plastetik

DR. MED. HANS-HERMANN WÖRL



PATIENT INFORMATION

Facelift

Everything important about the treatment, preparation, the day of surgery and healing – to read at your leisure and as a basis for your consultation.

This patient information was translated with the help of AI. Translation errors are possible – the German version is authoritative.

Plastetik GmbH · Bürgerstraße 14 · 81925 München · info@dr-woerl.de

As of 06.11.2026

PART 1 · THE TREATMENT

FACE

Facelift – naturally rejuvenated, without looking “lifted”

The facelift is the most extensive and longest-lasting form of facial rejuvenation. Performed correctly, it gives the face back its natural expression – without changing your individual features.

TECHNIQUE	STAY	SOCIALLY PRESENTABLE	ANESTHESIA
Deep plane SMAS	usually 1–2 nights as an inpatient	usually after 10–14 days	by arrangement

Over the years, the face loses its firmness: the cheeks sag, the jawline softens, and wrinkles form on the neck. Creams and injectables reach their limits here, because the cause lies in the deeper tissue layers. That is exactly where a modern facelift comes in.

Why the face is my focus

For many years, my particular clinical and scientific focus was craniofacial surgery. In this field, complex abnormalities of the bones and soft tissues of the skull and face are corrected – such as congenital malformations, the consequences of accidents, or reconstruction after tumor surgery. Professor Mühlbauer entrusted me with the position of senior physician in charge of this subdepartment.

This work requires very detailed knowledge of facial anatomy: of the course of nerves, blood vessels and connective tissue layers. It is precisely this knowledge that is the best foundation for aesthetic procedures on the face – from the mini lift to the classic deep plane facelift, from midface and neck lifts to the forehead lift.

The deep plane SMAS technique

With older lifting methods, it was mainly the skin that was tightened. The result often looked taut or “mask-like” and did not last long, because skin gives way under tension.

With the deep plane SMAS technique, I reposition the deeper tissue layers and lift sagging areas back into harmonious proportions without putting the skin under tension. SMAS stands for “superficial musculoaponeurotic system” – a layer of connective tissue that supports the face like a net. If it is released at the right place and repositioned, the skin follows without tension.

- A natural facial expression instead of taut skin
- Your facial expressions are preserved
- Cheeks, jawline and neck are treated together
- Scars are hidden in natural skin folds and in the hairline

Who a facelift may be suitable for

A facelift can make sense when deep wrinkles, sagging areas of the face and lost contours shape your appearance – such as jowls, a blurred jawline or pronounced nasolabial folds. What matters is not your age, but the findings, your general state of health and your expectations.

> A successful facelift is not noticeable – it looks completely natural.

Not every concern requires surgery. Sometimes eyelid correction, a neck lift or a wrinkle treatment is sufficient. That, too, is part of an honest consultation.

Which variant is right? An overview

"Facelift" is an umbrella term. The word covers procedures of very different extent:

- **Skin tightening with a short incision (often called an "S-lift"):** The incision runs in front of and around the ear; mainly the skin and subcutaneous tissue are tightened. Suitable for mild sagging, often possible under local anesthesia, with a short recovery – but the effect is more limited.
- **SMAS and deep plane lift:** In addition to the skin, the supporting layer of connective tissue and muscle is lifted. This is the approach when the cheeks, jawline and neck have all sagged together.
- **Midface lift:** Through an incision just below the eyelashes, the sagging cheek tissue is lifted – often together with lower eyelid correction.
- **Neck, forehead and brow lift:** complement the facelift or are used on their own – more on this under Neck and brow lift.

Terms such as "mini," "midi" or "maxi lift" are not uniformly defined. What matters is not the name, but which layer is tightened, where, and to what extent.

Can be combined well

A facelift tightens and repositions – it does not replace volume. It can therefore be usefully complemented, for example with your own fat for hollowed areas, with eyelid surgery or with

injectables for fine lines.

Preparation: what matters before the procedure

- **Photos from your younger years** help us define the goal together.
- **Preliminary examinations** such as a blood count and, if necessary, an ECG – through your family doctor or with us.
- **Blood thinners** (for example, painkillers containing acetylsalicylic acid) should only be stopped about two weeks beforehand after consulting a doctor.
- **Avoid nicotine and alcohol** for at least two weeks before and after the operation if possible – this significantly reduces the risk of healing problems.

When a facelift is not the right approach

In the case of serious acute illness, the procedure is postponed. Caution is advised if you tend to form raised, thick scars – and if your expectations of the operation go beyond your appearance, such as solving personal problems. We talk about this openly, too.

The process: from consultation to aftercare

01 **Consultation and examination**
We discuss your wishes, I examine your skin, tissue and facial proportions and explain what can be achieved.

02 **Planning**
We decide on the approach – for example, whether the neck or midface should also be treated – and clarify anesthesia, preparation and medication.

03 **Informed consent**
You receive detailed information about the procedure, risks and alternatives and have sufficient time to think it over.

04 **Operation**
For a classic facelift, I recommend an inpatient stay of one to two nights.

05 **Aftercare**

We see each other regularly during the first weeks. Individual healing times can vary; you are usually socially presentable again after 10 to 14 days.

After the operation

Swelling and bruising are normal in the first few days and subside gradually. Cooling, sleeping with your upper body raised and physical rest support healing. You should avoid sports, saunas and intense sun for a few weeks – we discuss the exact timing at your follow-up appointments.

The final result becomes apparent after a few months, once even slight swelling has completely subsided. The natural aging process continues, but a well-performed facelift has an effect for many years.

Risks discussed openly

Every operation carries risks. With a facelift, these include, among others, secondary bleeding and bruising, wound healing problems, conspicuous scars, temporary numbness or altered sensation and – rarely – injury to facial nerves. Smoking, certain medications and pre-existing conditions increase the risk. Mastery of complex surgical techniques and precise anatomical knowledge are therefore the most important prerequisites. In the informed consent discussion, we go through every point individually.

Frequently asked questions

At what age does a facelift make sense?

There is no “right” age. What counts are the findings, the quality of the tissue and your state of health. In the consultation, I clarify whether a facelift or a smaller procedure is more suitable for you.

Will I look “operated on” after a facelift?

That is exactly what the deep plane technique is meant to avoid. Because the deeper layers rather than the skin are tightened, your expression remains natural. The goal is for you to look refreshed – not changed.

How long does a facelift last?

How long it lasts depends on your tissue, lifestyle and predisposition. A facelift does not stop the aging process, but it does, in a sense, turn back the clock. Many patients benefit for ten years and longer.

Can I combine a facelift with other procedures?

A facelift, neck lift and eyelid surgery are often combined because together they create a harmonious overall appearance. Whether this makes sense is something we decide after the examination.

When will I be socially presentable again?

Usually after 10 to 14 days. Slight swelling can then generally be concealed well. For important appointments, you should plan in a little more buffer time.

What is a “non-surgical facelift”?

This refers to non-surgical procedures such as injectables, fat transfer, thread lifting or focused ultrasound. They can achieve a lot with mild findings, but they do not replace surgery when tissue has sagged significantly and there is excess skin.

What scars remain?

Depending on the technique, the incisions run in the hairline at the temple, along the natural fold in front of the ear and behind the ear. They generally fade to fine lines.

What should I keep in mind before the operation?

Only pause blood-thinning medication after consulting us, avoid smoking if possible and do not drink alcohol. You will receive all points in writing in advance.

PART 2 · THE PROCESS STEP BY STEP

FACE · PROCESS

Facelift – the process step by step

From the first consultation to the final result: here you can see how a facelift is typically prepared, performed and followed up – so that you know what to expect.

PREPARATION	STAY	SOCIALLY PRESENTABLE	FINAL RESULT
a few weeks	usually 1–2 nights as an inpatient	usually after 10–14 days	after a few months

A facelift is a procedure that can be planned. If you know the process, you can prepare well and plan the healing time realistically. The following steps show the **typical** course – your personal process is determined in the consultation.

The process at a glance

01

A FEW WEEKS BEFOREHAND

Preparation

Consultation, examination, informed consent and planning. Medication and smoking are discussed.

02

DAY OF SURGERY

Operation

Deep plane facelift under general anesthesia; afterwards, generally one to two nights as an inpatient.

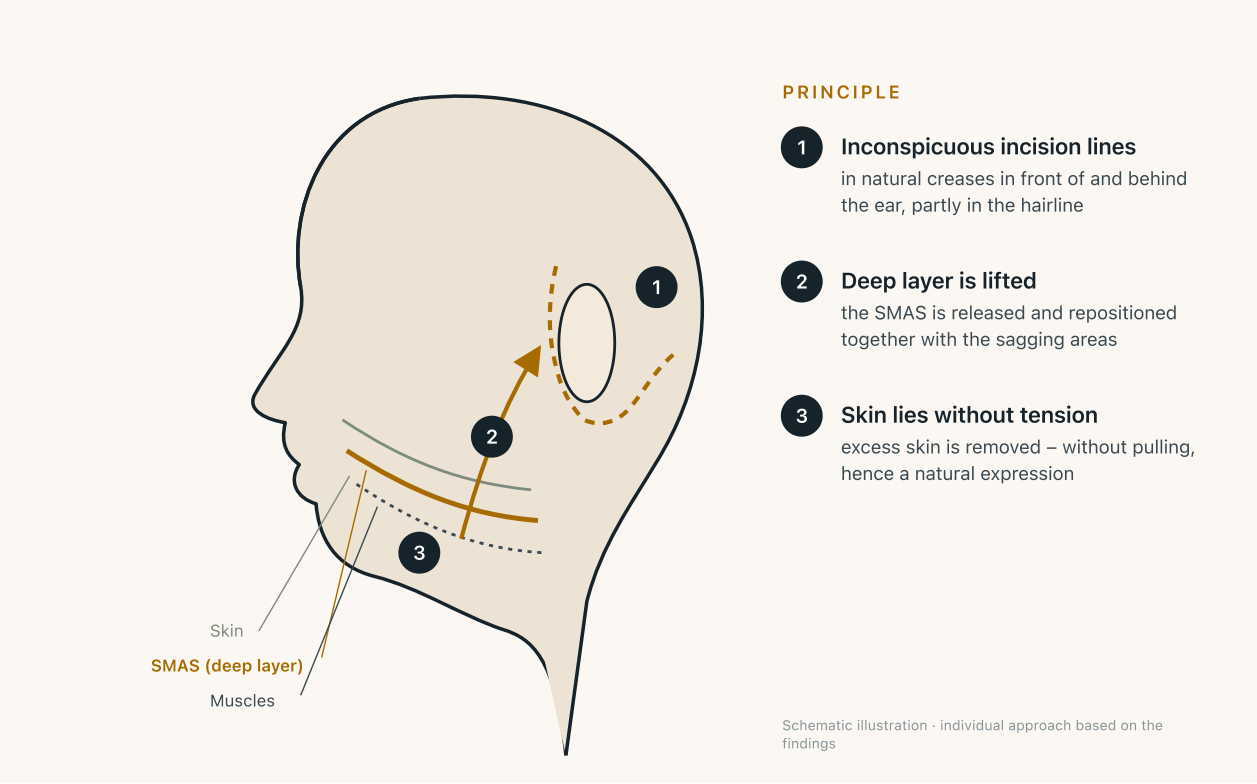
03

WEEKS TO MONTHS

Aftercare

Swelling subsides, follow-up checks and suture removal; the final result becomes apparent after a few months.

What happens during the operation



Schematic illustration of the principle. The position and length of the incisions depend on the findings.

Phase 1: Preparation

01 **Consultation**
We discuss your wishes, I examine your skin, tissue and facial proportions and explain what can realistically be achieved.

02 **Planning**
We decide whether, for example, the neck, midface or eyelids should also be treated.

03 **Preliminary examinations**
Depending on your age and state of health, these include laboratory tests and, if necessary, further examinations.

04 **Medication**
Drugs that affect blood clotting are paused temporarily – only after consulting a doctor.

05 **Smoking**
Nicotine impairs blood flow and wound healing. If possible, avoid it for a few weeks before and after the operation.

06 **Informed consent**
You receive detailed information about the procedure, risks and alternatives – with sufficient time to think it over.

07 **Organization**
Plan for someone to accompany you when you are discharged, time off work and help at home during the first few days.

Phase 2: The day of surgery

01 **Arrival and preparation**
You arrive with an empty stomach; we discuss any last questions.

02 **Marking**
The incision lines and treatment zones are marked on the skin while you are sitting up.

03 **Anesthesia**
The facelift is performed under general anesthesia; we decide on the type in advance together with the anesthesia team.

04 **Procedure**
Through inconspicuous incisions in front of and behind the ear, the deep tissue layer (SMAS) is released and repositioned together with the sagging areas. Excess skin is removed without tension.

05 **Dressing and waking up**
A light head dressing protects the wounds; you are looked after in the recovery room.

06 **Inpatient stay**
For a classic facelift, I recommend one to two nights as an inpatient.

Phase 3: Aftercare and healing

Day 1–2
Cooling, upper body raised, wound check, discharge

Week 1
Swelling and bruising are at their peak and then subside; sutures are removed after a few days

Week 2
usually socially presentable again (after 10–14 days); slight swelling can be concealed

Week 4–6
Sports, sauna and intense sun possible again after consultation

Month 3–6
slight swelling has subsided, scars fade – the result has matured

During the first few days, cooling, sleeping with your upper body raised and physical rest help. At the follow-up appointments, I check how healing is progressing and discuss the next step with you.

Contact us immediately if one side swells significantly more than the other, pain suddenly increases, you develop a fever, or a wound weeps or turns red.

Your checklist

- Bring a list of your medications to the consultation
- Start your break from smoking in good time
- Arrange for someone to accompany you when you are discharged

- Have cold compresses and comfortable button-front clothing ready
- Plan two weeks without important public appointments

Frequently asked questions about the process

How long does the operation take?

That depends on the extent – for example, whether the neck or eyelids are also treated. I will tell you the expected duration during planning.

Will I be in severe pain after the facelift?

Most people feel tightness and numbness rather than severe pain. You will be given painkillers to take home.

When can I wash and color my hair again?

Washing your hair is usually possible after a few days; you should wait a few weeks before coloring it. You will receive detailed instructions in writing.

Your next step

Nothing can replace a personal consultation. There I answer your questions and together we clarify what makes sense for you.

Book online: www.plastetik.de/en/appointment/
Phone: +49 89 987855 · **Email:** info@dr-woerl.de
More information: www.plastetik.de/en/facelift/

Dr. med. Hans-Hermann Wörl · Specialist in Plastic and Aesthetic Surgery · Plastetik GmbH

Important note: This information is for general education and does not replace a personal medical consultation and informed-consent discussion. Procedures, time frames and healing courses are typical values and may vary individually. A specific result cannot be promised.

This patient information was translated with the help of AI. Translation errors are possible – the German version is authoritative.

Image credits:

- Porträt Dr. Wörl in Praxiskleidung: © Lukas Schramm Fotografie (Nutzungsrechte: Dr. med. Hans-Hermann Wörl), alle Rechte vorbehalten; verkleinert, WebP
- Dr. Wörl untersucht Kinn- und Halslinie einer Patientin: © Lukas Schramm Fotografie (Nutzungsrechte: Dr. med. Hans-Hermann Wörl), alle Rechte vorbehalten; verkleinert, WebP
- Dr. Wörl im Operationssaal: © Lukas Schramm Fotografie (Nutzungsrechte: Dr. med. Hans-Hermann Wörl), alle Rechte vorbehalten; verkleinert, WebP
- Diagrams: own illustrations (KnoCo UG for Plastetik GmbH)