



JONATHAN BRITTO CLINIC

JONATHAN BRITTO

CONSULTANT PLASTIC SURGEON

## FACE AND NECKLIFTS

with Jonathan Britto



# Welcome

Welcome to Jonathan Britto's facelift philosophy and practice in skin health and lifestyle medicine. We are a team that delivers holistic, patient-centric care in aesthetic and restorative plastic surgery, skin health, and restorative lifestyle medicine. Our aim is to provide and restore confidence in appearance, and confidence in performance – with an aim to enjoy 'living better for longer'.

Modern life is increasingly challenging. There is success in being comfortable and happy in who we are, our fitness and confidence to face the world. This is the aim of all medicine and surgery as well as the specialty of aesthetic surgery.

We place you, the patient, at the centre of our service, and we offer an authoritative expertise and an evidence - base for success. This is reflected in our patient testimonials and in the long-standing relationships that are maintained long after the first procedure.

Welcome to the best in contemporary care for facelift surgery.



Jonathan A Britto  
BSc(Hons) MB MD FRCS(Plast)  
Consultant Plastic and Craniofacial Surgeon

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## MR JONATHAN BRITTO



Jonathan Britto is a consultant craniofacial and plastic surgeon in private practice in London. Jonathan's major interests lie in the aesthetic and reconstructive surgery of the face, eyes, and nose, and the aesthetic surgery of the breast. He is a senior member of, and regular teaching faculty for, of BAAPS (British Association of Aesthetic Plastic Surgeons), BAPRAS (British Association of Plastic Reconstructive and Aesthetic Surgeons

and the ISAPS (International Society of Aesthetic Plastic Surgeons), and the European and International Craniofacial surgical societies.



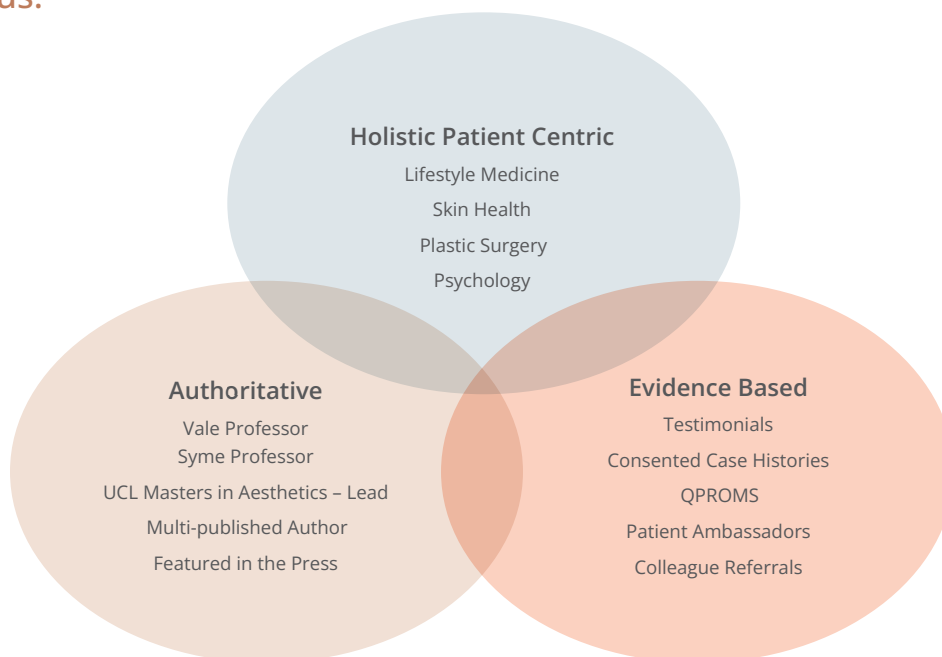
Jonathan puts the patient at the centre of events. He brings professional authority and personal warmth to his patients and families, and provides a compassionate, welcoming service. He leads a team of with expertise in skin health, lifestyle medicine, psychology, specialist anaesthesia and the aesthetic imaging of the face and breast. This means that every patient who chooses treatment relaxes in trust and the comfort of confidence.

Jonathan's practice is evidence-based; built upon galleries of case histories; before and after "blinded" questionnaires of consecutive patient reported outcomes; patient testimonials, and colleague referrals. The number of his post-operative patients who become advocate "patient ambassadors" continues to compliment his practice and his team.

To build a strong personal relationship with his clients and patients is of utmost importance to him. His practice is holistic and patient-centric, authoritative and evidence-based. His expertise is frequently called upon for complex and technically challenging cases, giving hope to many who might have lost trust. Meticulous in his craft he strives for the best, regularly presenting his results to peer review professional meetings around the world. He has written many books, book chapters, and learned papers for peer-reviewed journals on subjects such as facial anatomy, craniofacial surgery, and aesthetic surgery. Mr Britto has served as an Editor and is a regular reviewer for the leading Aesthetic Surgery Journal, and regularly reviews for a range of international plastic surgery journals. In his academic roles he devised the craniofacial curriculum approved by the UK GMC for the specialities of plastic, maxillofacial, and neurosurgery; and he lectures by invitation nationally and internationally.

Jonathan held UK National Health Service consultancy at Great Ormond Street Hospital, London and University College Hospital, London; and is a visiting consultant to the Craniofacial Service in Paris; Hôpital Universitaire Necker - Enfants Malades, Université Paris-Descartes. He holds a number of honorary professorships (Syme Professor of the Royal College of Surgeons of Edinburgh; Vale Visiting Professor, Plastic Surgery, University of Toronto) and has held leadership positions at the Royal Society of Medicine in London (President of the Plastic Surgery Section of the Royal Society of Medicine, Chairman of the Faculty of Aesthetics, Royal Society of Medicine).

## This is us.



We look forward to welcoming you to clinic, in the knowledge that Jonathan and the team will strive to provide the best care available within our expertise.

**Come and find out more...**

## THE “TWILIGHT” EXPERIENCE

‘Twilight anaesthesia’ is a combination surgery/anaesthetic technique where a mild dose of sedation is offered to produce relief of anxiety, a sense of sleepiness and relief of immediate short-term memory. In combination with local anaesthetic at specialist points in the face, there is the ability to deliver precise surgery, without pain, and with gentle comfort and consciousness.



*“These days, and for the last five years, 95% of my ‘soft tissue’ facial surgery, and smaller other procedures are safely and comfortably done with the benefit of ‘twilight anaesthesia’. This means ‘conscious sedation’, where the patient is fully comfortable, without pain, and can undergo a surgical procedure with exquisite accuracy, a rapid recovery and minimal bruising and swelling. The technique has been developed with my colleague anaesthetists to allow me precise and responsive surgery in the animated face, for the best possible result. It has been a revolution in care and has wonderful feedback from my patients – for both the result and the experience!”*

Jonathan Britto

British Association of Aesthetic Plastic Surgeons, Online conference, October '20

Our specialist consultant anaesthetist, who is extremely knowledgeable about the surgical steps, is present throughout your surgery to anticipate and manage points of stress before they occur. The ‘twilight’ is entirely bespoke, monitored, and anticipated for your total care and comfort throughout.

Most patients do not have a sense of the time that has passed, which is a very positive outcome. ‘Twilight’ allows less ‘intervention’ for heart and lungs and reduces the risk of sickness and nausea. There is no prolonged ‘post anaesthetic downtime’ and full consciousness and comfortable, recovery is swift. The bruising and swelling is reduced, and the risk of a bleed post-surgery is extremely low. With the addition of the surgical precision in the animated face, this makes for technical developments, and outcomes that get better and better for the youthful shape of the face, neck, and eyelids. There is no need for a breathing tube, and no throat discomfort afterwards. You will need to be accompanied by a responsible adult for the first night after twilight sedation procedures, and to refrain from responsible decision-making or complex tasks for a full day.

## THE PATIENT VIEW...


*"Having elective facial surgery is a big scary decision. You don't need it but you do want it. It sort of throws the safety of surgery into a whole new light: you're opting to put yourself at risk. Things don't often go wrong if you pick your surgeon wisely and one way surgeons today are reducing those risks even further is with minimal anaesthesia. So that sounds scary too right: minimal anaesthesia for a major operation. But that's twilight sedation for you - no intubation, no rendering you unconscious, just relaxing you to the point where you aren't aware of pain and have no concept of time.*

*Before my surgery - Face and Necklift - Paolo, the anaesthetist that Jonathan likes to work with and who I was lucky enough to have in attendance, came to talk to me and it wasn't just his gentle charm that put me at ease but the science he delivered. Twilight sedation is a great choice in aesthetic surgery, he told me, for several reasons. You aren't unconscious so your face retains a dynamism which is important when your surgeon is redraping muscles and skin (I know I'm not the first patient to announce the desire to 'look younger but still look like me' - it's all about subtlety).*

*Even at that level of relaxation, even though you feel as if you're asleep, you can still respond to instructions: smile, turn this way a little. Further, your blood pressure under twilight remains at relatively normal levels - under a general it'd be lower than normal. That means that your surgeon will note any bleeding and deal with it in theatre which in turns means there is much less risk of a post op bleed and/or a haematoma developing after the surgery and bruising is far less too. Mine was minimal. Thanks in part to twilight, my recovery at just a day mimicked a week-long recovery a decade ago.*

*And when I came round, after three hours of surgery, I felt as if I'd had a long deep nap and just needed a little time to come too. I did within an hour and, accompanied by a relative, I travelled home in a taxi. I didn't feel nauseas and I didn't suffer any of the anaesthetic hangover that you can do with a general."*

Anthea R. Facelift with Jonathan Britto,  
Vogue Article, October 2021



*"You are not unconscious, so your face retains a dynamism which is important when I am re-draping your facial muscles and the layers of your face"*

## FACE AND NECKLIFTS WITH JONATHAN BRITTO

### 'Cervico-Facelift' – a 'family' of procedures

Facelift and Necklift surgeries ('rhytidectomy' or 'cervicofacelift') are a family of procedures that restore, rejuvenate, and refresh the Face and Neck for a natural, harmonious and youthful balance.

Mr Jonathan Britto has been at the forefront of advancing techniques, which he presents in national and international conferences. His aim in his bespoke facelifting is to provide a refreshed version of yourself, for a youthful version of confidence. As he says, 'we operate on features, but we are measured in feelings...'

Jonathan's special interest in this type of surgery comes from years of study in facial structure, craniofacial development and anatomy, and many years spent in the restoration and craniofacial reconstruction of the face in adults and children. His many books, papers and lectures on 'craniofacial' subjects have been awarded with professorships and invitations to teach internationally.

The surgical rejuvenation of the face is both art and technical skill – in fact a 'craftsmanship'. Jonathan combines his observation of facial proportion, definition, and the impact of light and shadow with his apprenticeship and experience in facial anatomy and surgery.



### Jonathan has therefore developed a series of facelifts that address:

- the midface and lower eyelid – the Britto 'Y-light lift'
- the midface and lower face – the Britto 'Refresh lift'
- the jowl and jawline – the 'J-Sculpt lift'
- the comprehensive 'Deep plane volumizing Face and Necklift'

These are a suite of facelifts that address the specific impact of facial aging on the different 'aesthetic units' of the face and which address each layer of the face. Each procedure offers a natural restoration with short recovery period and early return to the activities of daily life.

A natural facelift with a quick recovery time makes Face and Necklift surgery accessible to a broad range of patients who might not have considered it before. This option is suitable for individuals of all ages, whether seeking preventive measures or choosing to reverse the effects of aging and fatigue later in life.

With any cosmetic surgery procedure, there are many things that you will need to consider, and this overview will help you consider if this surgery might be for you.

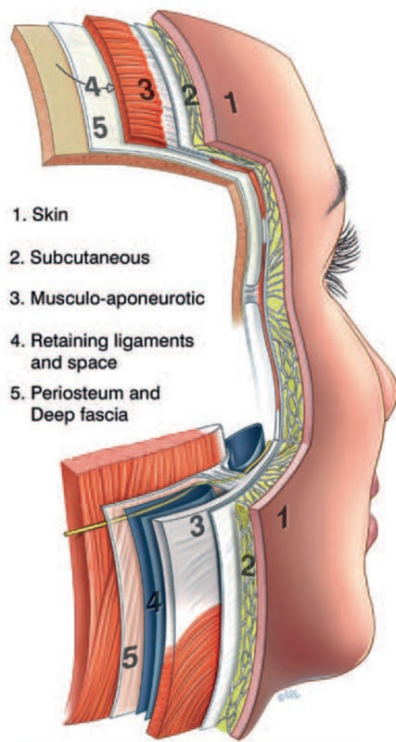
## What is Face and Necklift surgery (cervico-facelift)?

Face/neck restoration and rejuvenation surgery is bespoke and individual. Jonathan's approach is to undertake a thorough analysis based upon the individual aims, thoughts, and photographic history of each patient. In consultation he will assess your aims, examine the adjacent 'facial aesthetic units', and propose a number of options.

Most facelifts are about facial shape change. As we age, or in response to environmental pressures and life events laxity in the muscular layer ("SMAS") creates "fault lines" between the fat pads, which emerge as shadows in the midface and loss of youthful shape together with loss of definition at the jawline and neck. In older patients there is also skin laxity. The restoration of facial shape is fundamental, and allows gentle, tension – free re-drape and removal of the skin excess.

### 'The Five and Five approach'

The ageing process occurs on many levels and is complex. We age differently in response to illness and recovery, bereavement, challenging emotional experiences, separation, job loss, exposure to sunlight and environmental stressors ...



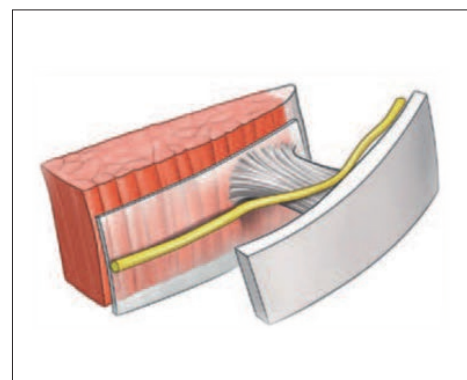
What is constant is the structure and form and function of the human face. There are five layers to the face from skin down to bone, and these are arranged in five "aesthetic units" of the face (1. Forehead/brow; 2. Upper and lower eyelids; 3 cheek and nose; 4 mouth and jawline; 5. under chin and neck)

Facelifts can be approached in several ways, through the subcutaneous plane (just under the skin, 'Layer 1'), in the 'SMAS' plane ("Layer 3" - through which the facial muscles and facial nerve branches run), and in the subperiosteal plane ('Layer 5', where the tissues are elevated directly from the underlying bone,) or a combination of all three together.

Specialist additional techniques include the upper lip lift, and the Britto 'Kiss' procedure to restore the pout of youthful upper and lower lip shape. Facial shape change can also involve bone reshaping surgery, with bespoke facial implants or bone surgery; fat grafting, or perhaps facial liposculpture in the Face and Necklift.

The layers of the face – all are available for different use in face/neck lifting techniques.

Jonathan Britto has published widely in facial anatomy and facial surgery, and his presentations on his personal innovative techniques in face lift surgery have been widely recognized.



## WHY WOULD YOU CONSIDER FACE AND NECKLIFT?

“Shape and definition”

“Light and shadow”

The most common reasons for having face or necklift surgery, or combination of the two, is to banish ageing shadow, to remove facial and neck laxity, and to restore jawline definition. These physical features of ageing and fatigue are often amplified in flash photography, backlit screens, and the video interfaces of modern life.



For some clients/patients, the outcomes from non - surgical treatments elsewhere have been poor, ill-advised, or short lasting. Non - surgical treatments have their place but are often over-used. Dissatisfaction with the results and expense over such treatments often leads to a request for a comprehensive care programme and lasting natural outcome. Jonathan has an established reputation for the restoration of natural appearance after thread or filler-based treatments, and the provision of lasting, natural results, maintained by the multidisciplinary team.

Bespoke surgery targets the adjacent ‘aesthetic units’ of the face for natural harmony and balance – the brow and temple, midface, corner of the mouth, jawline and definition of the neck. A ‘chin tuck’ to restore the upper neck and neck angle can be a very valuable addition to address the ‘double chin’.

Our multi-disciplinary team of surgeon, aesthetician, and quality anaesthesia and nursing professionals will ensure a comfortable journey, smooth ride, and quality outcome with the aftercare to match. To establish **‘why’** you want to consider this surgery is the starting point of all our consultations. It leads to the **‘how’** for the options ahead, so that you can establish the **‘when’** it may suit you to proceed.



## The 'family' of Face and Necklift procedures

The 'family of cervico-facelift procedures' – explained...	Indications	Patient profile/ Typical result
The Britto 'Refresh' Lift	<p>Restoration of facial shape from the midface and cheek, the nose to mouth lines, and the jawline.</p> <p>Excludes the lower eyelid; excludes the neck.</p>	
Britto 'Y-light' lift	<p>Jonathan's signature procedure.</p> <p>The marriage of aesthetics in the lower eyelid and cheek, to banish the shadow and reflect the light – a safe and contemporary, comprehensive alternative to repeated filler injections.</p> <p>Excludes the lower face, jawline and neck</p>	 <p>The Britto signature Y-light lift Combines lower eyelid and cheek aesthetics in a composite "aesthetic unit" approach. Here combined with upper eyelid blepharoplasty.</p> <p>Definition is restored to the upper eyelid with improved 'shelf show', and the Y shaped shadow of the lower eyelid and cheek are replaced with a natural reflection of light.</p>
Britto 'J-Sculpt' jowl and jawline lift	<p>The 'J-Sculpt' lift provides a youthful jawline, reduction of jowl, and reduced mouth to chin furrow.</p> <p>Excludes the midface, and neck</p>	
The Volumising Deep-plane cervicofacelift	<p>The Volumising Deep-plane Face and Necklift provides all the benefits of the 'Refresh' and 'J-sculpt' lifts, with a contoured neck.</p> <p>It is commonly combined with upper and lower blepharoplasty</p>	
Britto 'double chin tuck'	<p>The 'Double chin tuck' is done with a short scar under the chin crease (no ear scars).</p> <p>It provides chin reduction and neck definition.</p>	
<p>Britto Upper lip lift</p> <p>Britto 'Kiss procedure' – pout restoration</p>	<p>The upper lip lift is a powerful surgery that elevates the lip philtrum and 'rolls out' the feminine lip vermillion. The scar is hidden under the nostril sill.</p> <p>When combined with lower lip projection surgery as the 'Kiss' procedure; the impact is feminine, youthful, and lasting.</p>	 <p>The upper lip lift and lower lip pout give shape to the lip with a feminine cupid's bow and lower lip tubercle. The results are feminine and lasting, and can be maintained with low volume sculpting filler if required.</p>
The Browlift	<p>'Extrinsic' weight upon the upper eyelid reduces upper eyelid shelf-show, and creates visual fatigue. The browlift (a variety of techniques), elevates the brow and unloads the upper eyelid for increased shelf-show.</p>	 <p>Browlift without upper eyelid blepharoplasty reveals the upper eyelid shelf show and removes the symptoms of weight and heaviness. This has been a powerful technique in men and women, particularly sports people and skiers...</p>

## WHERE ARE THE SCARS AND CAN THEY BE SEEN?

Jonathan's Face and Necklifts are bespoke and always designed to suit the individual, always aiming for a comprehensive result and facial harmony. The aim is to restore youth and confidence.

The Refresh, J – Sculpt, and Volumising Deep Plane facelift options are based upon skin incisions around the ear in discrete hidden creases. The SMAS - based traditional facelift scar runs from the temple behind the hairline, along a crease tucked beneath and behind the ear, and up into the hairline behind the ear. The length of the scar is dependent upon the type of facelift under consideration – 'Refresh', 'J-Sculpt', or 'Volumising Deep-plane'.

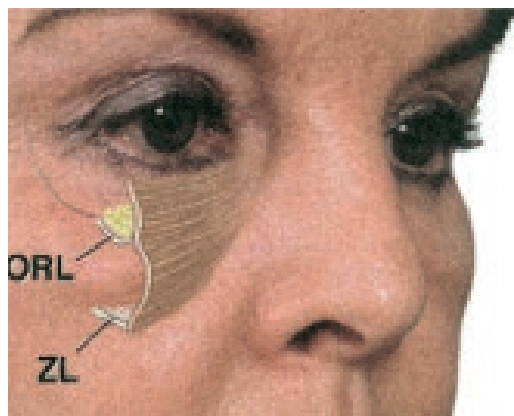
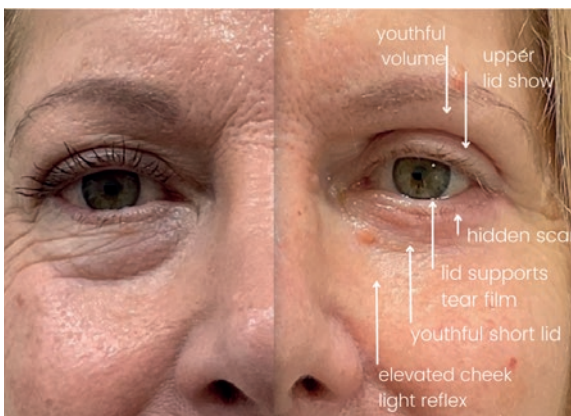
In ladies the peri-auricular scars will be well - hidden and the hair can be worn up! In gents the management of the sideburn is bespoke, and depends upon the position, colour and density of the sideburn and beard line. For 'chin tucks' a small incision may also be made under the chin to elevate the 'submentum' by tightening the muscles and removing excess fat.



Classic face/necklift scars are hidden around the temple and ears; and should not be seen even with the hair tied back in ladies.



Light and shadow in the Lower eyelid and Cheek – considerations for facelift and lower lid blepharoplasty



## Options for the lower eyelid and midface

Lower blepharoplasty	Extended lower blepharoplasty – The 'Britto Y-light lift'	'The Refresh facelift', and the 'Deep – plane face/necklift'  (the J-sculpt does not treat the midface or eyelid)
Rejuvenates lower lid, above ORL in diagram	Rejuvenates lower eyelid and upper cheek, above and below ORL in diagram	Rejuvenates the upper cheek, below the ORL in the diagram
Treats eyebags, coarse lines and wrinkles of lower lid	Treats eyebags, coarse lines and wrinkles of lower lid, and volume balances to cheek to create a uniform light reflex	No effect on eyebags
Positive effect on tear trough depth	Positive effect on tear trough depth and orientation, extending to removing shadow from lid/cheek junction	No effect on the tear trough
No favourable effect on lower lid height	Shortens (and makes more youthful) the lower lid height	Shortens (and makes more youthful) the lower lid height – but less effectively
Harmonises lid and cheek if cheek already youthful, effect on lid only.	Harmonises lid and ageing cheek, balancing light reflex from both, and harmonising contour of lid – cheek junction, and elevating upper cheek volume	Elevates cheek and volumizes, but no direct effect on the lower eyelid
No effect on nasolabial fold	Favourable effect on nasolabial fold	Favourable effect on nasolabial fold
No effect on nasojugal furrow (at ZL in diagram)	Favourable effect on nasojugal furrow (at ZL in diagram)	Favourable effect on nasojugal furrow (at ZL in diagram)
No effect on light reflex from cheek	Harmonises light reflex from cheek, improving upper cheek contour	Harmonises light reflex from cheek, improving upper cheek contour

## The Operation

Because many of the latest techniques for Face and Necklifts are so precise, they can be undertaken as daycase procedures under 'twilight' anaesthesia, for rapid recovery, effective results, and control of costs. Mr Britto has worked closely with his anaesthetic team to perfect the 'conscious' sedation protocols of 'twilight anaesthesia' to give his patients an improved experience of facial and eyelid procedures and this has been extremely well received by his patients, for a more comfortable experience and shorter recovery time. Specialist daycase general anaesthesia is available if required.

## Recovery period

Day case patients stay with us for an hour or two following their surgery before comfortable discharge from the clinic or hospital, returning back to the comfort of their own home. Mr Britto will review you at 7 and 14 days to begin with and then at regular periods in the months and years that follow. Most patients resume their normal activities within 7 - 10 days with a return to work and driving at 2 weeks.



We do ask that there is a restriction of physical exercise, neck - turning and bending at the waist for the first week or so. A facelift support garment is commonly used for the first few days following surgery to control facial swelling. Postoperative pain is not often concern, and appropriate medications are prescribed. Review and removal of stitches is completed at 7 days. The incisions heal extremely well and all sutures are usually all removed by 2 weeks. Swelling and bruising may be seen for up to 10 days and swelling will have disappeared by four weeks.

Make up can be worn after 2 weeks and gentle hair washing and styling are allowed one day after the surgery. Review is undertaken at 1 week, 3-4 weeks, 3 and 6 months and at one year and the door is always open

*“My recovery was so much easier than I had imagined. Almost painless. Very little bruising. I had twilight sedation and no drains and all that speeds recovery. I had a million questions along the way and Mr Britto and his team were endlessly patient. I chose Mr Britto as he doesn't just rejuvenate faces, he repairs them; he has a deep understanding of facial structure.”*

## Results

Patient satisfaction from Jonathan's Face and Necklifting procedures is extremely high. Jonathan will demonstrate this to you in clinic with case histories (consented before and after photographs) and collated pre- and post-operative QPROM charts (Patient reported outcomes, independently validated and graphically represented).

Perhaps the most rewarding review comes from the words of our patients in what they say in online testimonials and reviews in the independently verified online sites such as TopDoctors, Realself and Doctify; (<https://jonathanbritto.com/testimonials/>).



## Follow up, longevity and maintenance

When you book for a procedure with Jonathan Britto, you will be given a schedule of follow-up for one year, with an 'open door' thereafter. Long-term complimentary follow-up is a backbone of our quality service ethic. We will schedule the follow-up to suit your diary, planning for face-to-face, and with a facility for remote video consultations if you wish.

The investment that you make in your procedure is one to protect. We can advise on clinic-based treatments, such as botox, gentle fillers and 'boosters', or skin conditioning for the natural maintenance of your surgical result. Gentle, non-invasive, supportive therapies can combine to maintain excellent facelift and blepharoplasty outcomes, and we would be happy to advise during the follow-up period and beyond.

## What happens next?

Once you've made your decision to go ahead our team swings into action and makes all the necessary arrangements; right through to your post checkup appointments. You can leave it to us, leaving you to enjoy the results of your surgery to bring you back your confidence and the quality of life you deserve.

... and it doesn't end there.

When your surgery is complete we continue to consider it our professional pleasure to support your health and well-being. We maintain an 'open door' policy to see you in clinic and we are available for advice as required. We remain in touch through our newsletters and blogs, and will continue to update you on new developments, changes in philosophy and research along with all aspects of your anti-ageing, lifestyle medicine and aesthetics health choices.

**Just another reason why you would choose us.**



# Social Media

## and Online Links

### Website

[www.jonathanbritto.com](http://www.jonathanbritto.com)

### Vogue

[vogue.co.uk/arts-and-lifestyle/article/how-it-feels-to-get-a-facelift](http://vogue.co.uk/arts-and-lifestyle/article/how-it-feels-to-get-a-facelift)

### Instagram

[instagram.com/jonathanbrittoclinic](https://www.instagram.com/jonathanbrittoclinic)

### Facebook

[facebook.com/jonathanbrittoclinic](https://www.facebook.com/jonathanbrittoclinic)

### TopDoctors

[topdoctors.co.uk/doctor/jonathan-britto](http://topdoctors.co.uk/doctor/jonathan-britto)

### Doctify

[doctify.com/uk/specialist/mr\\_jonathan\\_britto](https://doctify.com/uk/specialist/mr_jonathan_britto)

### Realself

[realself.com/dr/jonathan-a-britto-london-united-kingdom](https://realself.com/dr/jonathan-a-britto-london-united-kingdom)