

Facelift

A facelift, or a rhytidectomy, is a rejuvenating procedure that raises your facial skin, tissues, and fat to **address visible signs of aging and restore a more youthful-looking appearance.** [\(1\)](#)

Over time, multiple methods to perform this procedure have emerged, with each targeting different regions and concerns across the face. They once relied on tightening only the skin, but this left patients with a distorted and unnatural appearance. Current techniques focus on tightening and elevating the superficial musculoaponeurotic system (SMAS) layer of tissue, or the fibrous tissue network connecting your skin to your deeper facial muscles and tissues, to help you attain results that truly last. [\(2\)](#)

[Dr. Steven J. White](#) is a **double board-certified plastic surgeon** at [USA Plastic Surgery](#). Dr. White is one of less than 2% of plastic surgeons who are certified by **both the American Board of Plastic Surgery and the American Board of Otolaryngology - Head and Neck Surgery**. This means he has received unique training that allows him to precisely manipulate the complex and delicate structures of the face. He believes that there is no singular “best” facelift for his patient, and designs each one around their unique anatomy, aging concerns, and ideal aesthetic. To meet with Dr. White and start working toward a brighter, more refreshed look, please [contact us online](#) or call **(214) 833-6751**.

Before & After Photos

FACELIFT – NECK LIFT – carousel of selected patients –

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About Facelifts

Facelifts are transformative procedures that can enhance the appearance of your face and neck by elevating and tightening your facial tissues. Over time, factors such as aging, genetics, lifestyle changes, hormonal shifts, and environmental stressors can lead to fat descent, poor skin elasticity, and volume loss. While many over-the-counter treatments and anti-aging products boast effective results, most patients would benefit from surgery. With a surgical facelift, Dr. White can help you **address aging changes at a deeper level**, allowing you to almost ‘turn back the hands of time’ and achieve a more youthful look that lasts.

Elegant Precision[™] Facial Rejuvenation (Mulberry #6B3548)

Elegant Precision[™] Facial Rejuvenation is Dr. White's signature approach to restoring your facial aesthetics. "Elegant" refers to achieving results that appear artistic and natural, while "Precision" refers to both the design and execution of the surgical technique.

When performing facelift procedures, Dr. White takes the time to tailor each operation according to the patient's needs. By doing so, he can help them attain refreshed results that maintain their personal identity.

Types of Facelifts

Dr. White can perform several different types of facelifts to address concerns of varying degrees. During your consultation, he assesses your natural facial structure and skin condition to determine the most appropriate course of action.

Elegant Precision[™] Facelift

The *Elegant Precision*[™] Facelift is a **combination of several specialized facelift techniques that have been customized to address your unique anatomy**. Frequently, Dr. White combines an upper facelift (or brow lift) with an upper and lower eyelid lift to rejuvenate the upper face. These procedures are then followed by a lower facelift and neck lift.

Elegant Precision[™] Brow Lift

The *Elegant Precision*[™] Brow Lift can **revitalize the appearance of your upper face** and forehead by elevating your facial tissues and restoring a more open expression to the eyes. This procedure alone can create incredible results, erasing the 'tired, angry' look often associated with the early signs of the aging face. Browlifts may also correct uneven brows or a large forehead. Most commonly, upper and/or lower eyelid lifts are performed at the same time for optimal rejuvenation of the upper face.

Elegant Precision[™] Lower Blepharoplasty/Eyelid Lift

The *Elegant Precision*[™] Lower Blepharoplasty/Eyelid Lift **rejuvenates not only the lower eyelids but also lifts the midface**. Dr. White developed his specialized technique to release tissue attachments at the lower lid margin which allows lifting of the soft tissues at the cheeks, and then uses the protruding lower eyelid fat to blend the lid-cheek junction while removing excess wrinkled eyelid skin, creating smoother, more youthful contours.

Skin-Only Facelift

A skin-only facelift is true to its name; it **only elevates your facial and neck (or cervical) skin**. Dr. White may perform this type of facelift if you have minimal or mild skin laxity and do not require muscle alterations or fat redistribution, which is sometimes used for revision or secondary facelifts.

Mid-Facelift

A mid-facelift is seldom necessary since Dr. White's *Elegant Precision*™ Lower Blepharoplasty/Eyelid Lift has the added benefit of providing some midface lift improving not only the lower eyelids but also accentuating the **cheeks and cheekbones**.

Deep-Plane Facelift

A deep-plane facelift is the foundation of Dr. White's *Elegant Precision*™ Facelift, especially for patients with more significant age-related concerns. This allows true lifting of the face while simultaneously enhancing neck contours. Dr. White's deep – plane, high SMAS, bidirectional facelift **repositions facial skin, malar fat pads, and the superficial musculoaponeurotic system** (SMAS), the layer of tissue and muscle that connects your skin to the deeper structures of your face. ⁽³⁾ This is a tedious, time-consuming procedure where precision plastic surgery and meticulous surgical dissection is essential.

Candidates

You may be an ideal candidate for a facelift if you have found yourself **frustrated by looking in the mirror and seeing an aging face that doesn't reflect how you feel. Loose skin, jowls, and excess wrinkles may occur with loss of facial volume or skin laxity around the middle and lower portions of your face, jawline, and neck**. Ideally, you should be in good overall health with realistic expectations regarding your results. Since any form of nicotine can squeeze blood vessels causing poor healing and unsightly scars, you should be a nonsmoker and commit to not using any form of nicotine at least one month before and two months after facelift surgery. While there is no age requirement to undergo this procedure, most facelift candidates tend to be between 40 and 69 years old, ⁽⁴⁾ as younger patients may not have signs of aging that warrant surgical intervention. During your consultation, Dr. White will determine whether a facelift is appropriate for your case, or if you will benefit from a different treatment.

Personal Consultation

The first step to rejuvenating your appearance is attending a personal consultation with Dr. White. He will thoroughly review your medical history, including your medications and any underlying medical conditions as well as any previous procedures you underwent. He will ask you about your aesthetic goals and concerns and perform a detailed physical examination to **assess your facial anatomy and skin quality**.

Dr. White will then determine what type of facelift is most appropriate and may suggest additional procedures to further enhance your face, including your brows and upper and lower eyelids as well as your face and neck. You will not only learn more about what facelifts entail, but will also **receive a treatment plan tailored exclusively for you**.

To schedule this consultation with Dr. White, we invite you to [contact us online](#) or call **(214) 833-6751**.

Preparation

Dr. White and his team will provide you with detailed preparation instructions to help you optimize your procedure, recovery, and results. These may have you:

- **Adjust Your Medication Intake:** Discontinue taking any medications or supplements that will thin your blood, such as ibuprofen or aspirin.
- **Coordinate Transportation:** Have a trusted friend or relative drive you home and stay with you for the first 24-48 hours of your recovery.
- **Arrange Time Away:** Prepare to take time away from your career, commitments, and other responsibilities.
- **Run Errands:** Fill your prescriptions and prepare your household so that you can easily access anything you need as you recover.
- **Cease Substance Use:** Abstain from consuming any nicotine or alcohol in the weeks leading up to and after your procedure.

Procedure

Dr. White performs each facelift with a doctor (anesthesiologist) ... not a nurse (CRNA or anesthesiologist) ... providing and carefully monitoring your anesthesia. For added safety, he uses a specialized facial nerve monitor during the deep plane portion of your facelift. Meticulous dissection and exceptional results take more time, Although the duration of your procedure may

vary, it is expected to be a full day. Upon arrival, you will be led to a private treatment room where Dr. White will visit with you and answer any questions as he does your preop skin markings. Next, the anesthesiologist will talk with you before going to the operating room where you will receive anesthesia to keep you comfortably asleep throughout treatment. Dr. White will then place several incisions around your ears, hairline, and under your chin to access the underlying structures of your face and neck. He carefully places each incision hiding them along the natural contours of the face for facelift scars that are typically imperceptible. During your facelift, Dr. White will raise facial tissues to a more youthful position, **remove sagging skin, tighten facial muscles with sutures, and remove or reposition facial fat as needed.** He may also replace facial volume with autologous fat taken from other areas of the body, although this may be done later as well.

Before & After Photos

FACELIFT - SCARS - carousel of selected patients

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Recovery

Dr. White's facelift patients typically stay overnight at the hospital and then **return home the next day.** In the days following your procedure, you can expect some swelling, bruising, and general discomfort around the treated areas. These effects typically dissipate after approximately one week. Dr. White's patients are often surprised that due to his meticulous *Elegant Precision*™ Facelift technique, there is little, if any, bruising and minimal discomfort, easily managed with Tylenol.

We recommend that you **begin taking light walks as soon as you feel comfortable**, as this will help improve your circulation. After approximately 1-3 weeks, you will be able to return to desk work and most of your daily activities. However, we ask that you refrain from engaging in anything strenuous for approximately 5-6 weeks, or until Dr. White has cleared you to return. You will **receive a written set of post-operative guidelines** before your procedure. It is essential to follow Dr. White's instructions to allow a safe and quick return to your routine, as well as the best possible results.

Before & After Photos

FACELIFT – EARLY POSTOP carousel of selected patients

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Results

After your facelift, you will notice immediate improvements in your appearance, but your results will continue to refine as residual swelling diminishes. Your results may vary, but you will be able to **enjoy smoother and tighter skin, accentuated facial contours, a sharper jawline, and a more youthful-looking appearance overall**. These results can last for many years, especially when performed by a skilled, double board-certified plastic surgeon like Dr. White.

Cost of Facelifts in Dallas, Texas

Dr. White tailors each facelift according to your natural anatomy and aesthetic goals, which means the pricing of your procedure will vary, yet it is expensive. Dr. White was recognized by *Newsweek* as one of the **Best Plastic Surgeons in America for Facelifts** in 2026, reflecting his years of experience and expertise. What could be a more important investment than your safety and your face? Several factors influence cost, including the scale of your procedure, the specific techniques Dr. White employs, whether or not you include additional procedures, and more. Once Dr. White has met with you individually to establish each of these details, his team will provide a customized treatment plan and **discuss your financial obligations with you**.

FAQ

What concerns can a facelift address?

Facelifting procedures include a neck lift and can address concerns such as sagging skin, facial volume loss, or descending fat across the midface, lower face, jawline, and neck.

Will there be significant scarring after my facelift?

While there will be a degree of scarring, Dr. White will place each incision in areas that can easily blend in with the natural contours and curves of your face.

How long will my facelift recovery take?

The exact length of your recovery will vary depending on the type of corrections you receive, as well as the extent of your corrections. Many of Dr. White's patients can return to work after approximately 1-3 weeks, but they typically need to wait 5-6 weeks to return to more strenuous tasks.

How long will the results of a facelift last?

The results of a facelift are long-lasting, with many patients enjoying their enhancements for up to a decade. To preserve your appearance, we recommend maintaining an effective skincare routine and using proper sun protection.

Can Dr. White integrate other procedures into my treatment plan?

Yes, if you wish to undergo additional treatments for more comprehensive results, Dr. White can help! We recommend attending a consultation so he may provide you with personalized recommendations based on your specific goals and anatomy.

References

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