

The anti-aging industry today is valued at more than [\\$42.4 billion](#).

These days, it seems like there is a cream, serum, or oil for anything. Products that claim to "firm skin instantly" and "rejuvenate the face" are bountiful. But some of the most significant signs of aging, like sagging jowls and drooping brows, can only be corrected with cosmetic surgery.

Are you curious about getting a facelift? Looking forward to having a more youthful, uplifted appearance?

Read about these five factors to consider before scheduling your facelift.

## 1. Your Facial Structure

You may have heard that some people are "more ideal" candidates for a facelift procedure. In reality, nearly anyone can have a facelift, and most people will have noticeable results. How dramatic these results are will depend on your pre-existing bone structure and facial features.

People with naturally high cheekbones, defined chins, and prominent jawlines are likelier to see dramatic results from a facelift. If your structural features are subtle, you shouldn't expect to gain a chiseled appearance overnight. If you want stronger angles in your face, you may need other procedures, like facial implants or fat grafting.

There is no age limit for people seeking a facelift. Anyone can have a facelift, so long as [their surgeon](#) deems it safe. Most often, patients are in their 40s, 50s, and above, as this is when signs of aging start to become more noticeable.

## 2. Your Weight

A healthy weight makes anesthesia safer, and your facelift results will be more effective and longer-lasting. Your overall [body fat percentage](#) may influence the results of your facelift because facial fat can hide bone structure.

You may want to delay your facelift procedure if you are not near your ideal weight. Focus on losing weight safely and slowly to reach your goals, and avoid crash dieting.

Before scheduling surgery, aim to be within 20 lbs of your [ideal weight](#) for your height. Losing excess weight will make it easier for facelift surgeons to stretch and manipulate the skin. It's also good to be close to your ideal weight before the procedure because dramatic weight loss post-surgery can cause facial sagging.

## 3. Your Habits

Facelifts can have incredible results, but they are not miracle procedures. Before going under the knife, assess your daily habits. Adopting healthier habits is crucial to preparing your body for the facelift procedure and achieving the best results.

Nicotine and alcohol are detrimental to skin health and cause signs of aging to appear early. You'll need to avoid smoking or drinking alcohol, at least in the weeks before and after your procedure. These substances slow healing processes and can make your facelift results disappear more quickly.

You should also be well-hydrated before having any cosmetic surgery. Drinking a minimum of eight glasses of water daily will improve your skin health and aid in recovery.

Avoid excess sodium, which is frequently found in processed foods. Consuming high amounts of sodium can cause dehydration, water retention, and swelling in the face, which may affect your facelift results. Instead, focus on eating whole foods with plenty of protein, vitamins, and [healthy fats](#).

## 4. Realistic Expectations

While a facelift can create remarkable improvements in sagging, falling skin, it's essential to go into your procedure with realistic expectations. Every cosmetic surgery has its limitations.

Facelifts will not remove all fine lines and wrinkles on the face. Nor will they completely change your facial structure. A facelift procedure merely restores the youthful shape of your face by highlighting your bone structure. Wrinkles are best reduced with [laser resurfacing](#), chemical peels, and other skin treatments.

Before getting a facelift, ask your doctor about the improvements you can expect from a facelift. If you want more dramatic results, many cosmetic procedures can be done at the same time as your facelift. Ask your doctor about other procedures such as a neck lift, dermabrasion, or [chin and cheek implants](#).

## 5. Post-Procedural Care

Cosmetic surgeries are generally very safe and standard procedures. Like any surgery, however, they will require some intensive aftercare. Before scheduling your facelift, prepare to take time off and heal as necessary.

You will need to take pain medication for up to a week after your surgery, so it's wise to have friends and family nearby to help with daily tasks and driving. After two weeks post-surgery, many people feel ready to return to work and perform daily activities. By six weeks, most swelling will have subsided, and you'll likely be back to living your life as usual.

During recovery, it's imperative to stick to the rules:

- Stay hydrated
- Eat a healthy diet
- Avoid alcohol
- Avoid nicotine
- Avoid sun exposure
- Use gentle skincare
- Wear minimal makeup

You may notice slight bruising or swelling for a few months after the procedure. These will not likely be noticeable to anyone but you. After your incisions have healed, you can use a lightweight concealer to cover any bruising.

## Benefits of Having a Facelift

Now that you have considered these five influential factors, you're ready to look forward to your results. There are many reasons someone may seek a facelift, but clients are usually thrilled with these results.

### Bright, Youthful Appearance

The most obvious benefit of having a facelift is regaining a natural, youthful appearance. Some of the most blatant signs of aging, like a sagging neck and jawline, can be corrected with a simple mini facelift procedure.

### Fewer Cosmetics

Say goodbye to your bathroom counter full of lotions and potions. A facelift cost may seem expensive initially, but you will likely save money on cosmetics in the long run. Your facelift results will make you feel fresh, lively, and ready to go every morning.

### Long-Lasting Results

Unlike skincare treatments and cosmetics, facelifts produce long-lasting improvements. You can expect the results of your facelift to last up to ten years. After that point, signs of aging may reappear, but your facelift will still slow their progression, helping you age gracefully.

### **Improved Confidence**

The biggest reason why people seek cosmetic surgery is to improve their confidence. A facelift can do more than improve your physical appearance; it can improve your self-confidence. You'll look forward to showing off your gorgeous, natural results!

## **Need a Lift? Schedule Your Consultation**

A facelift is a common, safe, and effective method to reduce signs of aging and regain confidence in your appearance. After considering your facial structure, weight, expectations, and commitment to healthy habits, you're ready to make uplifting changes!

Looking for the best plastic surgeon in Omaha, Nebraska? Have more questions about facelift procedures? With Popp Cosmetic Surgery, you're in good hands!

[Contact us here](#) to learn more and schedule your first consultation!