

COMMON QUESTIONS ABOUT FACELIFTS

A typical facelift raises the skin and repositions a portion of the facial soft tissue. The goal of the facelift is to restore a natural more youthful drape of the skin of the face and neck.

Will it look natural?

The ideal facelift should have a natural appearance. If someone had not met you before your surgery, they should not be able to easily see that you had a facelift. You should just look good.

How much younger will I look?

Most people will look about eight to ten years younger, and many look as though they have lost weight and are well rested.

Is there much pain after a facelift?

A facelift usually has very little discomfort afterwards. The cheeks and neck will be numb initially and gradually get back to normal. Any discomfort is easily controlled with oral medications.

How long will it take to recover?

The sutures come out in seven days. You look presentable within two weeks. If you are attending an important event I prefer that you have the surgery three months ahead of time to let everything settle and the scars start to fade.

Where are the scars going to be?

The most common facelifts have scars starting at the temple, go in front of the ear, below your earlobe, up and into the hairline behind your ear. There is usually another scar under your chin used for liposuction of the chin and the tightening of the muscles of the neck.

What type of facelift should I have?

There are several types of facelifts. Each patient needs an individual evaluation to make the best choice. The main variations are a "skin only facelift" and a two layer facelift. The neck is included in most facelifts today but there are some variations that do not involve the neck at all, and can go very deep on the face. I have started to offer a "cheek only" facelift in addition to the more traditional facelifts. It is a variation that can be done under local anesthesia and does not take long to do or to recover from. This "micro" facelift is very limited in the patients it can be performed on. It works for those patients who are not yet ready for the larger procedures and do not need or want the neck addressed.

What type of anesthesia do I need for a facelift?

Most facelifts can be done under a local anesthetic with intravenous sedation (kind of a twilight anesthesia) or under general anesthesia. Depending on your health and desires,

usually either works well. The "micro" cheek facelift can be done under local anesthesia.

Can I do other procedures at the same time when I have my facelift?

Yes. Many patients will choose to have other procedures performed at the same time. Sometimes the other procedures are on the face, for instance an eyelid lift, brow lift, enhancement to the lips, or injecting fat or fillers in your face. Many other patients will have another area of their body enhanced. Breast augments and lifts, liposuction, and even tummy tucks could be done at the same time if your health is good. You need to limit the total number of procedures that you have at one sitting because a very prolonged surgery may increase your risks of complications. However, doing procedures simultaneously can save you time and money if you compare having multiple procedures at one time to several separate procedures.

A facelift is a great procedure to look younger, and your appearance better matches the way you feel. Choose your surgeon and surgicenter carefully. Ask your own personal physician and health care personnel for recommendations. Your surgeon should be board certified or eligible in a board recognized by the American Board of Medical Specialties and have privileges at a local hospital. If an outpatient center is used, then make sure the surgicenter is certified by a nationally recognized agency.