

The Facelift Journey: A Patient's Perspective

Your Weekly Newsletter

by Dr. Nick Sieveking

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With this newsletter, we revisit the topic of the facelift—but from a different angle. Rather than simply discussing technique and outcomes, we're going to follow a very special patient through her journey: before, during, and after surgery. You will see photographic documentation through the whole journey and video testimony of the experience.

By sharing this information, I aim to demystify the facelift experience and ease concerns about discomfort and recovery, helping patients understand that the process is often far more manageable than they anticipate with amazing, natural, and dreamed about results just weeks away. Please take a moment to view **Part 1** of her journey below:



Most people, as they age, have had that moment—standing in front of the mirror, gently lifting the cheeks or tightening the skin along the neck—just to

catch a glimpse of what once was. In an instant, that simple maneuver can take 10, even 20 years off the face.



I once had a patient who took that concept a step further. She came to my office requesting a neck lift, and at first glance, I told her she didn't need a thing. But then, she reached behind her hair and removed a strip of clear tape she had placed from ear to ear, lifting her neck. In that moment, she aged 20 years right in front of me. It was a striking reminder of how much subtle laxity can impact overall appearance and to what measures people go to maintain a youthful appearance.



Scotch "Magic Tape" \$2.99



Facelift by Dr. Sieveking: *PRICELESS*

The reality is, most people will notice these changes and simply accept them. They won't take the next step toward surgical correction. But nearly everyone wonders what it would be like.

One of the most common questions I hear is: **“Am I ready for a facelift?”**

There isn't a one-size-fits-all answer. Over the last 30 years, I've performed facelifts on patients as young as 34 and as old as 88. I did have a wonderful 99 year old lady request a facelift, but I respectfully told her “no”.

Younger patients are often addressing genetic (non age-related) anatomy— heavier necks, fuller cheeks, or less defined jawlines—while older patients are treating the more classic signs of aging. In both cases, the goal remains the same: natural, life-changing results that never look overdone.



When considering readiness, there are two essential questions:

First—are the physical changes—sagging cheeks, heavy jowls, and a full, ill-defined and sagging neck and jaw line, pronounced enough to justify surgery? That includes both aging and inherited anatomy.

Second—is the patient truly ready? Not just physically, but personally, psychologically, socially, and financially. A facelift is a commitment. While results are designed to be subtle and scars well-hidden, the decision itself is permanent.

Most patients won't be "called out" for having surgery—instead, they hear compliments like, "You look great—what's your secret—have you changed your hair style?"

For many, the process remains deeply private. Patients often don't share their decision, even with close friends, and are hesitant to allow photos to be used publicly. That's why, when someone is willing to share their experience, it's invaluable. It offers an honest look into what the process is truly like—and more importantly, how much simpler and more manageable it is than most people expect.

In fact, among all procedures I perform—face, breast, and body—facelifts are typically the least painful. Most patients require little to no pain medication beyond the first day or two. The real limitation isn't discomfort—it's visibility. Because it's your face, there's a short window where signs of surgery can't be hidden. I generally advise patients to expect about two to four weeks of social downtime, depending on healing and whether additional facial procedures, such as browlift, eyelid, surgery, fat grafting, or rhinoplasty, are performed at the same time as the facelift.

In the sections that follow, we'll walk through this journey step by step—so you can see exactly what to expect, and decide for yourself whether the time is right.

But first, take a look at this patient in just 48 hours and eight days after surgery:





In this photo series, our patient shows excitement about her facelift results just three weeks after surgery:



The healing process after any surgery can take up to a year. As a policy, I don't take "after" photographs for at least three months. At three weeks after surgery,

patients are getting excited and feeling really good about their results. At three months, patients are ecstatic! Before three months, there are subtleties that only I and my patients notice that are still resolving:

- Slight edema, maybe more on one side compared to the other
- Maybe slight skin discoloration as the deeper bruising is still dissipating
- Maybe a slight reddish hue to eyelid scars that still require a bit of coverup makeup
- Maybe Fat grafting sites that are still softening and settling

These subtleties are really only apparent to me and perhaps the patient, but at three months they have dissipated and photographs will show the true “after” result.

The Healing Timeline:

0 to 3 weeks— likely not going out in public yet. Bruising and swelling and suture lines are hard to hide. Only light exercise with minimal exertion.

3 to 6 weeks— definitely comfort with public appearances while looking very good. Awesome results are becoming very apparent. Often, make up is needed to hide the last remaining signs of bruising, and perhaps any slight redness in the scars, particularly if eyelid surgery was performed. Patients often wear their hair down covering their ears. The facelift scars are typically still a little “pinkish” at this point. More intense exercise is possible, particularly after the first month.

6 to 12 weeks— patients look fabulous. No make up is typically needed. Full exercise without restrictions.

The Process of Booking your Facelift

The Consultation- this can be done in person or through our telehealth platform. We love telehealth. Most of our out-of-town patients have met us initially from a remote location. Most questions can be answered and surgical “readiness” can be confirmed simply from a video conference call.

Preoperative Visit- this is the in person visit with Dr. Sieveking in his staff. Typically done around a week before the scheduled surgical date. But it certainly can be done, particularly for our out-of-town patients, the day before surgery to save on added travel time. At this visit, “before” photographs will be documented. Patients and their family will be thoroughly educated as to the process of getting ready for surgery and getting care after surgery. Prescriptions will be filled, and all of the patient's questions will be answered.

Surgery Day- surgery will be performed in our certified outpatient surgery center **Grassland Surgery Center** in Franklin, TN. Our facilities is brand new and “state-of-the-art”.

Grassland Surgery Center is just 10 miles from downtown Nashville but very private and exclusive. We specialize only in plastic surgery at our center. There is always a board certified anesthesiologist on site.

Day #2 After Surgery- Dr. Sieveking will meet you at his office (located at **Grassland Surgery Center**). During this checkup, Dr. Sieveking will assess how the healing is proceeding. He will change the light dressing wrap around your chin and remove the drainage tubes.

Day #4 After Surgery- this is the day where patients can easily remove the wrap around their chin and take a full shower, obviously with caution.

Day #7 After Surgery- all non-dissolvable sutures are removed. At this point, out of town patients can travel home either flying or driving.

Day #21 After Surgery- for in town patients this is a great time for a check up. For out-of-town patients, Dr. Sieveking likes to schedule a video conference meeting.

If you are considering a facelift, we invite you to schedule a consultation with Dr. Sieveking, either in person or video conference. For patients traveling from out of town, an initial video consultation is recommended. Our team can assist with coordinating travel and accommodations to ensure a seamless experience during your visit to Nashville.

SCHEDULE CONSULT

Mother May I?



Honor You with a Day of
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at

 **more** *glow*
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at Sieveking Plastic Surgery

We are celebrating this Mother's Day season with **25% OFF Hydrafacials, Diamond Glow facials, and Pure Brilliance treatments from May 1-15, 2026.** Call today to book an appointment for yourself or the special mother in your life.

Schedule Now!

STAY TUNED!

Be on the lookout for next week's newsletter, "*From Injury to Optimization: The Functional Orthopedic Model.*"

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Sieveking Plastic Surgery

1200 Old Hillsboro Rd., B2,
Franklin, TN 37069
info@sievekingplasticsurgery.com
615-321-1010

[Unsubscribe](#)

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615-678-7784