



DR. SHAHRAM SAJJADI
PLASTIC SURGEON

YOUR PATIENT GUIDE TO
FACIAL SURGERY



Your face is the first thing people see about you, and it is often how you are remembered by the people you meet.

Feeling self-conscious about your face can have a huge impact on your confidence and the way you feel when you meet new people.

Cosmetic procedures of the face can encompass a wide range of treatments focused on different target areas; the ears, brows, eyes, nose, skin or general shape of the face, depending on your overall aesthetic goals. Whether you want to rebalance the proportions of your face, or simply just restore some youthfulness, Dr. Sajjadi can help give you the cosmetic outcome you have always wanted.

Dr. Sajjadi can help you to decide which of the cosmetic procedures will give you the desired results and leave you feeling confident and happy with your appearance. Dr. Sajjadi offers a wide variety of cosmetic surgery procedures for the face and would advise you to book in for a consultation to find out more and see how he can help.





There may be various reasons to seek facial cosmetic surgery. These include dissatisfaction with naturally-given features, congenital problems, the wish to camouflage scars, or a desire to reverse the changes that have occurred due to ageing or life events.

A wide range of facial rejuvenation procedures are available, including facelift, neck lift, brow lift, fat transfer and eyelid surgeries. Due to Dr. Sajjadi's expertise in microsurgery and facial reconstructive work, as well as his specialised technologies and instruments, he has been able to refine treatments for all areas of the face.

Approaching the face as a whole - underlying topography, soft tissues and skin - we often find that more can be achieved with a lighter application of several complementary surgical treatments in combination, rather than a single 'all-out' procedure.

Furthermore, Dr. Sajjadi performs facial surgeries that respect the balance of proportions and concentration of character within an individual's face - the aim is to rejuvenate and refine, not to exaggerate. Fundamentally, his skill lies in the provision of understated solutions that refresh and restore.

Minimally Invasive Cheek Lift

A mid-face lift, also called a cheek lift, addresses one of the early signs of aging - sagging of the cheeks and the surrounding area. One of the newest approaches to this procedure is the minimally invasive mid-face lift. This can be done with local anesthesia and light sedation. It is an outpatient procedure that takes only about 20-30 minutes to complete and patients are generally fully recovered within a week. And, unlike any other face-lifting procedure, the results are adjustable or reversible, if necessary.

Neck Lift

A neck lift offers a smoother and more toned appearance to skin under the chin and neck areas. Newer, less invasive procedures offer shorter operative times, quicker recoveries and can result in significant improvement in the neckline without requiring the extensive surgical dissection of a traditional face lift. The procedure is significantly less expensive than a traditional face lift. Neck lift surgery can be performed in a variety of ways.

Typically, an incision is made in front of and behind the ear. The edge of the sagging neck muscles is identified and pulled up and secured. The resulting excess skin is removed behind the ear hiding the incision. An alternate method involves creating an incision under the chin and tightening the underlying muscle without removing skin and without the need for an incision in front of the ear.

Procedures are usually performed in half the time of a typical face lift, and patients generally recover within one week to 10 days and usually can return to work after the first week with only minor bruising.

Face Lift (Rhytidectomy)

In the early days of cosmetic surgery, face lifts consisted of skin tightening only. Most modern face lift techniques today consist of tightening both the skin and the tissue beneath the skin in the lower face and the neck. There are many techniques. No matter the technique, however, the principle is the same: tightening of the deeper structures allows less tension to be put on the skin, which may lead to a longer term result. With most face lift procedures, a drainage tube is inserted during surgery. This will be removed a day or two



after surgery. All sutures are usually removed within five to 10 days following surgery. Surgeons generally recommend that patients avoid vigorous activity and arrange for post-surgery support from family and friends.

Recovery usually takes two to three weeks, though many patients go back to work in two weeks. Scars are well concealed in natural skin creases and along the hair-line or, if necessary, by makeup until total healing has occurred. Bear in mind that the aging process continues after surgery and that some relaxation of tissues will occur in the first few weeks.

Eyelid Surgery (Upper Lid Blepharoplasty)

This procedure is aimed at removing excess skin and fat in the upper eyelids. It is typically done under local anesthesia combined with conscious sedation ("twilight sleep") and has one of the most rapid recoveries of any facial plastic surgery procedure. The entire procedure takes approximately 45 minutes to an hour and the pain is minimal in most cases. Some minor swelling and bruising may last a few days, and most patients are completely recovered after a week. These procedures may be combined with brow lifts to achieve the best effect.

Eyelid Surgery (Lower Lid Blepharoplasty)

This procedure addresses the puffiness of excess fat and the wrinkling of excess skin in the lower eyelids. For those patients with excess fat and little or no excess skin, the procedure can be performed by making the incision inside the eyelid (transconjunctival), avoiding a scar on the skin. For those patients with excess skin and fat, an incision is made just below the eyelashes, where it can be well hidden. A midface lift can be performed with the same incision if needed.



Brow Lift

Also called a forehead lift, this procedure corrects a low-positioned or sagging brow, smooths furrows across the forehead and between the brows, and helps restore a more youthful appearance. A forehead lift can be done in a number of ways. The conventional "open" method involves making one continuous incision starting at ear level and moving up around the hairline. The incision is usually made well behind the hairline to hide the scar.

Dr. Sajjadi offers innovations in forehead lift procedures including the use of smaller incisions to both elevate the eyebrows and reduce frown lines.

With the endoscopic lift, instead of making one long incision, Dr. Sajjadi will make about three to five shorter incisions in the scalp, where an endoscope (pencil-like camera device) is inserted into one of the incisions. This will allow Dr. Sajjadi to view the tissues and muscles from a screen and perform the procedure in a minimally invasive way.

Facial fat grafting (lipofilling)

Using your own fat, face can be remodelled (as done with fillers) and also skin can be treated. This procedure usually is done for the foreheads, temples, upper and lower eyelids, cheeks, chin and neck. It can be done alone or combined as a fine tuning of above procedures. Results are very pleasing, long lasting. Can be performed under local anaesthesia or under sedation. Down time is about a week.

Ear Reshaping (Otoplasty)

Cosmetic ear surgery can improve the shape, position or proportion of the ear. It can correct a defect that is present from birth, an ear shape that becomes more noticeable with development or misshapen ears caused by injury.

The ear is a complex composite structure of skin, cartilage and even small muscles organized into a defined 3-d shape. Abnormalities in any of these components can result in a noticeable change in the shape of the ear. Careful analysis of the nature of the abnormality is probably the most important step in performing any re-modelling procedure.

Once a defined preoperative plan is formulated, the procedure consists of altering the ear cartilage by suture and scoring (cartilage cutting) techniques. A dressing is placed over the ear for five days to help reduce the normal swelling that occurs. The results are immediate and lasting.

Cosmetic facial surgery is becoming more popular. Every year thousands of men and woman undergo cosmetic plastic surgery and are pleased with the results. The reason for choosing cosmetic plastic surgery is unique to each individual. Techniques for reducing noticeable signs of aging are available. Continuing research of existing technology has resulted in predictable surgical as well as nonsurgical results.

Many imperfections of the nose, ears, cheeks, and chin are amenable to improvement with advancing techniques as well as minimal scar surgery. Facial cosmetic surgery may be the first step a person takes to enhance his or her overall improvement. Many patients with an improved facial appearance are encouraged to maintain their new image through lifestyle modifications with exercise, diet, skin, eye, and dental care.



Dr. Sajjadi is a fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery (EBOPRAS) and a Member of the Royal College of Surgeons in Ireland (MRCS).

Dr. Sajjadi's practice goals are to provide compassionate, detailed care for his patients and delicate surgery. He believes that 'beauty is a pleasant blend of harmony and contrast' and based on this concept he aims to create the most natural appearance rather than an artificial look.

Dr. Sajjadi graduated in 1999 as a doctor in general medicine at the University of Pecs in Hungary. Following this he trained in general surgery at the Department of Surgery of The University of Pecs in Hungary and The Royal College of Surgeons in Dublin, Ireland. He was awarded specialist status in general surgery in Hungary and membership of the Royal College of Surgeons in Ireland in 2004 and 2005 respectively.

After completing his training in plastic surgery in 2008, he was awarded the specialist qualification in Plastic, Reconstructive and Aesthetic Surgery from the National Board of Qualifications in Hungary. He then spent 6 months as a fellow of the Dutch Association of Facial Plastic, Reconstructive and Aesthetic Surgery (DAFPRAS) in the Netherlands and Belgium. He has been trained in cosmetic surgery by well known cosmetic plastic surgeons such as Jerome Stevens, Alexis Verpale and Patrick Tonnard in Holland and Belgium. He has also worked in London for 8 months in St George's University Hospital focusing on reconstructive facial surgery and skin cancer.

Dr. Sajjadi's prime interests are facial aesthetic surgery and rejuvenation, facial fat transfer, injectables, fillers, brow lift, short scar MACS facelift, rhinoplasty, facial reconstructive surgery, breast reconstructive and aesthetic surgery, breast implants, mastopexy, breast reduction, breast lipofilling, gynecomastia, body contouring after massive weight loss, upper and lower body lifts, liposuction and liposculpture, abdominoplasty, hernia repair and female genital and perineal reconstructions.

Dr. Sajjadi attends numerous conferences and workshops both nationally and internationally thus remaining up to date with evolving trends in aesthetic surgery. He is an international speaker in rhinoplasty.



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