

Facelift Surgery & Recovery Timeline

Consultation with Dr. Schuster - During your initial consultation, Dr. Schuster will evaluate your facial anatomy, discuss your aesthetic goals, and determine if a facelift is the right procedure for you. This is your opportunity to ask questions, understand the expected outcomes, and go over pre-surgery instructions. A detailed plan will be created and tailored to your unique facial structure and desired results.

Four Weeks Before Surgery

- Pre-op visit: During this appointment, Dr. Schuster will review the surgical plan and recovery protocol. He will also go over instructions regarding pre-op preparation and post-op care and send prescriptions.
- Medical Clearance: You may be required to undergo routine lab tests and receive medical clearance from your physician.

Two Weeks Before Surgery

- Prepare for Recovery: Make arrangements for someone to drive you home after surgery and stay with you for the first 24-48 hours. Someone with healthcare experience, able to take your pulse and blood pressure must be with you the first night after surgery.
- Stock up on easy-to-prepare meals, medications, and comfortable clothes.
- Avoid Certain Medications: Dr. Schuster will advise you to stop taking blood-thinning medications, such as aspirin or ibuprofen, to minimize the risk of excessive bleeding during surgery. STOP taking all GLP1 medications.
- Fill prescriptions

The Day of Surgery - Your facelift will be performed at Dr. Schuster's state-of-the-art facility. The procedure typically takes several hours, depending on the complexity. You will be under anesthesia to ensure a comfortable and pain-free experience. Once complete, bandages will be applied to support healing and reduce swelling.

1-2 Days Post-Surgery

- Immediate Recovery: You will likely feel groggy from anesthesia and experience some discomfort, swelling, and bruising around the face and neck. You may have drainage tubes to reduce fluid build-up, which will be removed within a day or two.
- Pain Management: Dr. Schuster will prescribe medications to manage pain and prevent infection.
- Rest & Care: You should rest with your head elevated and avoid strenuous activity.

3-5 Days Post-Surgery

- Early Recovery: Swelling has peaked and starts to come down. Still feeling a bit overwhelmed by the process and a little cabin fever. Sometimes patients have "buyer's remorse" during these few days - do not worry as this will pass very soon!

1 Week Post-Surgery

- Light at the End of the Tunnel: Looking like yourself. Swelling much better. May apply make-up. Ok to leave your house!
- Follow-Up Appointment: Dr. Schuster will check your healing progress and may remove some stitches. Bruising and swelling will still be present but should start to subside.
- Limited Activity: While light activities such as walking are encouraged, avoid bending, lifting, or heavy exercise to prevent strain on the incisions.
- Stitches Removed: By this time, any remaining stitches should be removed, and most of the swelling and bruising will have diminished.

2 Weeks Post-Surgery

- Swelling & Bruising: These should noticeably decrease, though some areas may still be puffy or discolored. Most patients feel comfortable returning to light daily activities.
- Appearance: You may still have some tightness or numbness, but these are normal and will gradually improve.
- Able to drive

4-6 Weeks Post-Surgery

- Return to Normal Activities: You can resume more vigorous activities, including exercise, but avoid direct sun exposure to your healing skin. Makeup can be applied to camouflage any residual bruising.

3-6 Months Post-Surgery

- Final Results Start to Appear: The majority of swelling will have resolved, and your facial contours will become more defined. Any lingering tightness or numbness should continue to improve.
- Scars Fade: Incision lines, which are well-hidden in natural folds, will begin to fade, becoming less noticeable.

6-12 Months Post-Surgery

- Full Recovery: By the one-year mark, your facelift results will be fully apparent, with smoother, rejuvenated skin and more youthful facial contours. Any remaining numbness or tightness should be completely gone, and scars will continue to fade over time.

Dr. Schuster will guide you through every step of this process. He will ensure that your facelift not only enhances your appearance but also restores your confidence.