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A facelift is a cosmetic surgery that aims to turn back the clock on one's appearance, smoothing wrinkles and creases and "lifting" droopy skin. The procedure involves making incisions at key points on the face, pulling and tightening the skin, removing fat, addressing muscles and tissue beneath the skin.##ARTICLEIt's time for a basic facelift to go away. More extensive procedures can take longer. Know this too: The first few days after surgery may be tough. But everybody usually starts feeling magically better by the afternoon of the third day, says Dr. Zins.8 Are there risks with the surgery?It's very important to understand that there are potential risks with a facelift. This is not like getting your nails done, says Dr. Zins.Serious bruising (hematoma) is the most common complication following a facelift. In rare cases when the swelling is extreme, a second (and immediate) surgery may be needed to relieve pressure.Infection, scarring or nerve injuries are also possible but extremely rare.9 What should you do before deciding to get a facelift?If you've read this far, consider it progress to checking off one item on your to-do list before getting a facelift. Its very important to do your homework, stresses Dr. Zins. Do your research and know what you're getting into.Other key steps involve:Finding the right surgeon. Talk with friends or family who've had a facelift to see if they can recommend a surgeon. If someone you know was happy with their results from a certain doctor, that's a good starting point, he says.Asking for an in-depth consultation. Meet with your chosen doctor and review before-and-after pictures showing their work. Ask a lot of questions about the procedure, recovery and risks.Get a game plan. No two faces are the same. No two facelifts are the same either. Talk to your doctor about your specific needs and issues to achieve the appearance you want. Every facelift surgery is specific to the person's unique face and goals, so it's very important to have a thorough discussion with your plastic surgeon before your surgery. At your facelift consultation, you and your surgeon will discuss the following topics:Your wants and goals for the facelift surgery.Any medical conditions, allergies and/or medical treatments you have.Your current medications, vitamins, supplements, alcohol, tobacco and drug use.Previous surgeries you may have had.During the consultation, your surgeon will also:Evaluate your overall physical health. Evaluate your psychological and emotional health.Discuss facelift options.Examine, measure and take clinical photographs (with your permission) of your face and neck to aid in surgical planning.Recommend certain facelift procedures.Discuss the probable outcomes of your facelift and any risks or potential complications of the surgery.Discuss the type of anesthesia that you'll take before surgery.It may be helpful to ask your surgeon the following questions during your facelift consultation:Are you certified by the American Board of Plastic Surgery?How long have you been a plastic surgeon?How often do you perform facelift surgeries?Can I see some before-and-after pictures of facelift surgeries you've performed?What surgical technique do you recommend for me?How long will my facelift results last?What are the risks and possible complications of facelift surgery?What can I expect from recovery after surgery?What will happen if I'm not satisfied with the results of my facelift?How do I prepare for facelift (rhytidectomy) surgery?In preparation for facelift surgery, your surgeon may have you:Get a blood test and/or a medical evaluation.Take certain medications or adjust your current medications.Apply certain products to the skin on your face.Stop smoking.Avoid certain foods or beverages.Avoid taking aspirin and certain anti-inflammatory drugs, since they can increase bleeding.Stop using recreational drugs.It's very crucial to follow the instructions that your surgeon gives you before your surgery. Following their guidelines will help the surgery go more smoothly and help you heal properly.You should arrange for someone to drive you to your surgery and home after your surgery. You should also have someone stay with you for the first 48 hours after your surgery at least. If you have a more invasive facelift, such as a traditional facelift, you may need to take up to three weeks off work. Less invasive surgeries, such as a mini-facelift, usually require five to seven days off work. Be sure to discuss this with your surgeon before your surgery so you can plan accordingly.Setting up a home recovery areaBefore you undergo facelift surgery, make sure you take the time to establish a recovery area in your home that includes the following:Gauze, clean towels and washcloths.A cell phone or telephone that's within reach of the area where you will be sitting or lying most of the time.Ointments or creams as recommended by your surgeon.Materials for entertainment that you can use while resting, such as magazines, books or handheld games.A supply of loose, comfortable button-down shirts.A thermometer to check for fever.Ice (only if recommended by your surgeon).What happens during Facelift surgery involves several steps, including anesthesia to ensure comfort during the procedure. General anesthesia or IV sedation may be used, depending on the type of facelift and individual needs. The surgeon will discuss the best option with the patient beforehand.Incisions are made in various locations, such as the hairline at the temples, around the ears, at the lower scalp, under the chin, or even in the mouth, depending on the type of facelift. The size and number of incisions vary based on the procedure.The facelift itself involves repositioning and/or removing facial skin and/or fat and tightening facial muscles. This may involve one or multiple actions, depending on the type of facelift. The surgeon will discuss this in detail with the patient before surgery.After the procedure, the incisions are closed using dissolvable stitches, stitches that need to be removed after a few days, or skin glue. The patient will have a bandage around their face to minimize swelling and bruising, as well as small drainage tubes.Following facelift (rhytidectomy) surgery, the patient is taken to an observation room for several hours before being discharged from the hospital. They may experience some discomfort and require medication to control pain. The surgeon provides specific instructions for recovery, including wound care and follow-up appointments.Facelift patients often combine their procedure with others, such as fat transfers or eyelid lifts, due to limitations in addressing the upper third of the face. This can involve multiple procedures at once, depending on individual needs.Lifting sagging skin to avoid excessive tightness during facelifts, patients can consider replacing lost fat to address fine lines and laxity naturally. According to Steven Williams, MD, a plastic surgeon, putting fat back in is an effective solution that addresses the root cause of the problem. This procedure involves using fat harvested from one's own body, making it a more appealing option for those who have had liposuction.One patient, Deborah E., 60, credits her facelift decision with rejuvenating her appearance by addressing hollowness under her eyes and dark circles. Her doctor showed her an old picture in her 30s to emphasize the need for fat transfer, which proved to be a life-changing decision.Another notable example is Amir Karam, MD, who performed a facelift on his wife, Neda Karam, and also gave her a fat transfer and skin pinch under her eyelids. This helped reduce creppiness under the eyes by preventing vertical lifting of the cheeks.Some patients opt for IV sedation during their facelifts instead of general anesthesia. Maria C., 53, underwent nine hours of surgery without feeling nauseous due to this method. Her surgeon used local anesthesia with IV sedation, which allowed her to stay awake and communicate throughout the procedure.However, some surgeons prefer using local anesthetic injections during facelifts. J. Randall Jordan, MD, a facial plastic surgeon, believes that these injections are commonly used to block pain and reduce bleeding. He notes that there has been a trend towards using lighter IV sedation or oral sedation in conjunction with local anesthesia for safer surgery.Nausea is less common after surgery, with faster recovery times using anesthesia.We carefully choose our patients for this procedure; they must be in excellent health and have a calm temperament. We perform the procedures in outpatient operating rooms with more sedation or general anesthesia.The recovery period is not short-lived; healing takes about four months overall. Kristy D., 52, was actively recovering for at least a month, while Mary S., 64, advises taking six weeks to a solid month of time off if possible. Patrick Byrne, MD, says that three weeks are crucial, during which most people can resume social activities without obvious signs of surgery. However, it takes many months for the incisions and tissues to fully heal.You may not want to look in the mirror after facelifts for a while; patients often describe their appearance as swollen and bruised in the first two weeks. "Honestly, you won't look like your true self for about four months," says Kristy D. Realistic expectations are key, but some patients notice improvements over time.Marybeth M., 48, had a different experience: swelling worsened before improving after 10 days. Joan Kron, 96, found that a little bit of swelling can be flattering, and Chris L. wishes he could have kept the swelling to save on future filler costs.Numbness in certain areas is a common side effect; it's not painful but can feel odd. Parts of your face may remain numb for half a year or longer. While some patients adapt quickly, others experience a pins-and-needles sensation before feeling returns. Prolonged numbness is "almost universal," says Melissa Dorf, MD.Facelift recovery: What to expect after surgery, from feelings of depression to return to workouts.After a facelift, patients may experience some discomfort and pain for the first couple of days. Those who wore clip-on earrings before surgery reported feeling like they had 1,000 on their ears, but this level of discomfort is short-lived. Most patients don't need pain medication beyond two or three days after surgery, often switching to over-the-counter Extra Strength Tylenol afterward. However, some people, such as Christine K., may experience more prolonged discomfort and vomiting.The scars from a facelift are generally not a cause for concern, thanks to advancements in surgical techniques that allow them to be hidden within the earlobe, behind the ear, and into the hairline. The "scarless" facelift, which uses an endoscopic lift with minimal incisions and a lighted camera, is an option for select patients who don't require extensive surgery.To minimize scarring, some surgeons recommend post-surgery laser treatments, such as the Vbeam pulsed-dye laser. Others may incorporate dietary guidelines and other after-care measures into their recovery plans. These can include hyperbaric oxygen therapy and LED treatment, which have shown promise in reducing recovery time and promoting healing.Many patients who undergo a facelift report feeling refreshed and revitalized, with improved skin quality that eliminates the need for foundation or heavy makeup. With proper care and attention during the recovery period, the results of a facelift can be life-changing, allowing individuals to regain their confidence and enjoy a more youthful appearance.The recent surge in facelift popularity can be attributed to significant advancements in surgical techniques, resulting in more natural-looking outcomes. According to Andrew Jacono of the New York Center for Facial Plastic Surgery, modern facelifts have become less invasive and more effective in preserving one's unique appearance.Facelift: Is It Right for You? Understanding Your Options and Choosing the Best SurgeonA professional diagnostic experience is crucial when it comes to plastic surgery consultations. You should expect a thorough history, physical exam, detailed facial analysis, and an open discussion of surgical and nonsurgical options. The best consultations are collaborative, helping patients understand the trade-offs between different choices based on their anatomy. Some surgeons use 3D imaging tools to show what results will look like, as holding a mirror only provides one vantage point. This helps patients visualize their goals and the surgeon's capabilities. It's essential to ask questions about technique and terminology, especially when social media trends may be misleading.You should inquire about the surgeon's qualifications, such as whether they have a fellow who performs parts of the procedure. Ensure that a board-certified anesthesiologist will perform your anesthesia. Ask to see more before and after photos than what's shown online or on social media.Don't forget to ask about the nursing team and other supporting medical professionals involved in your care. A good surgeon should be willing to share their experience and work with you to ensure the best possible outcome.The main difference between traditional and deep plane facelifts lies in how they address sagging skin and underlying muscle tissue. Traditional SMAS lifts focus on tightening the skin, while deep plane lifts reposition both layers for more long-lasting results.While technique is essential, so is trust in your surgeon's skill set. Knowing what to expect from a procedure and understanding your surgeon's expertise can make all the difference in achieving natural-looking results.To conceal scars strategically, surgeons employ various techniques. This includes meticulously planning the placement of incisions to minimize visibility, often utilizing the natural shadows on the ear or hairline to camouflage the marks. Moreover, precise attention is paid to the positioning of scars in relation to hair growth patterns to avoid unsightly appearance.Prior to undergoing a facelift procedure, patients must take specific measures to optimize their physical condition. This includes maintaining a healthy weight, quitting smoking and alcohol consumption for an extended period, and adhering to a high-protein diet to support post-operative healing.Moreover, a well-prepared skin is essential for a successful surgery outcome. Patients are advised to engage in regular facials, utilize hydrating products, and adopt a consistent skincare routine to prepare their skin for the impending trauma.After the procedure, patients may need to stay in a medical facility or nearby accommodation for a short period to ensure proper recovery. It's recommended that they have a companion present during this time, especially during the initial couple of days post-surgery.During the healing process, patients can expect to experience varying degrees of discomfort and fatigue. However, with the use of medication like Valium and Tylenol, as well as icing techniques to minimize bruising and swelling, recovery can be managed effectively.A facelift, also known as rhytidectomy, is a surgical procedure that lifts and tightens facial tissues, removing excess skin and smoothing out folds or wrinkles. This cosmetic procedure is not medically necessary and may involve risks. As we age, our skin and tissues naturally lose their elasticity, leading to sagging and wrinkles.##ARTICLEA comprehensive consultation process is essential for a successful facelift experience. During this open dialogue, patients will have a realistic understanding of their outcome, including any risks involved. Before the procedure, doctors may request blood work or a presurgical evaluation to ensure optimal preparation.facelifts with various adjunctive measures as needed is rarely performed when only skin-only tucks are done. Rather than fat removal, there is more emphasis on repositioning it to restore volume in areas of loss or descent. Additional procedures associated with a facelift include necklifts, platynaplasties of the face and neck, eyelid surgery, liposuction, autologous fat injection, tissue placement/repositioning, removal of buccal fat pads, browlifts, chemical peels, malar or chin implants, corrugator muscle excision or paralysis. The procedure typically starts with an incision in the hairline above and front of the ear, extended downward to under the ear, then upward behind the ear. The skin is lifted off underlying muscles, fat and fascia as far forward as needed. The underlying tissue was rarely addressed in traditional procedures. The modern facelift involves deeper surgical techniques elevating or repositioning tissues rather than just immediate skin and fat removal. It can take several hours to perform and requires meticulous attention. Correctly performed, it produces a natural result that lasts approximately 10-15 years. The surgery is done on an outpatient basis in an approved facility or setting. After removing dressings after three to five days, the patient can resume normal activities with makeup covering bruising and hair hiding sutures. Facelift risks include bleeding, hematoma, bruising, infection, neurological dysfunction, loss of hair, skin necrosis, asymmetry.

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