

Among Top 5 Cosmetic Surgeries is the Facelift: Boston, MA, Surgeon Explains Its Resurgence in Popularity

While it had dropped in rankings in 2015, the rhytidectomy, popularly known as a facelift, [has made a comeback in 2016](#)¹, according to the latest set of statistics gathered by the American Society of Plastic Surgeons. While there are a number of non-surgical ways to rejuvenate the face, nothing compares to the remarkable, lasting results that that can be achieved through a [facelift, says Boston](#)², MA, plastic surgeon [Christopher J. Davidson, MD](#)³.

The facelift is the fifth most popular cosmetic surgical procedure of 2016 with over 100,000 procedures performed, which is an increase of 4 percent from the previous year. The instant, dramatic results from this procedure come with a kind of longevity that other methods, such as fillers and surface treatments, [simply cannot match](#)⁴.

And judging by the prevalence of defining and refining facial filters on mobile apps from Snapchat to Instagram to even Facebook, Americans are have repeatedly demonstrated their interest in wanting to reshape, refresh, and perfect the appearance of their faces.

A [rhytidectomy or facelift](#)⁵ is a cosmetic surgical procedure that can correct visible symptoms of aging in the face and neck, to leave these areas rejuvenated and much more youthful-looking. Some of the concerns a facelift can correct include:

- Deep nasolabial wrinkles and folds such as parentheses and marionette lines
- Jowls
- Slack, loose skin that has started to sag over time
- Areas that hang down due to fat either falling or disappearing, including the appearance of a double chin or a “turkey neck”

Dr. Davidson explains that these effects, and the loss of youthful, dimensional facial contours, can be caused by a number of different factors, such as skin thinning, adverse environmental factors, gravity, loss of facial fat, lifestyle factors, genetics, and even stress.

A facelift can improve several concerns in the face all at once, and can make some patients even look up to 10 years younger.

The type of incisional method a surgeon recommends for a facelift depends on both the patient’s current facial profile, as well as the type and extent of change a patient would like to surgically achieve.

The typical facelift procedural methods include a traditional facelift and a limited incision facelift (or mini facelift).

The incision involved in a traditional facelift usually starts from the temple on each side, continuing downwards around the front of the ear, and finally going around to the back of the ear or lower scalp. A

¹ <https://www.plasticsurgery.org/news/press-releases/new-plastic-surgery-statistics-reveal-focus-on-face-and-fat>

² <http://www.christopherdavidsonmd.com/procedures/facial-surgery/facelift.html>

³ <https://plus.google.com/107572150846769304221>

⁴ <http://www.smartbeautyguide.com/procedures/head-face/facelift/>

⁵ <http://www.news-medical.net/health/Face-Lift-Surgery.aspx>

second incision underneath the chin may be made to improve the appearance of an aging upper and middle neck.

Through these incisions, fat can be removed, redistributed, or sculpted in various parts of the face, jowls, and neck. Tissue underneath is repositioned better, and the muscles may also be tightened and lifted. After these steps, the surgeon can re-drape the skin over these freshly lifted contours and trim away any excess.

While these incisions might initially sound severe, talented surgeons across the United States (and around the world) have continually improved and perfected this technique through years of practice, precision, and careful consideration.

For those patients who have relatively less severe skin sagging or relaxation, a limited incision or mini facelift may be appropriate. This procedure involves creating shorter incisions by the temple and around the ear.

Note that every incision will be made at the most inconspicuous region in the hairline, ensuring that all scars remain well-hidden. Once the surgery is complete, the incisions will typically be closed with dissolvable stitches.

Once you wake up after the operation, you may feel some nausea and/or slight discomfort. This is normal, and can be controlled with medications recommended by Dr. Davidson (please avoid taking any medication that has not been approved by Dr. Davidson). There may also be some swelling and bruising at and around the incision sites, and this will resolve over time as the areas heal.

To minimize nausea during recovery, it is best to consume bland food and liquids, and to stay well-hydrated. As you start to feel stronger, you can gradually start to bring regular, healthy food back into your diet. Walking and switching positions several times a day will improve your circulation, to fight off the onset of any DVT (deep vein thromboses) or blood clots in deep veins.

Dr. Davidson will provide you with a comprehensive set of aftercare instructions.

Dr. Davidson is a Harvard-trained, board-certified plastic surgeon. He strives to educate patients about any procedures they are considering so they may make the best possible decisions for themselves. To learn more about a facelift and determine whether it is appropriate for you, [contact his Boston office online](#)⁶ or by phone at 781.237.7700.

⁶ <http://www.christopherdavidsonmd.com/ask-a-question>