

By age 40, most of us can stretch our skin, pulling it taut as we examine our aging faces in the mirror. Over time, the effects of genetics, sun exposure, smoking, facial expressions and good-old gravity, cause several changes to the mid and lower face, including:

- Fallen cheek lines & loose skin
- Deep mid-face creases
- Drooping jowls & “Turkey neck”



There is no “best time” for a face lift. Most patients are in the 40 to 65 age group - and, while not the most popular cosmetic procedure for men, their interest in surgical face lifts is quickly growing.



Will additional facelifts be needed to maintain changes?

Within five to ten years, 25 to 30 percent of facelift patients choose to have additional procedures to enhance their initial facelift results. These range from major facelift-type procedures to touch-up procedures targeted at certain areas like the eyes, brows or skin.

The age of a patient at the time of a facelift is an important factor in determining the likelihood of additional procedures, especially as the average age becomes younger. If patients are in good health, there is no limit to what procedures may be performed though it appears unusual for a patient to have more than 3 procedures following a facelift.



How uncomfortable is the facelift procedure & recovery?

During the 3-4 hour procedure, you should experience minimal to no discomfort because anesthesia will be given to you by IV to keep you relaxed & comfortable. Restrictive dressings are placed over the incisions and around the head following surgery.

During recovery, most patients require only Tylenol and ice. We will give you medication to help you sleep at night and for pain management as needed. You will likely be comfortable enough to resume normal activities within just a few days, though Dr. Berkowitz will advise some tasks or hobbies be restricted.

Afterwards, bruising, swelling and discoloration are common, and generally resolve on their own within a few weeks. Make-up, with Dr. Berkowitz’s approval, can be worn to camouflage any signs after about a week - though should not cover the incisions. Most patients are thrilled with their results—even before the healing process is complete. They often continue to notice improvements throughout the entire first year following surgery and often express regret having not had surgery earlier.

Now you can look as young as you feel!

We may be reached at (586) 254-7692

or, on the web at: www.AccentsCosmeticSurgery.com.