

# Deep Plane Facelift

*Rhytidectomy — Your Friendly Guide to a More Youthful Appearance*

Your friendly, plain-English guide to what to expect — from start to finish.

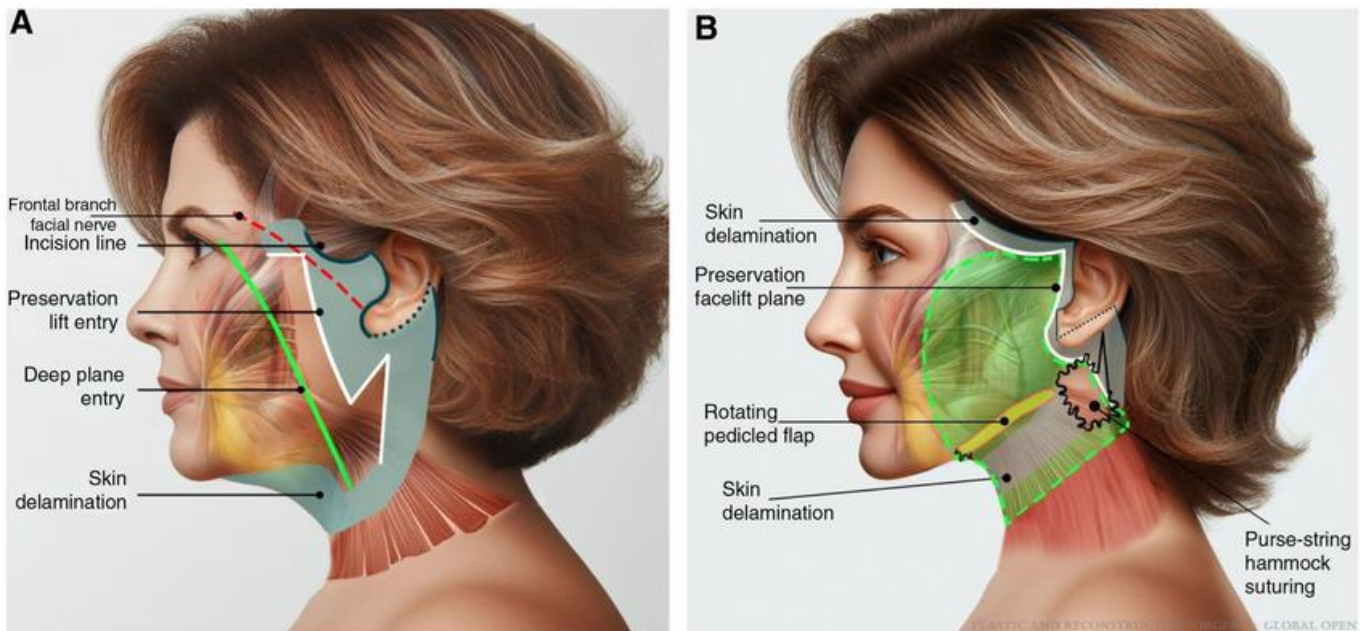
## What is a Facelift?

A facelift (technically called a rhytidectomy) is one of the most transformative procedures we help people access in India. It addresses the visible signs of ageing in the face and neck — the drooping, the sagging, the jowls, the deep lines — and restores a more rested, refreshed version of you.

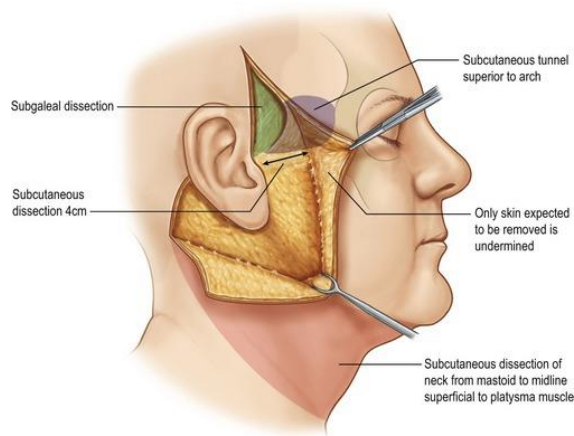
It is important to understand what a facelift does and doesn't do. It will not change who you are or how you fundamentally look. It will restore a younger version of yourself, and from that point you simply continue to age naturally — just from a better starting point.

## Before & After — What Changes

*Illustrations are for guidance only. Individual results vary.*



A traditional facelift tightens the skin and the underlying Deep plane face lift muscle layer as separate steps, which can sometimes result in a less natural appearance over time. Deep Plane facelift goes further — lifting the Deep Plane layer higher up the face toward the cheekbone, which repositions the deeper facial tissues more effectively and produces a more youthful, natural-looking result with better improvement in the midface area.



## What Can a Facelift Improve?

A facelift is designed to correct:

|   |                                                                           |
|---|---------------------------------------------------------------------------|
| ✓ | Sagging or drooping skin in the midface, jawline and neck                 |
| ✓ | Deep creases from the nose to the corners of the mouth (nasolabial folds) |
| ✓ | Jowls — the jaw line sagging into the neck                                |
| ✓ | Loose, excess skin under the chin (double chin effect)                    |
| ✓ | Loss of muscle tone and firmness in the lower face                        |

**A facelift can often be combined with eyelid surgery or a brow lift for a more complete rejuvenation — your surgeon will advise what's right for you.**

When combining a facelift with a neck lift, the results are beautifully balanced and natural — because refreshing your face while leaving your neck untouched, or vice versa, is a little like repainting the front of your house but not the sides!

**A face lift is usually combined with a Platysmaplasty (neck lift)**

Platysmaplasty is a surgical procedure that tightens the platysma muscle — the thin, broad muscle that runs down the front of the neck. As we age, this muscle can separate and sag, creating the characteristic "turkey neck" or visible vertical bands that no amount of exercise or skincare can fix. During the procedure, the surgeon tightens and sometimes partially removes portions of the platysma, smoothing the neck contour and creating a cleaner, more defined jawline and neckline. It is most commonly performed as part of a facelift or neck lift, though it can be done as a standalone procedure.

## Are You a Good Candidate?

|   |                                                                             |
|---|-----------------------------------------------------------------------------|
| ✓ | You are a healthy adult without conditions that affect wound healing        |
| ✓ | You are a non-smoker (or able to stop before and after surgery)             |
| ✓ | The signs of ageing in your face no longer reflect how you feel inside      |
| ✓ | You have realistic, specific goals — not a desire to look like someone else |

### What about non-surgical treatments?

Non-surgical options like fillers and Botox can delay the need for a facelift, but they cannot replicate the same results. A facelift is the only procedure that can truly address significant sagging, jowling and loss of facial structure.

## How the Surgery Works — Step by Step

1

### Anaesthesia

Facelifts are performed under general anaesthesia, so you are completely comfortable. Local anaesthesia with sedation may be used in some cases.

2

### The incisions

Incisions typically begin in the hairline at the temples, continue around the ear and into the lower scalp. These are placed carefully to remain hidden in your natural hairline and ear contours.

3

### Lifting and repositioning

The underlying muscles and deeper tissues of the face are repositioned and tightened. Fat may be sculpted or redistributed. This is what creates the natural, lifted result — not just skin tightening.

4

### Skin is redraped

The skin is smoothly redraped over the newly lifted contours and excess skin is carefully trimmed away.

5

### Incisions closed

Sutures or skin adhesives close the incisions. A second small incision under the chin may be made if neck improvement is needed.

6

### You wake up bandaged

A gentle bandage is placed around your face to minimise swelling. A small drain tube will be present temporarily to remove any excess fluid.

## Recovery Timeline

| Timeline    | What to Expect                                                                                                                    |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Days 1–3    | Swelling, bruising and some discomfort — very normal. Keep your head elevated at all times. Avoid lying flat.                     |
| Days 4–7    | Incisions healing well. Most swelling peaks around day 3–4 then begins to reduce. Light walking is encouraged.                    |
| Week 1–2    | Sutures removed if non-absorbable. You can start to look and feel more like yourself. Cosmetics can cover any remaining bruising. |
| Weeks 2–4   | Return to work and light normal activities. Avoid strenuous exercise. Incision lines continue to improve.                         |
| Months 3–6+ | Final results emerge as all swelling resolves. Incision lines fade further. Sun protection is essential throughout.               |



### Sun protection is non-negotiable

Until your incisions are fully healed, sun exposure can darken scars significantly. Apply SPF50+ diligently and wear a hat. This single habit makes a big difference to your long-term results.

## Risks — The Honest Bit

Every surgery carries some level of risk. Your surgeon will discuss all of these with you before you proceed. Common risks include:

|   |                                                                                          |
|---|------------------------------------------------------------------------------------------|
| ! | Bleeding beneath the skin (haematoma) — the most common complication, usually manageable |
| ! | Infection at the incision site                                                           |
| ! | Correctable hair loss near the incision lines                                            |
| ! | Facial nerve injury causing temporary weakness or numbness                               |
| ! | Facial asymmetry or uneven results                                                       |
| ! | Skin loss or scarring in rare cases                                                      |
| ! | Risks associated with anaesthesia — fully discussed by your anaesthetist beforehand      |

Please ensure all personal medications are fully disclosed to your surgeon on your medical assessment form, and that all medications are handed to the nursing station on the day of your procedure. Please note that blood thinning medications — including certain vitamins and supplements such as fish oil, vitamin E, garlic, and aspirin — must be ceased at least two weeks prior to surgery, as directed by your surgical team.

## Cost Comparison — India vs New Zealand

| Cost Item                                                                                                   | India (NZD approx.)  | NZ (approx.)          |
|-------------------------------------------------------------------------------------------------------------|----------------------|-----------------------|
| Deep Plane Facelift (rhytidectomy) and Platysmaplasty                                                       | ~ \$6950 – \$9,000   | ~ \$20,000 – \$35,000 |
| Combined with brow lift                                                                                     | ~ \$7,000 – \$12,000 | ~ \$28,000 – \$45,000 |
| Combined with Eyelid surgery (add-on) either upper/lower or both upper and lower                            | ~ \$2,100 – \$4,500  | ~ \$6,000 – \$12,000  |
| Full (deep plane) face lift + neck lift with blepharoplasty, lip lift, fat transfer to face, forehead lift. | ~ \$12,000-\$13,00   | ~ \$500 – \$1,000     |

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital.

All surgical costs are paid directly to the hospital. Airfares, accommodation, transfers and JBTG logistics fees are quoted separately.

### About JBTG Limited's Role

JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

## Ready to Find Out More?

Getting started is simpler than you might think:

1

### Get in touch

Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.

2

### We connect you with our India brokers

Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.

3

### You receive a personalised quote

The surgical team provides a detailed quote once your information has been reviewed.

4

### We arrange everything

Flights, hotel, all transfers, and your full logistics package — all taken care of.

5

### We travel with you

You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

## Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at [www.globalprotectivesolutions.com/enroll/bumstumsgums](http://www.globalprotectivesolutions.com/enroll/bumstumsgums). A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel

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*Facelift patient guide | All surgical costs paid directly to the hospital | JBTG Limited provides logistics only*