

Face and Neck Lift

Aging is a natural process, but it often brings changes to the face and neck that can make you look tired, sad, or older than you feel. Sagging skin, deep folds, and loss of volume in the midface (cheeks) and neck area are common concerns.

A **Face and Neck Lift**, combined with a **Midface Lift**, is a comprehensive surgical procedure designed to address these signs of aging, restoring a more youthful, refreshed, and harmonious appearance. If you are looking to turn back the clock and regain your confidence, this procedure may be the perfect solution for you.

What is a Face and Neck Lift

A **Face and Neck Lift** focuses on tightening sagging skin and muscles in the lower face and neck, while a **Midface Lift** specifically targets the cheeks and central area of the face. Together, these procedures address multiple signs of aging, including:

- Sagging skin and jowls along the jawline.
- Deep nasolabial folds (lines from the nose to the mouth).
- Loss of volume and sagging in the cheeks.
- Loose skin and fat deposits under the chin and neck.
- A tired or aged appearance.

By combining these techniques, Dr. Buğra İpek can create a more balanced and natural-looking rejuvenation.

Who is a Good Candidate for a Face and Neck Lift

This procedure is ideal for individuals who:

- Have noticeable sagging or drooping in the lower face, cheeks, and neck.
- Are bothered by deep folds, jowls, or a lack of facial volume.
- Have good skin elasticity and overall health.
- Are non-smokers or willing to quit smoking before and after surgery.
- Have realistic expectations about the results.

During your consultation, Dr. İpek will evaluate your facial anatomy, skin quality, and personal goals to determine if you are a suitable candidate for this procedure.

The Benefits of a Face and Neck Lift

This combined procedure offers both aesthetic and emotional benefits, including:

- **Restored Facial Volume:** The midface lift restores volume to the cheeks, creating a more youthful contour.
- **Tighter Skin and Muscles:** The face and neck lift tightens sagging skin and muscles, reducing jowls and neck laxity.
- **Smoother Contours:** Deep folds and wrinkles are softened, creating a more refreshed appearance.
- **Enhanced Self-Confidence:** Many patients feel more comfortable and confident in their appearance after surgery.
- **Long-Lasting Results:** The effects of the procedure can last for many years, especially with proper skincare and a healthy lifestyle.

The Face and Neck Lift with Midface Lift Procedure

The procedure is performed under general anesthesia or local anesthesia with sedation and typically takes 3 to 5 hours, depending on the extent of the surgery. Here's what to expect:

1. **Incisions:** Dr. İpek will make carefully planned incisions, which are typically hidden in the hairline, around the ears, and under the chin. These incisions allow access to the underlying tissues.
2. **Midface Lift:** The midface is lifted by repositioning the fat pads in the cheeks and tightening the underlying structures. This restores volume and lifts sagging tissues.
3. **Face and Neck Lift:** The skin and muscles of the lower face and neck are tightened, and excess skin is removed. Fat deposits under the chin may also be addressed.
4. **Closing the Incisions:** The incisions are closed with sutures, and the face is bandaged to support the healing process.

Recovery After a Face and Neck Lift

Recovery time varies for each patient, but most individuals can return to light activities within 1 to 2 weeks. Here's what to expect during the recovery process:

- **Immediate Post-Op:** You may experience swelling, bruising, and mild discomfort, which can be managed with prescribed pain medication.
- **First Few Weeks:** You will need to keep your head elevated and avoid strenuous activities. Most patients can return to work and social activities within 2 weeks.
- **Long-Term Care:** Swelling and bruising will gradually subside, and final results will become apparent within a few months. Dr. İpek will provide detailed aftercare instructions to ensure a smooth recovery.

During your consultation, Dr. İpek will discuss these risks in detail and address any concerns you may have.



Why Choose Dr. Buğra İpek for Your Face and Neck Lift

Dr. Buğra İpek is a highly skilled and experienced plastic surgeon specializing in facial rejuvenation procedures. With a patient-centered approach, Dr. İpek prioritizes your safety, comfort, and satisfaction. He takes the time to understand your goals and creates a personalized treatment plan to achieve natural-looking, proportionate results.

Frequently Asked Questions (FAQs)

1. How long do the results last?

The results of a face and neck lift with midface lift can last for many years, although the natural aging process will continue. Maintaining a healthy lifestyle and skincare routine can help prolong the results.

2. Will I have visible scars?

Scars are an inevitable part of the procedure, but they are carefully placed to be as inconspicuous as possible and will fade over time.

3. Can I combine this procedure with other treatments?

Yes, many patients choose to combine this procedure with other treatments, such as eyelid surgery (blepharoplasty), brow lift, or non-surgical treatments like Botox or dermal fillers, for a more comprehensive rejuvenation.

4. When will I see the final results?

While initial results will be visible once swelling and bruising subside, the final results will become apparent within a few months.

If you're considering a face and neck lift with midface lift, schedule a consultation with Dr. Buğra İpek to discuss your options and take the first step toward a more youthful, refreshed, and confident you.



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