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The Roadmap for Facelift & Necklift

ANATOMY / TECHNIQUE / NATURAL RESULTS



PATIENT EDUCATION • SURGERY ROADMAP

Facelift + Neck Lift

A considered roadmap for preparing well, understanding early recovery, and allowing facial and neck contours to refine over time.

Preparation is part of the journey

Facelift and neck lift surgery is a process of planning, surgery, healing, and gradual refinement. Because the face and neck are closely connected, treatment is built around individual anatomy, priorities, and the relationship between facial contour, jawline, and neck.

What this roadmap is designed to do

- Understand how the face, jawline, and neck may be evaluated together.
- Know what to discuss before surgery, from goals and medical history to schedule and support at home.
- Understand the difference between early postoperative changes and a more settled appearance.
- Plan for recovery with flexibility rather than one universal timeline.

Review Of Your Surgical Plan

FACELIFT + NECK LIFT

ANATOMY & PLANNING

A CLOSER LOOK AT THE AREAS
THAT WORK TOGETHER

*The face and neck
are treated as a whole —
because your best result
comes from balance.*

FACIAL SKIN

Provides structure
and surface quality.

SOFT TISSUE

Includes fat and
connective tissue that
shape your contours.

JAWLINE

Defines the lower face
and creates balance
with the neck.

NECK CONTOUR

Includes skin, platysma
muscle and underlying
tissues for a smooth,
defined neck.



THE LAYERS

*Each layer plays a role in
creating a natural, lasting
result.*



Consultation considers the areas most important to your goals, including facial skin and soft tissue, jawline, neck contour, fat distribution, and how these areas relate to one another. The goal is not simply to decide how much to lift but to establish a thoughtful plan for proportion, contour, and facial balance.

Your consultation is where the roadmap becomes personal.

- Identify the changes you would like to improve and the features you want to preserve.
- Discuss the proposed facelift and/or neck lift approach and why it is appropriate for your anatomy.
- Review medical history, medications, supplements, allergies, prior procedures, and anesthesia considerations.
- Discuss preparation, aftercare, activity, work, travel, social plans, and support at home.
- Confirm which detailed pre- and post-operative instructions apply specifically to you.

Important

This roadmap is educational and does not replace individualized pre- or post-operative instructions. The exact procedure, technique, anesthesia plan, medications, testing, activity restrictions, and aftercare are determined by the surgical team.

The physical and emotional timeline

Early recovery is usually the most structured period, but facelift and neck lift results continue to evolve for months. Swelling, bruising, tightness, numbness, or altered sensation may occur, and the final contours may take up to a year to fully settle.

FIRST 24-72 HRS	WEEK 1	WEEKS 2-4	MONTHS 1-3	MONTHS 3-6	MONTHS 6-12+
PROTECT	RESET	RE-ENTER	SETTLE	REFINE	MATURE
Rest, support, and follow instructions.	Swelling and bruising may be noticeable.	Routines may gradually resume as cleared.	Swelling gradually decreases, and contours begin to emerge.	Tissues continue to soften and adapt.	Final contours and the overall result continue to settle.

Timing varies with the procedure, technique, health, and individual healing. Facelift and neck lift results may continue to mature for up to a year. The surgical team's instructions take priority.

Understanding the neck

The neck is not an isolated area. Its contour is considered in relation to the jawline and lower face.

- Discuss skin laxity, soft-tissue position, submental fullness, and overall neck contour as relevant to your anatomy.
- Ask how the neck component complements the facial component.
- Not every structure in the neck can be reduced or contoured. Some structures are essential to normal function and must be preserved for safety.

Preparing your body

- Give the practice a complete and current picture of your health.
- Review every medication and supplement with the practice rather than stopping or changing anything independently.
- Follow the office's instructions regarding nicotine or smoking, skin preparation, eating/drinking, testing, and medical clearance.

Preparing your home and support system

A calm recovery environment can make the first days easier.

- Arrange transportation and support recommended by your team.
- Prepare comfortable clothing, simple meals, hydration, and a place to rest.
- Plan childcare, pet care, household responsibilities, and other commitments in advance.

Preparing your calendar

Recovery should have a place on your calendar.

- Build flexibility around work, social events, exercise, and travel.
- Discuss important events with the practice before scheduling surgery.
- Ask when specific activities may resume for your procedure.

Understanding early healing

- Swelling and bruising can temporarily change jawline and neck definition.
- Tightness or altered sensation can occur as tissues heal.
- Early asymmetry or contour changes should be assessed in the context of healing and follow-up.
- Contact the office if a symptom concerns you or differs from your instructions.

Understanding symmetry

- Perfect symmetry cannot be guaranteed. Natural asymmetries may remain or persist after healing, and surgery cannot promise perfection.

Understanding the goal of surgery

- Facelift and neck lift surgery works with tissues that have experienced years of aging and change. The goal is not to recreate how you looked at 20 but to create a refreshed and natural result while preserving your individual characteristics.

Understanding long-term results

- Surgery does not stop the aging process. Your face will continue to age and change naturally over time, and gravity will continue to affect the tissues. Surgical results are not permanent, but they can provide a lasting improvement in your overall appearance.

Questions worth bringing to your appointment

- What is the primary goal of my facelift and/or neck lift?
- How do you evaluate my face and neck together?
- What will be done, and why?
- What should I expect during the first 24–72 hours?
- Which medications, supplements, products, or habits need adjustment?
- When can I return to work, exercise, social activities, and travel?
- Which symptoms should prompt a call?
- What should I prepare at home?

Communication is part of preparation

Keep your practice-provided instructions accessible and contact the office when something is unclear rather than changing your routine based on online advice or another patient's experience.

Your recovery is part of the result

Give the face and neck time to heal, follow the individualized plan, attend follow-ups, and remember that early swelling is not the final contour.



Ready to plan your next step?

A consultation is an opportunity to understand your goals, anatomy or treatment area, options, preparation, and recovery journey before making a decision.

SCHEDULE A CONSULTATION