

# What to Ask During Your Facelift Consultation

Your [facelift](#) consultation with a board certified plastic surgeon is a great time to learn more about the procedure, the plastic surgeon and what results you can expect. Before your consultation, we suggest you compile a list of questions to ask. If you are unsure of what to ask, Dr. Jose Barrera can help. Here, the [San Antonio facial plastic surgeon](#) shares important questions to ask during your consultation.

## How many facelifts have you performed?

Once you have determined that your surgeon is board certified, you should find out how many facelift surgeries they have performed. Working with a facial plastic surgeon that is experienced in the procedure you seek ensures that you are being treated by someone with the training to achieve successful results and the knowhow to handle complications. Be sure to ask to view before-and-after photos of the surgeon's patients.

## Is facelift right for me?

Many people go into their plastic surgery consultation thinking they need one surgery when, in reality, another procedure may be more appropriate. It is important to be very candid with your plastic surgeon during your consultation, explaining in detail what your cosmetic needs and goals are. Based on the information you share, your surgeon may suggest facelift or another procedure. In some cases, a combination procedure may be most effective in achieving the desired results.

## How soon after facelift can I go out in public?

Naturally, many patients want to know when they will be well enough to go out in public after surgery. Most patients can anticipate taking one to two weeks off from normal activities. After this, any remaining bruising can usually be concealed with makeup concealer. Keep in mind that each patient heals at a different pace. Your surgeon can give you a more accurate timeline of when you will be ready to resume social activities.

## What are the potential risks and complications of surgery?

Like all surgical procedures, facelift comes with inherent risks. A portion of your consultation should be dedicated to a discussion of all possible risks, and what steps your surgeon takes to minimize them.

## How do I prolong my results?

When expertly performed, the results from facelift can last for many years. However, it cannot completely stop the natural aging process. The right combination of healthy lifestyle habits (e.g., sun protection, healthy diet), skin care products and treatments can prolong your results. Your plastic surgeon can recommend a skin care regimen, including in-office, non-surgical treatments to "touch up" your results from time to time, upon evaluating your unique skin type, needs and goals.



Texas Center for Facial Plastic and Laser Surgery

14603 Huebner Road, Building 1, Suite 101

San Antonio, TX 78230

210.468.5426