

## Facelift & Necklift

Considering facial rejuvenation involves making important decisions. That is why at Beautologie, Dr. Brett Lehocky, MD will listen to your concerns and help you make the choices right for you. There is not one facelift procedure that is appropriate for everyone and Dr. Lehocky approaches each person's situation individually.



Several factors cause the changes we see in our face seen as we age. We all know the skin loses elasticity and this leads to looseness and wrinkles. But there is also a loss of support for the underlying structure of the face and this leads to a dropping of the cheek and formation of the jowls. The goal in facial rejuvenation is to address the loss of skin elasticity which generally involves some degree of skin removal along with restoring the fullness to the face lost with aging process.

People are often confused about facelifting and necklifting. The neck is often the first place facial aging begins to show significantly and tightening of the neck (necklift) is a common request. What you need to know is the surgical procedure to treat the neck effectively is the same as is used to perform a "facelift". So when someone asks to help them correct loose skin with a necklift, basically we are talking about performing a facelift procedure. Similarly, a necklift is always part of the facelift procedure – the two are not separated because the surgical procedure to address both the face and neck is the same.

One aspect of facial rejuvenation I concentrate on is the raising and filling the cheek. Having a high, full cheek is a property of a youthful face. I use several methods to produce a full cheek – fat grafting, cheek implants and midfacelift techniques. I will explain these methods I use to produce a full cheek at your consultation.

People age at different rates and in different ways. The need for rejuvenation in one's 40's is different than the need in the 60's. I do not approach a facelift just one way. I perform several types of facelifts and choose what I am going to do depending upon your particular facial shape and degree of aging. By approaching facelifting in this manner, I am able to get the best result for you with the least amount of "downtime". I also combine a facelift with other procedures such as brow lift, eyelid surgery, midface lift, facial implants and fat grafting to customize the rejuvenation process for you and achieve the greatest possible result. However, sometimes less is more so I also perform what I call a "mini-facelift" for those that do not yet need a full facelift.

### The facelift consultation

At the facelift consultation I like to know what aspects of your face are the most concern to you. I will tell you what I think can improve your appearance but I also want to address your main issues. Other things to take into consideration are how much time one can devote to "downtime" after having the facelift. A full traditional facelift take time to heal and you may need to make some arrangements for this "downtime". I like seeing pictures of when you were younger (preferably pictures of you not smiling) so I can look at the changes that have occurred over time. By looking at how you have changed, I can better discuss a plan for surgery that will achieve a natural look.



-Before- (Mini-facelift) -After-



-Before- (Mini-facelift) -After-



-Before- (Mini-facelift) -After-



-Before- (Traditional facelift) -After-



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### Types of facelifts:

If you do some research on facelifting you will see all types of names for facelift procedures and this can become confusing. Most of the time, these names are describing the same basic procedure. So in my practice I try to simplify the terminology for facelifts into two basic categories – 1) full traditional facelifts and 2) minilifts.

### Traditional facelift:

The traditional facelift uses an incision beginning in the hairline above the ear, courses around the front and then behind the ear and extends to the hairline behind the ear. There is surgery under the skin of the face and neck to provide lifting and reshaping of the tissues of the face and muscles of the neck. People with a certain degree of aging require a traditional facelift to achieve a satisfactory result. Lesser procedures like a minilift just will not produce the desired effect or will look unnatural if the individual has a certain amount of skin to be removed and that is why traditional facelifts still have a place in facial rejuvenation.

### Minifacelift:

The incision for the minilift is shorter, coursing in front of the ear and a little bit behind the ear. The surgery under the skin is less and so the healing time is quicker. The minilift can produce excellent results when chosen for the right individual and has the added benefit of quick recovery time.

### How long will a facelift last?

The media and some doctors will state that a facelift will last “X” number of years but the reality is benefits you gain with a facelift are life-long. If you have a facelift now, in 10 years you will still have an improved appearance as compared to never having had the facelift. The aging process is ongoing, so some benefits of the facelift will be lost with time but certainly not all of them.

### What to expect with facelift surgery

A facelift surgery requires a general anesthetic so you will be totally unaware of the surgery and be comfortable the whole time. The surgery varies in length depending on how much is being done but typically lasts between 3- 4.5 hours. It is an outpatient procedure so you can safely go home after a facelift. Our office will help arrange all the necessary things you need to do in preparation for your surgery and organize what you will need after the surgery.

People often worry about discomfort after a facelift procedure but in reality, discomfort is not a complaint I often hear. There is more a sensation of numbness associated with the facelift surgery than discomfort. I use dissolving sutures (stitches) in all my facelift procedures.

### What is the healing time with a facelift?

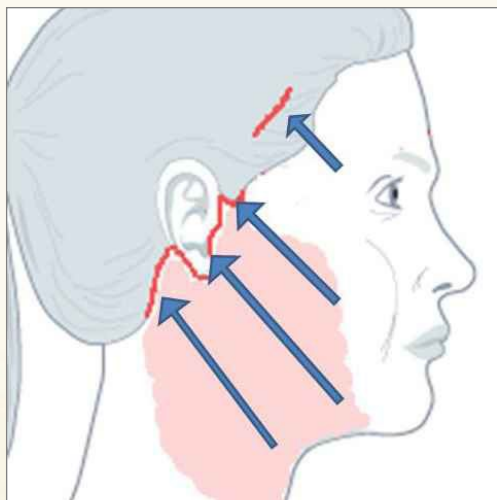
Healing time can vary but is generally between 10 days for minilifts and can be 3 weeks for a full facelift. There may be some bruising that requires some makeup to conceal the areas and there may still be a little swelling but most people can go out and not worry after this waiting period. As with most surgery, the final results will not be evident for several months after the procedure.

### Can other procedure be done at the same time as a facelift?

Other procedures such as blepharoplasty, fat grafting or forehead lifts can be done at the same time as a facelift. Some patients like to have all the procedures at the same time and others choose to divide the procedures into two shorter surgeries

### Is there an age limit for a facelift?

I have done facelifts on people in their 30's and in their 80's. Typically, facelifts for those in their 30's is related to correcting excess skin from significant weight loss. As long as one's health will permit safe surgery, a facelift can be performed.



-Before- (Traditional facelift) -After-



-Before- (Traditional facelift) -After-

