

FACE & NECK LIFTS UNDER THE AGE OF 45*

Your Weekly Newsletter by

Dr. Nick Sieveking

1.15.26

**Patients pictured in this edition are between 35 and 45 years-old.*

Before diving into this important topic, I want to remind readers of our **special contest** that is currently underway. See details below and then continue reading...

Giveaway!
Giveaway!
Giveaway!

See below for details!

REFER & WIN!

Love our weekly newsletter? Share it with friends and WIN BIG! From now through **January 29, 2026**, the subscriber submitting the **most referrals** to

receive our weekly newsletter will win **one of three amazing prizes.**

--PRIZES--

1st Place: **LMNT Micro-pulse PBM Technology™**: An FDA-cleared, at-home energy-based device delivering red and infrared light therapy using clinically validated **830 nm and 633 nm wavelengths**. (Value - \$700)

- Promotes skin elasticity and boosts collagen production
- Clinically shown to reduce fine lines by **10.05%**
- Increases collagen by **14.74%**
- Improves skin barrier function by **27.21%**
- FDA-cleared for the treatment of **acne and hair loss**



2nd Place: Two areas of BOTOX Treatment (Value - \$560)

3rd Place: One Diamond Glow Facial Peel (Value - \$225)

--HOW TO ENTER--

1. **Get your link:** Click the button below to generate your unique "Invite Link."
2. **Spread the word:** Copy that link and drop it in your group chats, email threads, or social media. However you want to share the link works!
3. **Watch the magic happen:** For every friend who joins us, you get a point towards our great prizes. We'll handle the tracking for you! The top three subscribers with the **most referrals** will win!

Winners will be announced after the contest on January 29, 2026. Start sharing today — the more you refer, the better your chances to win!

[Get My Referral Link](#)



“When I grow up, I want to be just like my mother. Except for the drinking.” *-Maya Angelou (1928–2014)*

Maybe you'd like to skip the jowls and double chin as well.

“I didn’t earn this neck. I inherited it.” *-anonymous patient of Dr. Sieveking.*

If your mother or father had a “turkey neck” or jowls at 40, you probably will too —no creams or injectables can fix this genetic trait.

A “30 something”-year-old man or woman can be an excellent candidate for a face and neck lift in the right situation. Chronological age matters far less than anatomy, genetics, and tissue quality.

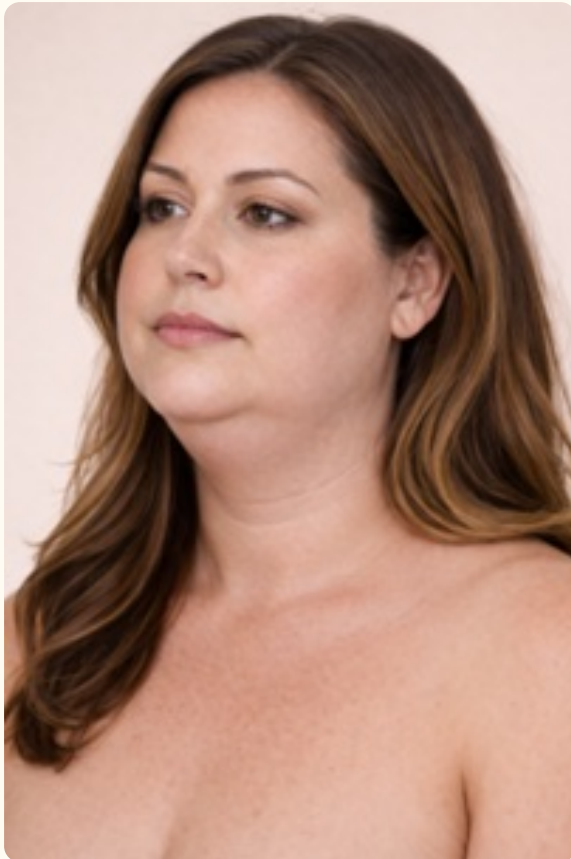
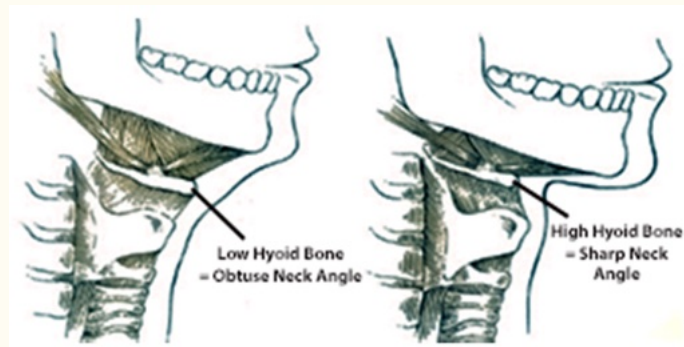
When most people hear the word facelift, they imagine a procedure reserved for later decades of life. While it’s true that I have performed facelifts on patients well into their 80s, I have also performed versions of face and neck lifts in patients as young as their mid-30s. The reason is simple: a facelift is not defined by age—it is defined by anatomy, structure, and individual goals.

Genetics Can Supersede Age

Genetics of the Face and Neck:

- A low **hyoid bone** position can make the neck look “fatty” and full, causing an “obtuse” angle to the neck line, even at a very young age.





Early jowl formation is NOT “premature aging” but due to genetic traits:

- Weak muscle and ligament support along the jawline
- Short, retrusive chin
- Low hyoid bone position
- Thicker jowl fat pad



Full submental fat / obtuse neck angle can make one look overweight, dull, and much older. This is due to:

- Genetic “submental” fat deposit
- Weak ligament support along jawline
- Low hyoid bone position
- Heavy cheek fat pads

** Weight loss will NOT correct this.

These genetic facial traits can be easily corrected by an experienced plastic surgeon at any age!



42 year-old: Facelift, Brow Lift, Lower Blepharoplasty, & Chin Implant

There is no need to live life NOT looking as good and as sharp as you feel.



45 year-old: Just Three Weeks After Facelift

Structural Sagging at a Young Age ≠ Premature Aging

Many 38-year-olds, because of genetics, can have:

- Poor skin elasticity
- Laxity of the SMAS (facial muscles) and platysma muscles (neck muscles)
 - Early jowls
 - Neck bands
- Poor definition of jawline and neck



38 year-old: “Lower” Facelift

Early “Genetic” Jowls Create a Tired or Heavy Look

Even subtle jowling:

- Breaks the jawline
- Ages the lower face disproportionately
- Makes patients look older than peers

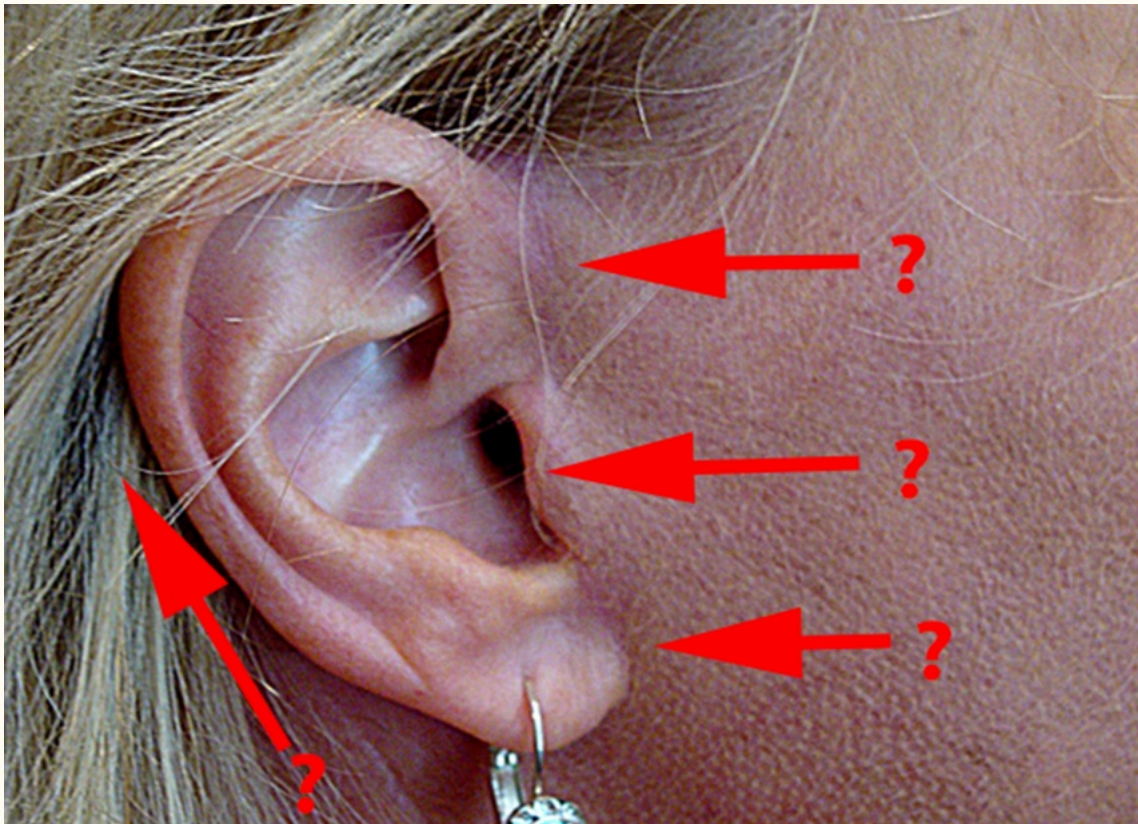


45 year-old: Facelift & Chin Implant

What About the Facelift Scar?

- Hidden=Inconspicuous!
- Follows natural contours of the ear and hides inside the ear canal
- Hidden and tucked behind the ear
- Camouflaged within the hair line
- Done correctly, the scar is NOT detectable...even with hair pulled back in a ponytail

- Even hairdressers have a hard time finding our perfectly-placed facelift scars
- Properly performed, the earlobe looks normal and natural



Where is the Scar?

Early Surgical Correction Prevents Years of Compensatory Injectables & “Non-Invasive” Promises

Do NOT fall victim to repeated fillers, threads, BOTOX, and lasers. Change the genetic architecture at a young age...don't look for a band-aid. A board-certified plastic surgeon who is experienced in the facelift procedure, and who also specializes in lasers and other non-surgical options (fillers, threads, BOTOX, etc.) can give you an **honest** assessment on how to achieve your natural goals.

Patients who use non-invasive aesthetic treatments when trying to avoid facelift often accumulate:

- Overfilled lower face
- Puffy cheeks
- Distorted facial balance



Irreversible! =>Don't Go There!

More Natural Results at a Younger Age

Younger face and neck lift patients typically have:

- Better & quicker healing
- Stronger tissue
- Less skin redundancy
- Less dramatic changes
- Longer-lasting & more natural results

- And, yes, you can safely have another facelift later in life with the same natural, age-appropriate results

Goal for three weeks after face or neck lift: friends are making comments such as “you look great...”, “have you lost weight.”, “have you changed your hair...”, etc.

Click [HERE](#) to View Real Facelift Results by Dr. Sieveking!

**Schedule In-Person or Telehealth
Consult**



- Reserve your appointment on **Friday, February 13**, between **11am - 3pm**. Limited spots!
- GLOW FACIAL: Dermaplane and Hydrating Mask or Glow Peel (beautiful glow with no downtime) PLUS complimentary red light therapy treatment for \$125
- PUCKER UP: celebrate your valentine with Kysse-able lips - 0.5mL syringe for \$350 or Botox lip flip for \$75
- Enjoy \$25 OFF Diamond Glow Facial and 30% OFF DEFY (Bio-regenerative face creme) & Bio-Kana (revitalizing night serum)
- Sips & light bites

Reserve Spot

STAY TUNED!

Be on the lookout for next week's newsletter, "Protein Targets for Healthy Aging."

[Newsletter Archives](#)



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