic facelift.

Jawline and neck

The endoscopic facelift can improve mild jowling however, it cannot adequately treat moderate to severe jowling or significant neck laxity.



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Am I a candidate?

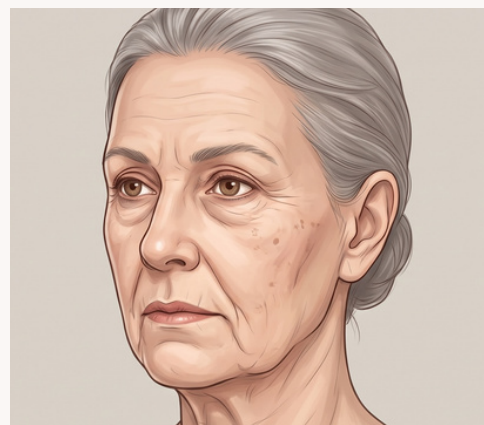
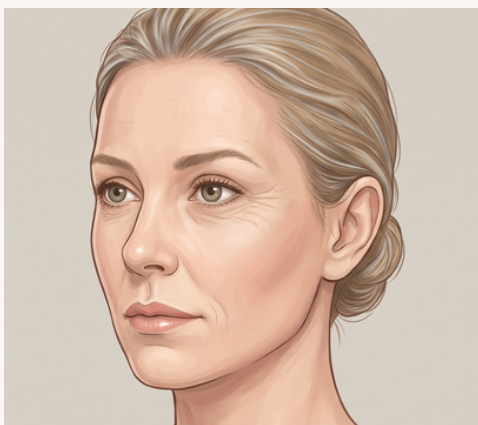
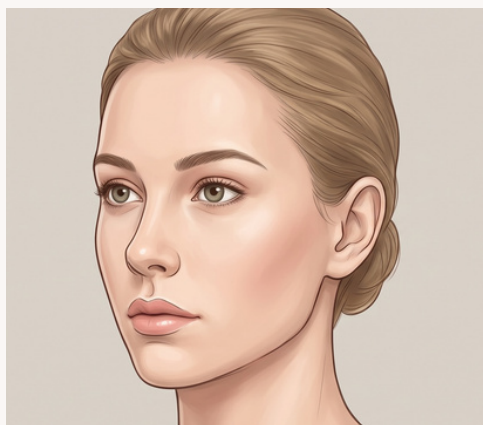
Endoscopic facelift tends to work well for patients who:

- Are bothered by undereye hollowing and cheek sagging,
- Are bothered by nasolabial fold depth,
- Have good skin quality (dependent on skin elasticity, strength, and thickness),
- Are generally in the 30-40 age range with early signs of aging but are not quite ready for a traditional deep plane face lift.

Endoscopic facelift is NOT appropriate for patients who:

- Are mostly bothered by their lower face or neck,
- Have significant excess facial or neck skin laxity,

Ultimately, everyone ages differently and there are no overarching absolutes - candidacy is determined based on your needs and concerns. Schedule a consultation for an individualized surgical plan.



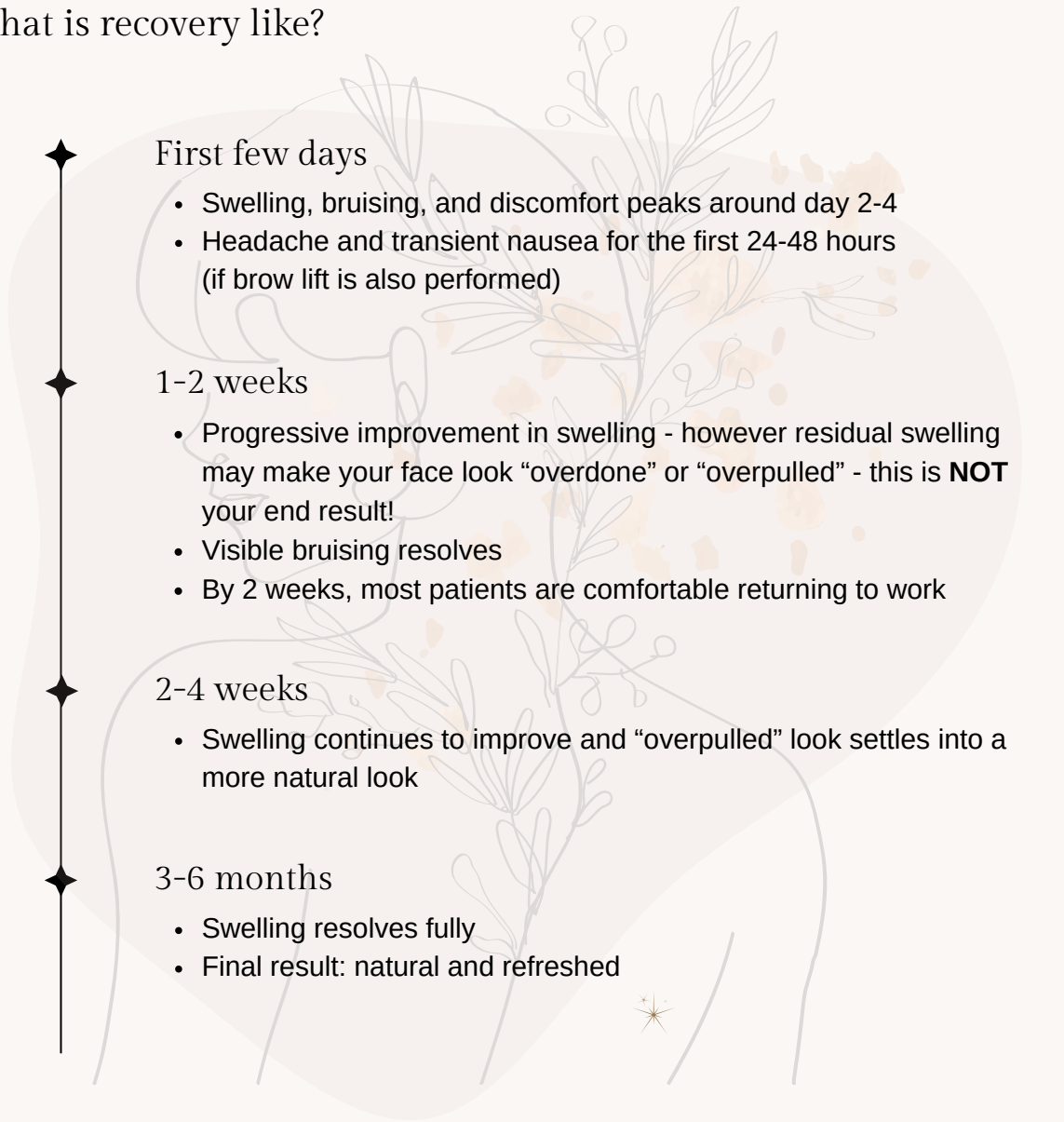
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What is recovery like?



First few days

- Swelling, bruising, and discomfort peaks around day 2-4
- Headache and transient nausea for the first 24-48 hours (if brow lift is also performed)

1-2 weeks

- Progressive improvement in swelling - however residual swelling may make your face look “overdone” or “overpulled” - this is **NOT** your end result!
- Visible bruising resolves
- By 2 weeks, most patients are comfortable returning to work

2-4 weeks

- Swelling continues to improve and “overpulled” look settles into a more natural look

3-6 months

- Swelling resolves fully
- Final result: natural and refreshed



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What are the risks of surgery?

General surgical and anesthesia risks

- Bleeding, including hematoma (blood collection)
- Infection
- Delayed or poor wound healing leading to thickened scarring
- Blood clots (i.e. deep venous thrombosis or pulmonary embolism), pulmonary or cardiovascular events - very rare, but recognized risks of any procedure under general anesthesia

Endoscopic facelift risks

- Numbness of the forehead or cheek - usually resolves within several weeks.
- Temporary injury to facial nerve branches, which can cause weakness of brow elevation, of eye closure, or smile due to stretching or bruising of the nerve with surgery - 5% risk, which recovers fully within several weeks.
 - Permanent injury is exceedingly rare with a risk much less than 1%.
- Facial contour irregularity or asymmetry
- Under- or over-correction relative to the desired result
- Temporary hair loss or thinning around the incision - usually resolves within several weeks.
- Fluid collection (seroma) beneath the skin
- Dissatisfaction with the aesthetic outcome

To understand and minimize the risks of the procedure, please disclose your full medical and surgical history, medications, and supplements prior to surgery.



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Frequently asked questions

Will I have visible scars?

Incisions are placed within the hair, so they are designed to be concealed by the hair once healed. However, the incisions may be slightly visible during the recovery, especially if you experience some temporary hair thinning around the incision.

What kind of anesthesia is used?

Endoscopic facelifts are done under general anesthesia with you fully asleep. We use an anesthetic called “propofol”, which is the same anesthetic used in colonoscopy, that keeps you just asleep enough to be comfortable. Most patients wake up feeling as if they have just had a nice nap.

How long do the results last?

As with any facelift technique, aging continues after surgery. But the structural repositioning achieved is durable as the deep tissue layer is lifted during surgery and most patients enjoy a lasting improvement for many years.

When can I work out after surgery?

You can work out starting 2 weeks after surgery, starting with light cardio, and can return to your full workout routine at 3 weeks. But listen to your body and adjust accordingly.

Can I still get a traditional deep plane facelift later on?

Yes. An endoscopic facelift does not preclude a deep plane facelift in the future. However, it is important to disclose your prior surgical history to your surgeon so that they are fully informed and prepared.

