



Facelift and Neck Lift

Why Do We Consider a Facelift or Neck Lift?

As we age, our faces and necks naturally change. Cheeks may sag, jowls become more visible, and the skin on the neck may loosen or wrinkle. These changes are caused by:

- Gravity
- Sun exposure
- Genetics
- Smoking
- Nutrition

These changes affect the skin, fat, and muscles that shape our appearance. When nonsurgical treatments (like fillers or laser) aren't enough, a facelift or neck lift may help restore a more youthful look.

What Does the Surgery Do?

The goal of facelift and neck lift surgery is to reposition soft tissue to a more youthful location. Most surgeons lift the cheeks, jawline, and neck at the same time, working on the muscle, fat, and skin. Incisions are usually placed around the ears and sometimes under the chin to hide scars.

The surgery is done with local anesthesia, twilight sedation, or general anesthesia, often in an outpatient setting.

You can expect:

- A smoother neck
- Improved jawline
- Higher cheekbones
- A refreshed, natural appearance

Additional Procedures

Sometimes surgeons perform extra treatments are combined with the lift to customize results:

- Fat grafting: Moves fat from another part of the body to the face to restore volume.
- Skin resurfacing: Lasers or chemical peels to improve skin texture, wrinkles, or sun damage.
- Neck liposuction: Removes excess fat under the chin.
- Limited lift: A smaller procedure for younger patients with early signs of sagging.
- Eyelid or brow surgery: May be done at the same time for a more complete result.

What to Expect After Surgery

- Swelling and bruising are normal for 1–2 weeks
- Pain is usually mild and controlled with medication
- Ice packs are helpful for the first few days
- Dressings may be worn at first and stitches are removed around day 7
- If a drain is used, it's often removed within a day

Most people feel well quickly. You can do light walking soon after surgery, but avoid strenuous activity until fully healed. You may feel ready for work or social events in 1–2 weeks.

Risks and Considerations

Facelift and neck lift surgery is usually safe, but as with any surgery, complications can happen. These may include:

- Bleeding (hematoma)
- Infection
- Asymmetry
- Numbness
- Noticeable scars
- Rarely, injury to a facial nerve

Let your surgeon know if you take blood thinners, as they increase bleeding risk.

No surgery can promise perfect results. Your surgeon will aim to improve your appearance in a natural way, but there are no guarantees. Some people may need follow-up treatments or adjustments.

Summary

A facelift and neck lift can refresh your appearance and help you feel more like yourself again. Whether the changes are subtle or more dramatic, your oculofacial plastic surgeon will guide you through the best options to help meet your goals.

The Oculofacial Society is the American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS) public-facing website for patients and referring physicians. To learn more about the services provided by ASOPRS members, visit www.oculofacialsociety.org.

ASOPRS is a professional medical society dedicated to advancing education, research, and the quality of clinical practice in aesthetic, plastic, and reconstructive surgery of the face, orbits, eyelids, and lacrimal system.