



DR. JAN KLEYNHANS

MBChB M Med (UCT)

PLASTIC & RECONSTRUCTIVE SURGEON
PLASTIESE & REKONSTRUKTIEWE CHIRURG

FACIAL REJUVENATION

Facial ageing is produced by sagging due to the effect of gravity on the face, increased laxity of facial tissue with age as well as loss of facial fat volume. This leads to a gaunt appearance, sunken cheeks and exaggerated lines around the mouth, lax skin along the jaw line with the appearance of jowls as well as lax skin and muscle folds in the neck. The brows become droopy, skin folds appear in the upper eyelids and bagginess and lax skin in the lower lids. Loss of fat below the eyes leaves a hollowed appearance. In addition, sun and environmental damage to the facial skin produce wrinkles, blemishes and visible fine blood vessels or a ruddy complexion.

These features are not necessarily unattractive but for those patients who wish for a younger and fresher appearance, a variety of procedures may help.

WHICH OPERATIONS SHOULD BE DONE TO REJUVENATE MY FACE?

Rejuvenation of one's face involves dealing with all or most of the changes due to age.

At consultation with Dr Kleynhans the particular features which trouble you will be discussed and analysed, where after a specific treatment plan, addressing your concerns about your face, will be proposed. The aim is always to rejuvenate your face in a holistic and three dimensional way rather than to simply tighten facial tissues. Surgical correction of the various ageing features forms the basis of most treatment plans. The current approach to facial rejuvenation is for less invasive procedures with less downtime and less risk of complications.

Operations are done to lift the lower face and tighten the neck ("face and neck lift"), remove upper eyelid folds/fullness as well as lower eyelid bags and lax skin ("blepharoplasty") or outer eyebrow lifting to improve sagging brows ("brow lift"). Fat injections are often added to improve hollowness of the cheeks and under the eyelids. Synthetic fillers are used to fill lips and soften lip lines.

These operations vary considerably in extent according to patient needs and the best option for each individual is decided on beforehand. The operations can be done under local anaesthetic or conscious sedation in the clinic. The anaesthetic type and duration of stay in the clinic is determined by the complexity of the operation and according to patient preference.

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Dr. Jan Kleynhans Incorporated Reg. No. 98 08923 / 21

Pr. No. 3600890 | HPCSA No. MP 0181609

T 021 850 0485 | F 021 850 0402 | jan@kleynhans.co.za | www.kleynhans.co.za

Suite H, ARUN Place 6, Sir Lowry's Pass Road, Somerset West, 7130

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FACIAL REJUVENATION PROCEDURES :

FACE AND NECK LIFT

Facelift operations are done to remove skin laxity and jowl formation of the lower face and jaw line, soften folds adjacent to the mouth corners and nose and to restore volume to the cheeks and cheekbone areas. The same operation will tighten lax skin and muscle bands in the neck. The fat pad under the chin is removed by liposuction if necessary. Most facelifts are done by short scar technique and deep layer placcation. Patients' own fat can be injected to enhance the cheekbone area, restore plumpness to the cheeks and soften cheek/lip and other facial folds. Careful liposuction and fat filling can reduce jowls and folds below the mouth.

Facelifts are often combined with eyelid surgery and brow lift to rejuvenate the upper face as well. Most of these operations may be done under local anaesthetic with sedation or under conscious sedation administered by an anaesthetist. Combinations of facial operations take longer and require deeper sedation or general anaesthesia. Overnight stay is usually required.

BLEPHAROPLASTY/EYELID LIFT

Sagging upper eyelid folds as well as lower eyelid puffiness and lax skin may be removed by a blepharoplasty operation. Hollowness of the upper lid and hollow grooves under the eyes can be filled by injection of the patients own fat. This requires local anaesthetic with light sedation or conscious sedation administered by an anaesthetist. Overnight stay is rarely required.

BROW LIFT

Sagging brows, especially the outer brow, can be lifted and shaped and forehead lines softened by open brow lift via an incision in or at the hairline. Some patients can be helped by Botox injections alone or with Botox injections in conjunction with an outer brow lift operation via shorter incisions. Injections of patients own fat may help to widen the space between the brows and soften frown lines as well as fill hollow temples.

MIDFACE LIFT

This infrequently performed operation lifts the cheeks to enhance the cheekbone area and soften the nasolabial or cheek/lip fold. A similar result can usually be obtained by fat grafting injections into the cheeks and nasolabial lines which is less invasive with shorter downtime.

FACIAL FAT AUGMENTATION

Following localized liposuction in an appropriate area to harvest fat, your own fat can be prepared and injected into areas requiring filling, most commonly for cheek/cheek bone enhancement and filling the hollow folds under the eyelids. Fat can be used to enhance your chin, lips, upper lid and fill hollowness in the temples and forehead.

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LIP LIFT AND DERMAL GRAFTS

Long upper lips can be lifted to shorten lips and dermal (deep layer skin) grafts can permanently enlarge and enhance lips.

BEFORE THE OPERATION

Anticoagulant treatment like low dose Aspirin, Arnica, high doses of Vit A, C or garlic must be avoided before surgery as they may increase the risk of bleeding afterwards. No smoking is allowed for 4 weeks before the operation.

AFTER THE OPERATION

Facial surgery produce swelling and bruising which may last from a few days to 3 weeks depending on the extent of the surgery and the patients' individual swelling/bruising response. Current short scar face lift and eyelid tuck operations leave minimal scars which are hidden along natural skin folds and planes. Scars and bruising have usually improved by the third week after the operation to allow patients to socialize with makeup camouflage. Mood changes may occur during the early recovery phase. Patients from elsewhere are usually ready to travel 2 weeks after their operative procedures.

BOTOX AND HYALURONIC ACID FILLERS (JUVEDERM/RESTITYLANE)

Minimally invasive treatments to further enhance rejuvenation include the following:

Botox injections weaken nonessential muscles and therefore soften frown lines, forehead wrinkles and laughter lines. Botox treatment leaves minimal bruising and is a "lunch time " procedure. The effect of Botox is temporary and repeated injections at 4 monthly intervals are required for longterm improvement.

Injections of synthetic hyaluronic acid fillers (Juvederm/Restylane) are recommended to fill cheeks, hollowness under the eyes, unwanted facial folds, wrinkles and lined lips. Lips are filled to increase their volume as well as to soften lip lines by stretching the overlying skin.

Injection of facial fillers may produce swelling for 3 days or bruising which may last a week. Patients require cooling pack application for several hours after injections to lessen the risk of swelling and bruising.

Non-surgical minimally invasive treatments are used synergistically with surgery and can enhance and sometimes postpone rejuvenation operations but can rarely take their place.

Laser treatment of superficial wrinkles, blood vessels and blemishes as well as facial peels and advice about cosmetic products can further refresh one's appearance. Patients are referred to a laser clinic or health and beauty therapist for more advice about these treatments.

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COMPLICATIONS OF FACIAL SURGERY

All facial operations carry the risk of complications, which include: postoperative bleeding, wound infection, delayed healing, temporary loss of sensation, muscle paresis, temporary hair loss as well as eye dryness and irritation after eyelid surgery. Serious complications are rare, usually transient and can be improved by further corrective surgery. Patients more prone to complications are those who smoke, have systemic diseases like diabetes or have pre-existing facial skin scarring. Dark skinned patients are more prone to hypertrophic scars and hyper pigmentation of their skin after surgery.

Facial rejuvenation therefore takes many forms, is tailored to the individual patient and is highly satisfying for most patients, resulting in improved self-confidence and self esteem. Most patients would recommend these procedures to others.

Most facial rejuvenation procedures are commonly done in this practice. Once you have made the decision to have facial or eyelid rejuvenation surgery done, an appointment with Dr Kleynhans should be made to discuss your particular needs and for a treatment plan to be drawn up.

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