

Facelift

Aging is a completely natural part of life that affects both the way we look and the way we feel. UV light from constant sun exposure breaks down collagen within the skin, weakening the connective tissue keeping it elastic. Smoking dehydrates your skin, leaving it susceptible to an accelerated aging process. However, even if you are diligent in protecting your skin every day, the effects of time still take their toll. As you grow older your skin begins to lose its resiliency as it becomes thinner. Facial muscles used for repeated squinting, smiling, and frowning create grooves under the skin. Aged skin doesn't ever quite "snap back" like it does when you were young. While there is no way to permanently reverse the results of aging, modern cosmetic surgery has allowed patients to turn back the clock.

A facelift by [Dr. Lickstein](#) is able to drastically improve the appearance of wrinkles and sagging, taking years off your face and restoring a youthful glow that radiates to your self-confidence. While some patients are hesitant due to the minimal risks that come with all cosmetic surgery, virtually every patient who leaves the care of Dr. Lickstein does so safely and ecstatic with their results.

What does a facelift do?

A facelift, or rhytidectomy, is specifically designed to address noticeable signs of aging. By lifting and tightening deep facial tissue, smoothing folds, and removing excess skin, this procedure provides a noticeable, yet natural-looking solution for those looking for facial rejuvenation. Marionette lines, jowls, hollows under the eyes, and nasolabial folds are the most common targets of a facelift.

Benefits of a Face Lift

Dr. Lickstein understands the fear that often accompanies first time face lift patients. A common concern is that undergoing a facelift procedure will result in a stiff or "plastic" appearance. While this may be true for rushed procedures or surgery performed by an unqualified doctor, rest assured, Dr. Lickstein is committed to delivering natural looking results that remain consistent with each patient's preferences. Your surgery isn't a success until you are happy with it.

A facelift with Dr. Lickstein offers the following benefits:

- Reduced wrinkles
- Improved skin tone
- Tighter neck and facial contours
- Rejuvenated facial areas that once appeared "hollow"
- A more defined jawline
- Ability to be performed in tandem with other cosmetic procedures
- Boosted self-image and self-confidence
- Lasting, natural results

Before Your Facelift

Prior to your facelift you will work with Dr. Lickstein in a detailed consultation where you will be able to express your concerns and make your expectations clear. After a review of your medical records and thorough examination, Dr. Lickstein will determine if you are a good candidate for this procedure. It is crucial that during this time you communicate any questions or concerns you may have with the doctor. During this time, you may also review [facelift before and after photos](#). These are a great way to evaluate your potential results ahead of time.

Types of Facelifts

Traditional Facelift

A traditional facelift deals primarily with the lower face, neck, and jowls. Wrinkles, fine lines, and sagging skin are corrected, creating a noticeable improvement. Traditional facelifts are renowned for being extremely versatile due to their ability to be combined with [liposuction](#) to redistribute fat or [eyelid surgery](#) for a more thorough refinement.

Mini Facelift

A mini facelift is perfect for those seeking a less-invasive approach to correcting a mild degree of sagging skin or wrinkles. This procedure allows Dr. Lickstein to tighten your facial tissue through the use of smaller incisions. These shorter incisions are concealed along the hairline, in the natural creases around the ears. Good candidates for a mini facelift are those looking to get ahead of aging before it takes its toll.

Recovery

Make sure to arrange for transportation home and daily care for the first few days following your surgery. Medication will be prescribed to you during this time to help relieve pain. Some swelling and bruising is completely normal, lasting from a few days to a few weeks, depending on the patient.

Though a complete recovery can take up to 6 months, the majority of patients can resume their daily activities after two weeks. Keep in mind, these estimates will most likely be shorter for those undergoing a mini facelift. By following Dr. Lickstein's recovery suggestions and making sure you get plenty of rest, you are only better guaranteeing long-lasting results that you can begin enjoying sooner rather than later.

Facelift in Palm Beach Gardens with Dr. Lickstein

When you look your best, you feel your best. For 30 years, Dr. Lickstein has been helping patients through the process of understanding, undergoing, and recovering from cosmetic

surgery. We understand cosmetic surgery is a big decision, and one that should be done the right way to avoid future revisions. If you have any questions regarding a facelift, contact [Lickstein Plastic Surgery](#) at 561-571-4000.