

面部的組織會隨着年齡的增長而慢慢地流失，令面部變得鬆弛下垂，皺紋加深，形成老態。視乎個別面部老化的情況，可進行拉皮手術或緊膚治療。

傳統面部拉皮手術

傳統的拉面皮手術適用於較年長人士，目的是將面部及頸部皮下鬆弛的深層組織收緊及將多餘的鬆弛的皮膚切除，使輪廓得到提升，減退皺紋。手術可與去眼袋、修復上眼瞼下垂、改善雙下巴或自體脂肪移植注射等整型外科手術同時進行，令面部全面年輕化。

手術在全身麻醉下進行，需時三小時。術後瘀腫可於兩至三星期減退，並於六至八星期後回復自然，效果能維持五至十年。由於切口收藏在髮線及耳前後的皮膚摺位內，所以沒有明顯的疤痕。

手術併發症並不常見，可能的風險有傷口發炎、瘀血積聚、面部神經損壞、皮膚壞死及疤痕增生等。

羽線面部拉皮手術

由於傳統的拉面皮手術康復時間較長及有一定的手術風險，面部鬆弛不太嚴重的人士，可利用羽線進行拉面皮手術。羽線是一種特制的手術線，線上有密集的鈎齒。當植入後，羽線便會抓緊皮膚，透過適當的收緊和固定，提升面部線條，改善面部輪廓。

手術在局部麻醉下進行，適用於額部、顴部或頸部線條提升。術後瘀腫可於數天內減退，不會留下疤痕，效果能維持數年。

頸部線條提升手術

頸部的皮下肌肉會隨着年齡的增長變得鬆弛，加上脂肪的積聚，令頸部失去線條及出現多條垂直的皺摺。手術在局部麻醉下進行，在下巴作出一個細切口，將頸部肌肉收緊，然後將脂肪抽出，便可恢復頸部整體的線條。

內視鏡額部拉皮手術

並非所有人都要作出全面的面部及頸部拉皮手術，年紀較輕的人仕可視乎面部的老化情況及個人的需要，進行局部拉面手術。額部拉皮手術改善眼瞼下垂、額頭及眉心皺紋等面部老化問題，同時亦可提升眼眉，令人看起來更年輕。

手術可在局部或全身麻醉下進行，只需在前額髮線內作出數個小切口，並在內視鏡輔助下便能完成額部提升手術。由於切口細，康復時間也較傳統的手術為短。

射頻緊膚及高能量聚焦超聲波緊膚

面部鬆弛不太嚴重的患者，可考慮非創傷性射頻或高能量聚焦超聲波緊膚。原理是利用射頻或超聲波在皮膚低層或肌肉筋脈加熱，刺激膠原蛋白生長，使皮膚收緊，提升輪廓。治療後皮膚會有輕微紅腫，可於半天減退，效果可維持一至兩年。



FACELIFT AND SKIN LIFTING SURGERY

面部提升及拉皮手術

HKSH Plastic & Reconstructive Surgery Centre

養和整形外科中心

CONSULTATION HOURS

Monday to Friday
10:00am – 6:00pm

Saturday
9:00am – 1:00pm

Closed Sundays and Public Holidays
Consultation by Appointment

診症時間

星期一至五
上午 10 時至下午 6 時

星期六
上午 9 時至下午 1 時

星期日及公眾假期休息
敬請預約

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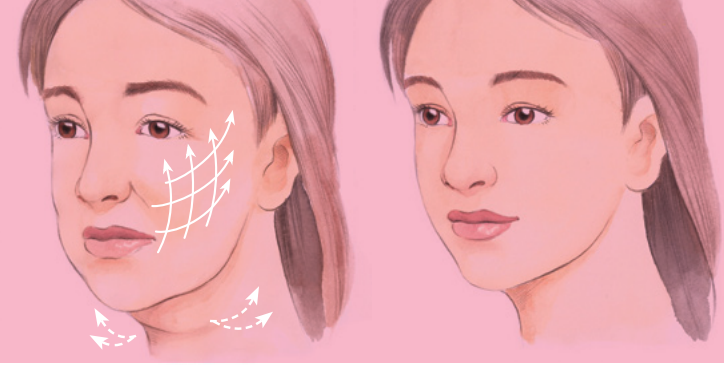
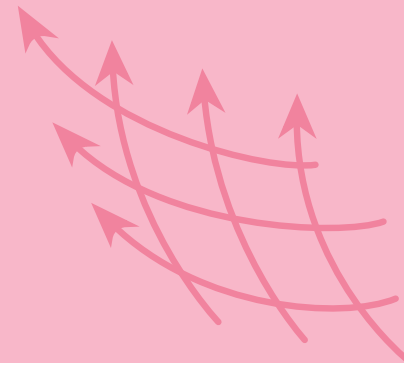
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PHSC0241H/B-02-072020

FACELIFT AND SKIN LIFTING SURGERY

面部提升及拉皮手術



Due to the ageing process, the skin loses its elasticity and there is progressive thinning of the underlying soft tissue. Without firm support from underlying tissue, the face begins to sag and fine and coarse wrinkles may appear. Depending on each patient's particular circumstances, the face can be lifted by various methods.

FACELIFT

Facelift surgery is the procedure used to correct facial sagging and reduce facial wrinkles. It is suitable for those with significant signs of ageing. The deep tissue of the skin on the face is tightened first and excess skin is trimmed away. To enhance the aesthetic result, eye bag removal, drooping eyelid correction, chin reshaping or fat transfer can be performed concurrently.

The procedure lasts for about three hours under general anaesthesia. Bruising and swelling will gradually subside in two to three weeks, with full recovery expected in about six to eight weeks. The result can last for five to ten years. Scars are not visible as they are hidden at the hairline or behind the ears. While complications are rare, side effects can include infection, haematoma, skin necrosis, nerve damage or hypertrophic scar.

SUTURE LIFT

Suture lift is a minimally invasive surgical option for people with less significant sagging skin. Special sutures with barbs or cones will be used. After the insertion, the suture will hold and lift the sagging skin in place. The surgery can be performed under local anaesthesia on the forehead, cheek and neck. Incisions are tiny and the downtime is short. Bruising and swelling will subside in a few days and effects can last for a few years.

NECK LIFT

Likewise with the face, sagging of the neck skin can result in "double chin". Excessive fat accumulation may worsen the condition. Neck lift surgery can rejuvenate the neck and restore its contour. The operation can be done under local anaesthesia. A small incision is made on the chin; excessive fat is removed by liposuction, loose muscle and tissue are tightened.

ENDOSCOPIC FOREHEAD LIFT

Not everyone needs a full face lift; people with sagging face may consider forehead lift. Forehead lift surgery is effective in improving drooping eyelid, forehead wrinkles and brow ptosis.

The surgery can be done under local or general anaesthesia. With a few small incisions made on the scalp, forehead tissue can be tightened using the endoscope as a guidance tool. As the incisions are made on the scalp, the scars are not conspicuous. The recovery time is also shorter than the traditional facelift method.

RADIOFREQUENCY TREATMENT AND HIGH-INTENSITY FOCUSED ULTRASOUND (HIFU) TREATMENT

People with relatively minor sagging skin issues can consider radiofrequency treatment (Thermage) and high-intensity focused ultrasound treatment (Ultherapy). Both treatments are non-invasive and are clinically proven to be effective in skin tightening. Radiofrequency delivers heat energy to the deep dermis and HIFU delivers heat energy to the SMAS (a group of facial muscles). As a result of heat stimulation, skin can be tightened and lifted at the same time through remodelling and regeneration of collagen. Redness and swelling after treatment will subside within a few hours and effects can last for one to two years.

