

Facelift

A facelift, also known as rhytidectomy, is a transformative surgical procedure that **restores youthful contours** and rejuvenates the face. As we age, our skin loses elasticity, facial muscles weaken, and fatty deposits accumulate in various areas. These changes can lead to sagging skin, deep wrinkles, jowls, and an overall tired or aged appearance. A facelift addresses these concerns by **tightening the underlying tissues**, repositioning facial fat, and removing excess skin, resulting in a refreshed and more youthful look.

At **Zannis Plastic Surgery**, [Dr. Zannis](#), a board-certified plastic surgeon, specializes in his unique [AllureLift™](#) as well as several other facelift techniques. With a deep understanding of facial anatomy and a commitment to providing **natural-looking results**, Dr. Zannis offers surgical treatment plans tailored to each patient's unique needs.

If you are considering a facelift or any other cosmetic procedure to **achieve a more youthful and vibrant appearance**, contact Zannis Plastic Surgery today at **(252) 633-1197** or complete an [inquiry form](#) on our website. Our friendly and knowledgeable staff will be happy to assist you in scheduling a personal consultation at our New Bern location. Take the first step towards your aesthetic goals and discover the **rejuvenating power** of a facelift.

Before & After Photos

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The Effects of Facial Aging

There are many aspects of facial aging that affect the way we look. They arise for many reasons, including [\(1\)](#)

- How gravity affects soft tissues
- Suspensory ligaments weakening
- Skin laxity (sagging)
- Changes in facial bone structure

Types of Facelift

Traditional Facelift

A traditional facelift is a **comprehensive procedure** that targets multiple areas of the face and neck. It involves repositioning and tightening the underlying muscles, removing excess skin, and redistributing fat to **restore youthful contours**. This technique is ideal for patients who have:

- Significant Facial Sagging
- Deep Wrinkles
- Jowls

By addressing these concerns, a traditional facelift can create a more defined jawline, smooth out nasolabial folds, and improve overall facial harmony. The facelift is often combined with a neck lift for the most striking results

Our traditional [neck lift](#) surgery is a highly effective option for patients seeking **dramatic and long-lasting results**. This procedure involves making discreet incisions behind the ears and under the chin to access and tighten the underlying muscles (platysmaplasty). Excess skin and fat are then carefully removed or repositioned, resulting in a smoother, **more youthful neck contour**.

Mini Facelift

For those with **milder signs of aging** or who desire a less invasive option, a mini facelift may be the perfect solution. This procedure focuses on specific areas of concern, such as the lower face and neck, and **requires smaller incisions** compared to a traditional facelift. By targeting these specific areas, a mini facelift can effectively tighten loose skin, reduce the appearance of wrinkles, and restore a youthful contour to the face.

What is an AllureLift™?

As a signature and popular facelifting option by Dr. Zannis, the [AllureLift™](#) offers patients comprehensive facial rejuvenation. It combines surgical skills with laser skin resurfacing for effective lifting and skin-smoothing results.

- Dr. Zannis places an inconspicuous incision around the ear to access the subcutaneous tissues.
- He tightens and lifts the underlying SMAS layer that provides soft tissue support. ⁽²⁾
- He removes excess skin in the lower face, jawline and neck.
- After the facelift is complete, he removes excess skin and fatty tissue in the eyelids to rejuvenate the eyes.

- Finally, using a CO2 laser, he erases fine lines, wrinkles, sun spots, and other skin texture and pigmentation issues.

Benefits of a Facelift

A facelift offers **numerous benefits** that can help you achieve a rejuvenated and refreshed appearance. Dr. Zannis at Zannis Plastic Surgery in New Bern is dedicated to providing patients with **natural-looking results** tailored to their individual needs. Here are some of the comprehensive benefits you can expect from a facelift procedure with Dr. Zannis:

- **Rejuvenated Appearance:** A facelift can turn back the clock on aging, helping you regain a more youthful and vibrant look.
- **Smoother, Firmer Skin:** By tightening the underlying facial muscles and removing excess skin, a facelift can significantly improve the texture and firmness of your skin.
- **Reduced Wrinkles and Fine Lines:** One of the most noticeable effects of a facelift is the reduction in wrinkles and fine lines, particularly around the cheeks, jawline, and neck.
- **Improved Facial Contours:** A facelift can restore and enhance the natural contours of your face, creating a more defined and balanced appearance.
- **Increased Self-Confidence:** With a more youthful and rejuvenated appearance, many patients experience a boost in self-confidence and overall satisfaction with their appearance.
- **Enhanced Facial Symmetry:** A facelift can address asymmetry in the face, creating a more harmonious and balanced facial profile.
- **Youthful and Refreshed Look:** The ultimate goal of a facelift is to help you achieve a naturally youthful and refreshed look that enhances your unique features.
- **Long-Lasting Results:** While the aging process will continue, the results of a facelift are long-lasting, allowing you to enjoy your rejuvenated appearance for years to come.
- **Natural-Looking Outcome:** Dr. Zannis takes great care to ensure that the results of your facelift appear natural and harmonious with your overall facial features.

Candidates for a Facelift

Candidates for a facelift are individuals who desire to **address signs of aging** in their face and neck region. These signs may include sagging skin, wrinkles, excess fat, and muscle banding. Whether you are considering a traditional facelift, AllureLift™, mini facelift, or other facial

rejuvenation procedures, it is important to **consult with a board-certified plastic surgeon** like Dr. Zannis.

Ideal candidates for a facelift are in **good overall health**, non-smokers, and have realistic expectations for the outcome of the procedure. Age is not necessarily a limiting factor, as long as the individual is healthy enough to undergo surgery.

Personal Consultation

During your consultation at Zannis Plastic Surgery, Dr. Zannis will assess your specific concerns, evaluate your medical history, and discuss the **various facelift options available** to achieve your desired results. Dr. Zannis will conduct a thorough examination of your facial structures, paying close attention to factors such as skin laxity, muscle tone, and volume loss. This comprehensive assessment enables him to determine the extent of your concerns and establish which type of facelift would be most suitable for you.

Preparing for a Facelift

Dr. Zannis will explain the different **anesthesia options** available for your facelift surgery, including local anesthesia with sedation or general anesthesia. Together, you will decide on the best choice for your comfort and safety. Prior to your facelift, we will require blood tests to **assess your overall health** and identify any potential risks or complications.

It is essential to communicate all current medications, supplements, and herbal remedies you are taking with Dr. Zannis. Certain medications may interfere with the surgical process or recovery, so adjustments or **temporary discontinuation may be necessary**. Smoking can significantly impair the healing process and increase the risk of complications. Dr. Zannis requires patients to quit smoking at least four weeks before their facelift surgery and to **remain smoke-free** throughout their entire recovery period.

As facelift surgery involves the use of anesthesia, it is crucial to **arrange for someone to drive you home** after the procedure. It is also beneficial to have a trusted companion stay with you during the initial stages of your recovery. It is also important to plan ahead and make any necessary lifestyle adjustments, such as taking time off from work, avoiding strenuous activities, and ensuring a peaceful environment for **optimal healing**.

What is Facelift Recovery Like?

After your facelift, you can expect some swelling and bruising in the treated areas. To manage these effects, we will provide you with a **supportive compression garment** and recommend keeping your head elevated above your heart when resting. This elevation helps reduce postoperative swelling.

To ensure optimal healing, we will schedule regular follow-up appointments to allow Dr. Zannis to monitor your progress closely. The number and frequency of these appointments will be determined based on your individual needs. It is crucial to attend these visits to address any concerns or questions and to **receive guidance** on your recovery journey.

The duration of your recovery period will depend on various factors, including the **extent of your procedure** and your body's natural healing ability. Generally, most patients can resume their regular daily activities after two weeks, although this may vary depending on the physical demands of your job. We advise **avoiding strenuous activities** and vigorous exercise for several weeks following your facelift, allowing ample time for your body to heal properly.

Results

Once you have fully recovered from your facelift, you will notice **remarkable improvements** in your facial appearance. Your skin will appear tighter, with reduced wrinkles and sagging jowls effectively eliminated. The procedure will enhance your facial contours and restore lost volume, providing a more youthful and balanced aesthetic. Dr. Zannis takes great care to ensure that any scarring resulting from the procedure is carefully concealed, leaving you with **natural-looking results** that enhance your facial symmetry.

Cost of a Facelift in New Bern

The cost of a facelift can vary depending on several factors, including the specific type of procedure, the **extent of surgery required**, and the individual needs and goals of each patient. At Zannis Plastic Surgery, we understand that cost is an important consideration for our patients, which is why we offer a **range of options** to suit different budgets, starting at \$7,000 for an isolated direct neck lift.

If you're ready to embark on your aesthetic journey toward a more youthful appearance, we invite you to [contact Zannis Plastic Surgery](#) at (252) 633-1197. Our staff will be happy to assist you in scheduling your consultation with Dr. Zannis.

References

1. Yang AJ, Hohman MH. Rhytidectomy. PubMed. Published 2021.
<https://www.ncbi.nlm.nih.gov/books/NBK564338/>
2. Joshi K, Hohman MH, Seiger E. SMAS Plication Facelift. PubMed. Published 2022.
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