

Important Information about Face Lift Surgery

According to the American Society of Plastic Surgeons (ASPS), the largest organization of board-certified plastic surgeons in the world, eleven million plastic surgeries were conducted in the United States in the year 2006. Statistics also suggest that increasing numbers of people over the age of 50 are seeking cosmetic surgery to improve their appearance.

The skin wrinkles and sags as a result of normal aging, sun exposure or genetics. The face lift procedure is ideal for those with prominent wrinkles who are in good health and want to regain their youthful and beautiful appearance. The face lift procedure often improves the patient's self-esteem and confidence, helping them to enjoy more satisfying social and professional relationships.

Rhytidectomy or face lift surgery, as it is better known, does not stop the aging process. It does however restore a younger and fresher looking facial appearance that can turn back the clock ten or more years. The face lift procedure tightens the skin and the underlying muscles of the face and removes excess fat, producing a total facial rejuvenation.

The face lift procedure can be done alone or in combination with other procedures such as eyelid surgery, forehead lift, or nose reshaping. A face lift is an out-patient procedure performed in a day-surgery center under general anesthesia where the patient is put to sleep. The procedure itself may take several hours and longer if other procedures are performed at the same time. The results of a face lift can be dramatic and generally last about ten years.

Who is a Suitable Candidate?

- Men and women with sagging skin in the face and neck
- People with excessive skin in the neck and/or a drooping jaw line.
- Those who have good skin elasticity which will aid in healing and improve results.
- Those with a well-defined bone structure for providing support.
- Patients should be in overall good health as this will facilitate proper healing and recovery.

Precautions prior to surgery

- Patients who smoke are advised to stop prior to surgery. Smoking restricts the flow of blood which can impede the healing process.
- Blood thinners like ibuprofen, vitamin E and aspirin should be avoided weeks before the surgery.
- Hair should be washed thoroughly the day before face lift surgery.
- Alcohol should be avoided.
- Patients should get a good night's sleep prior to their procedure.

The Face Lift Procedure

The cosmetic surgeon makes an incision above the hairline and then separates the facial skin from the underlying tissue. Excess fat is removed and surrounding muscles are tightened to improve the facial contours. The skin is then elevated to achieve a more youthful look. The treated area is then wrapped in bandages.

The training and experience of the plastic surgeon performing the face lift procedure directly influences the success of the surgery. The experience and credentials of the surgeon is directly related to the outcome. Patients are advised to choose experienced, board certified cosmetic surgeons as this assures an acceptable level of competency, experience and training.

Many people are choosing Naples Florida as an ideal destination for their face lift procedure. Sunny Florida in a tropical setting along the Gulf Coast is a comfortable, beautiful and serene location for convalescence. There are many great choices for cosmetic surgeons in Naples, Florida.

About the Author

Julia smith is a freelance journalist who writes insightful articles on the practice of [face lift Naples Florida](#). Click to learn about [Naples plastic surgery](#).

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