

Good Advice

3 Important Factors when Considering a Facelift

by Dilip D. Madnani, MD, FACS



A facelift is a popular surgical procedure for reversing the effects of time. This treatment has evolved considerably over the years, providing the ability to customize the surgery to the unique needs of each patient and create the most natural results. If you are considering a facelift, Dr. Madnani of Madnani Facial Plastics wants you to think about three important factors as you prepare for your procedure.

Your Needs and Expectations

A facelift offers enhancement for the following signs of aging:

- Loose, hanging skin around the mid and lower face
- Fine lines and wrinkles, particularly around the nose, mouth and chin
- Skin hollowing around the cheekbone area
- Skin laxity that leads to the formation of jowls along the jawline
- Sagging skin and the appearance of banding around the neck

The facelift procedure does more than simply tighten loose skin today. Under the direction of an experienced facial plastic surgeon like Dr.

Madnani, the procedure also focuses on repositioning muscles and tissue underneath the skin's surface while restoring youthful volume for a more natural result. The procedure may also be tailored to the specific needs of each patient, with less invasive options available for patients with fewer signs of aging to address.

Your Surgeon's Experience

A facelift will provide the best possible results when it is performed by a skilled, experienced plastic surgeon. It is important to consider your surgeon's qualifications before you schedule your procedure. Some of the questions you may want to ask include:

Are you board certified?

Look for certification from reputable organizations like the American Board of Facial Plastic & Reconstructive Surgery or the American Board of Plastic Surgery. These certifica-

tions tell you the surgeon is committed to the highest level of patient care and safety, as well as the most up-to-date plastic surgery techniques.

How many facelifts do you perform?

While few surgeons will focus only on facelifts, some will concentrate on facial procedures so they have ample time to perfect their techniques. Find out how many facelift procedures your surgeon performs each month and whether there are different techniques to choose from that allow your procedure to be tailored to your specific needs.

Do you have a before and after gallery I can look at?

Photos of patients before and after their procedures can give you an idea of the surgeon's work before you schedule your own procedure. It can also help you go into your procedure with more realistic expectations of what you can expect from your own surgery.

Recovery Process

A facelift is a surgical procedure that involves anesthesia, incisions and a recovery period. You will fare better after your procedure if you are prepared for the recovery process afterward. This means stocking up on

food and prescriptions prior to your surgery and lining up ample help in the first few days so you can focus on your rest and healing. Take sufficient time off work so you don't have to rush your recovery process, which can affect how well your body heals.

Make sure you understand all the instructions you receive from your surgeon regarding your pre and post-operative directions. Don't be afraid to ask questions if you don't understand something and always share concerns with your surgeon's office throughout the process.

When you make the decision to have a facelift, the right amount of preparation and research will make all the difference in the success of your procedure.

To learn more about the facelift procedure, contact Madnani Facial Plastics today at 212-203-8591 or 631-318-4008. drmadnani.com.

The facelift procedure
does more than simply
tighten loose skin today.

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