



# Top-Rated Plastic Surgeon, René Recinos, MD, PhD

Answers the 10 Most Frequently  
Asked Questions about Facelifts

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*"In my surgical practice, the decision regarding a particular surgery is based on a conversation that takes place **between myself and the patient**; there is no one-size fits all. The key is **adapting** to the needs of the patient."*





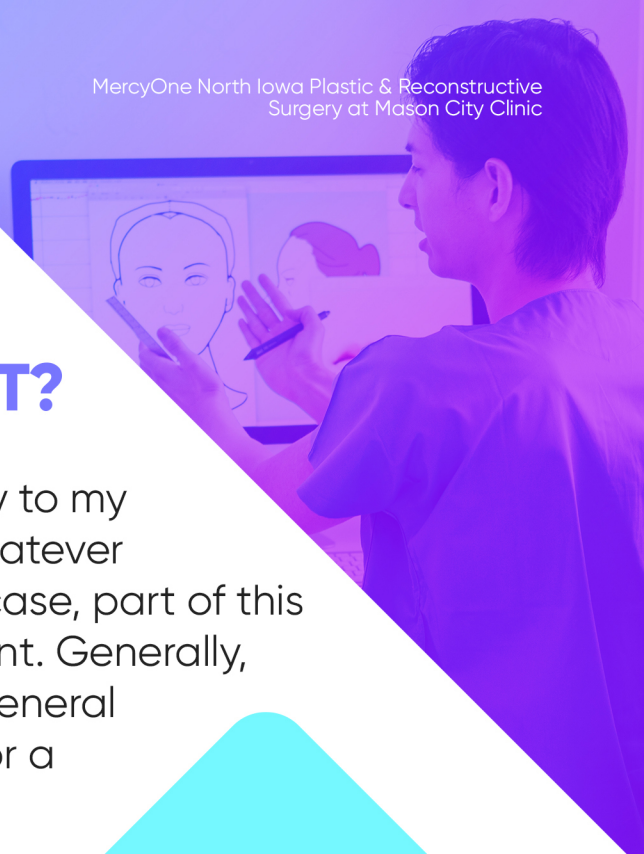
# 1. WITH ALL THE FACIAL REJUVENATION OPTIONS OUT THERE, WHY DO PEOPLE OPT FOR A FACELIFT? WHAT ARE THE BENEFITS?

"In my practice, it's primarily about results. Many people find that their outward appearance has aged more rapidly than how they feel inside. A facelift can restore their youthful appearance and the results last a long time – typically about ten years."



"It may also help improve your self-esteem and make you feel better about yourself."





## 2. WHO MAKES A GOOD CANDIDATE FOR A FACELIFT?

"As a surgeon, my number one responsibility to my patients is to guide them safely through whatever procedure I'm going to do for them. In this case, part of this process involves my evaluation of the patient. Generally, patients should be fit enough to undergo general anesthesia, their weight should be stable for a period of time, they should be following a healthy lifestyle, and not be exposed to nicotine."

While there is no ideal age, in my experience people typically consider a facelift when they're over the age of 40."

## 3. WHAT IS A MINI FACELIFT AND HOW DOES IT COMPARE WITH A TRADITIONAL FACELIFT?

"A mini facelift involves less surgery than a facelift. Its results are therefore less dramatic and less long-lasting, because you're not doing all the things that a conventional facelift involves."



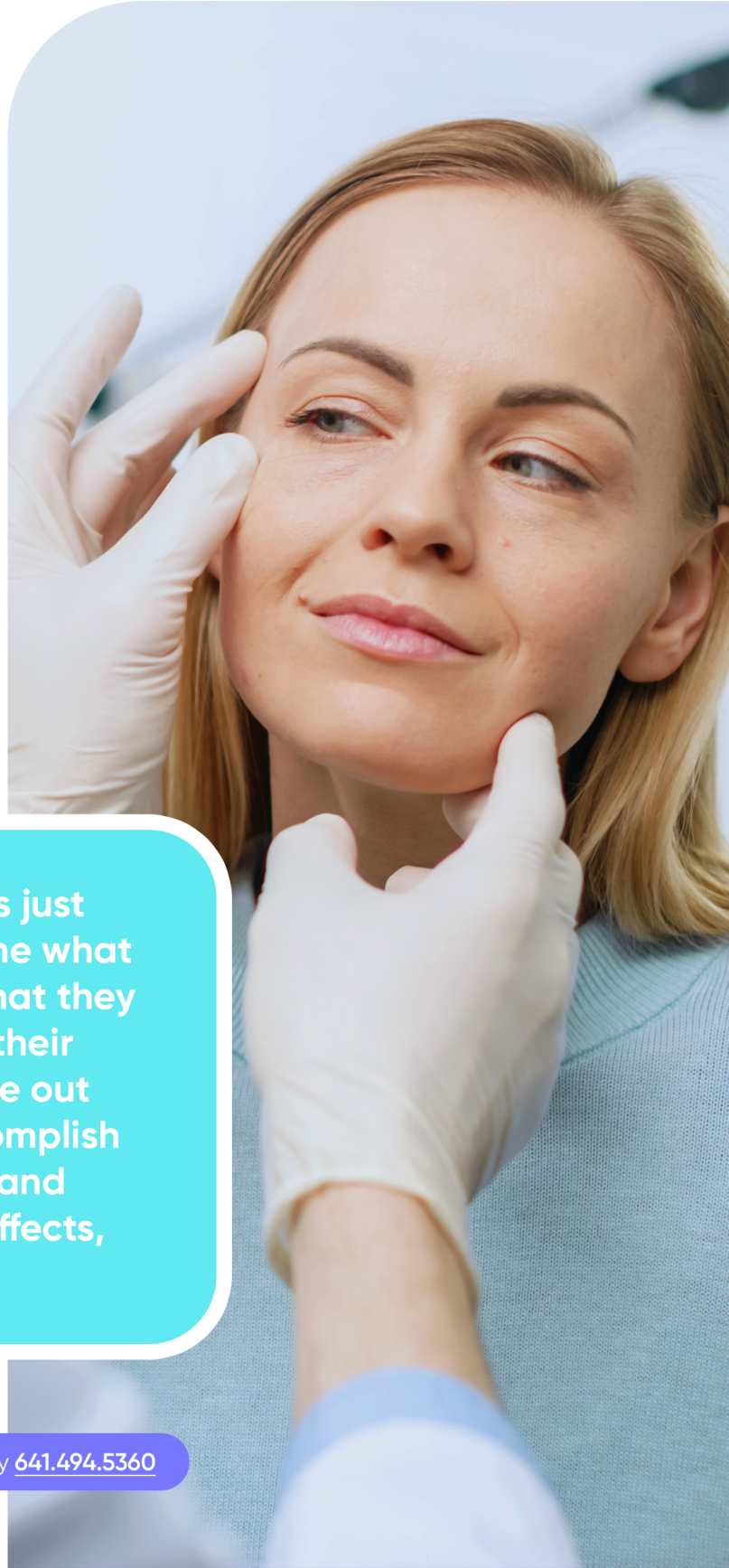


## 4. HOW CAN PATIENTS CHOOSE THE RIGHT TYPE OF FACELIFT TECHNIQUE FOR THEIR INDIVIDUAL NEEDS AND GOALS?

"In my surgical practice, the decision regarding a particular surgery is based on a conversation that takes place between myself and the patient; there is no one-size fits all. The key is adapting to the needs of the patient."



"I spend the first few minutes just listening to the patient tell me what it is that bothers them, or what they want to improve in terms of their face, then it's my job to figure out options for how we can accomplish that. I then discuss the pros and cons of each option ( risks, effects, durations, costs, etc.)."





## 5. HOW WOULD YOU HELP SOMEONE DECIDE BETWEEN A LIQUID FACELIFT AND A SURGICAL FACELIFT?

"A liquid facelift involves injection of substances into the face, while a surgical facelift involves cutting into the structures of the face. It begins with my understanding their medical condition and examining them without their makeup on. In analyzing a person's face, I assess the quality of their skin, fat, muscle, and bone. Is the skin showing that it's in good shape or is it weathered with wrinkles? Are there wrinkles that move, or wrinkles appearing without movement? Are there blotches or discolorations on the face? Then, I look at the deeper structures."

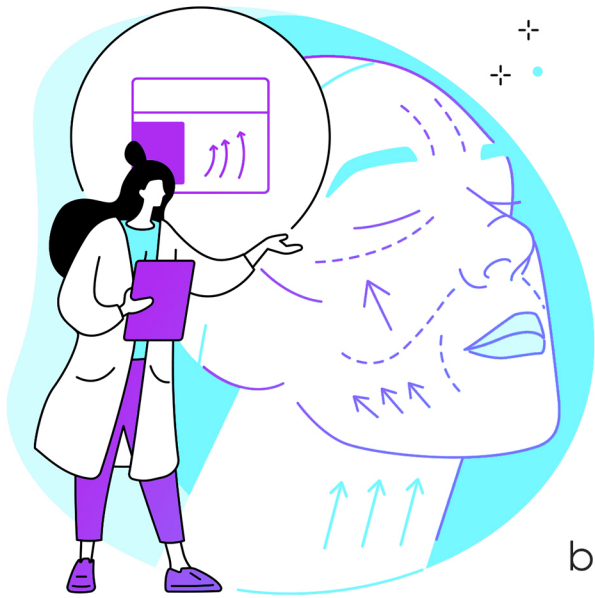


Sometimes I'll ask them for pictures of them when they were younger and liked their facial appearance, because some people have a hard time describing what they don't like. Fillers are an example of a liquid facelift. The big advantage with fillers is you can do them in the office, so you don't have to be under anesthesia. But which is better depends on the individual situation."





## 6. WHAT KINDS OF COMPLICATIONS OR SIDE EFFECTS SHOULD PATIENTS BE AWARE OF AND IS THERE ANYTHING A PATIENT CAN DO TO REDUCE THEIR RISK?



"Any time a cut is made on the skin anywhere on the body, there can be problems. There can be an infection. Bruising can also occur. Everyone heals with a scar, but sometimes that scar can heal in an unkind way. There is no such thing as scarless surgery. As a board-certified plastic surgeon, I have been trained extensively in how to hide scars.

Patient's faces are typically quite numb immediately after a facelift. Typically, this numbness improves with time."



"Very rarely, facial muscle weakness can result, leading to unwanted facial movement. It's important for patients to be aware of that."



## REDUCING THE RISK OF COMPLICATIONS

"There is an acute period after surgery when we ask patients to follow strategies to help reduce their likelihood of complications:



### 1. DON'T SOCIALIZE

or be out in public.



### 2. AVOID NICOTINE



### 3. STAY AWAY FROM ANIMALS

for about a week. Animals are a frequent cause of infection in someone with a healing wound. An infection could be disastrous after any type of surgery, let alone a facelift.



### 4. LIMIT ACTIVITY

I don't want my patients after a facelift to be bending over a lot, stressing and straining, talking a lot, eating very chewy things.



### 5. SOFT FOOD DIET

I typically advise my patients to eat a soft mechanical diet, like soups, jellos, instant breakfast drinks, scrambled eggs, et cetera, avoiding things like steak and pizza."



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## 7. WHAT ARE SOME TIPS FOR RECOVERY AFTER A FACELIFT?

"I talk to my patients ahead of time about recovery. A good recovery depends on appropriate preparation before surgery. I get my patients on a good recovery track before the surgery by encouraging them to develop three good lifestyle habits:

### I. GET SUFFICIENT SLEEP



a minimum of six-and-a-half hours a night of good quality sleep.

### II. HYDRATE ADEQUATELY



How do you know if you are getting enough water? If your urine is clear and has no smell, you've got enough fluid on board. But if it's bright yellow or brown and it smells strongly, then you are low. In a human face, if you want to look younger, make sure you're sleeping well and hydrate. Even if you don't have

### III. REGULAR EXERCISE



is also important because anesthesia is hard on the heart. If you can exercise five to six days a week for 30 to 45 minutes each time, reaching your target heart rate each session, then you're going to be in good shape to undergo anesthesia. You might even lose a little bit of weight.

### IV. AVOIDANCE OF ALL NICOTINE EXPOSURE



(inhaled or eaten). Nicotine greatly increase the risk of surgical complications, including death, blood clot, and death of tissues that have been operated upon."

## 8. HOW CAN PATIENTS MAINTAIN THE RESULTS OF THEIR FACELIFT?

"Optimizing one's health is super important. Stay away from smoking. The problem with smoking is that it ages the body prematurely. Besides all the health risks that your primary care provider will talk to you about, it ages your face tremendously.

I often recommend to my patients that they begin a skincare regimen before surgery because it helps prepare the skin. The skin heals more easily, and it heals with less of a scar if it's well cared for. After the procedure I encourage them to continue their skin care regiment."

"Solar radiation (sun exposure) is also a very important factor that affects how our skin looks. I highly recommend that patients use sunblock, wide brim hats, protective clothing to protect their skin from the sun's harmful UV rays."

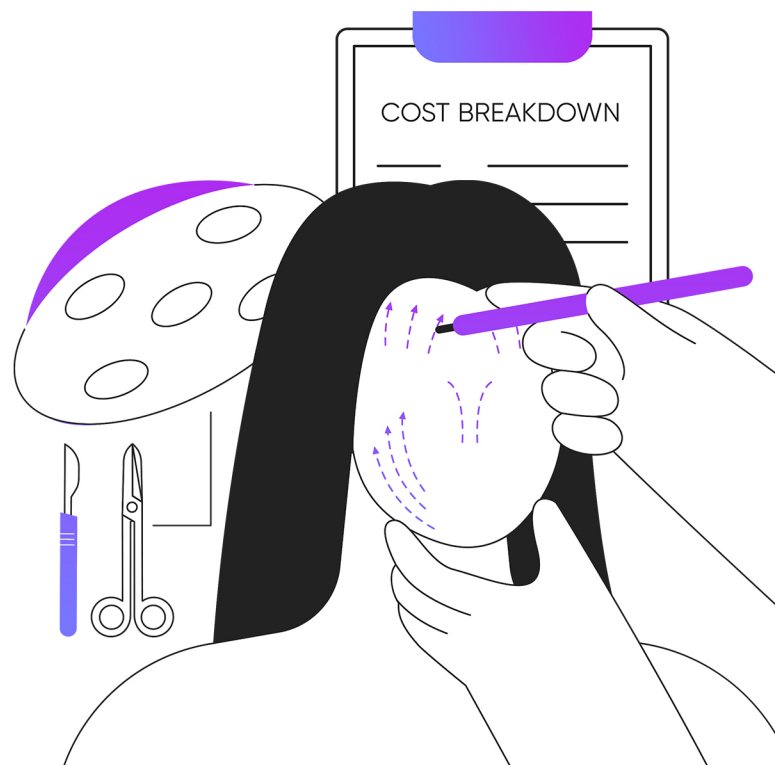




## 9. WHAT IS THE COST OF A FACELIFT AND ARE THERE FACTORS THAT CAN INFLUENCE THE PRICE OF THE PROCEDURE?

"The cost of facelifts depends in large part on what's being done, and the geographical location of the surgery. Just like buying a house. Are you going to build in the city or country? How many rooms are you going to have? Are you going to have a two-car garage? The cost of a facelift works the same way.

How are you going to accomplish what you're going to do so that it constitutes a facelift? Different surgeons do different things. That's another element that affects cost. Another one is how long is it going to take the surgeon to do what they're proposing to do, because time is money. Here in Northern Iowa, my charge to my patients getting a facelift would be somewhere between \$13,000 and \$17,000."





## 10. HOW CAN PATIENTS FIND A REPUTABLE AND QUALIFIED COSMETIC SURGEON TO PERFORM THEIR FACELIFT?



*"The year that I graduated from my training, there were 89 of us nationwide who finished training. It's a very small group."*

"My bias is that a person should seek a board-certified plastic surgeon. Why do I say that? Well, because we have arguably the most rigorous training program worldwide. It's a very selective program that only the most capable individuals can participate in. The year that I graduated from my training, there were 89 of us nationwide who finished training. It's a very small group. I think for board-certified plastic surgeons there's roughly around 5,500 of us nationally.

There are others who can do it. But it's just like you can have Tom, Dick, or Harry—or Jane or Mary—do your lawn. You know that certain people are more capable than others, and board-certified plastic surgeons tend to have the most rigorous training that qualifies them to do quality work on your face. Generally speaking, that'd be a place where I would recommend people start."

