

NARASIMHAN

P L A S T I C S U R G E R Y



THINKING ABOUT A FACE LIFT?

A COMPREHNSIVE GUIDE FOR
PROSPECTIVE PATIENTS

By Dr Kailash Narasimhan

Serving St. Petersburg, Tampa and the Greater Tampa Bay Area

Introduction

A thoughtful Approach to Facial Rejuvenation



Choosing to undergo a facelift is a deeply personal decision—one that goes beyond aesthetics. It reflects a desire to look as vibrant, energetic, and confident as you feel internally. For many patients, facial aging can create a disconnect between how they feel and how they appear to others. A facelift, when performed with precision and artistry, restores harmony rather than altering identity.

This guide is designed to walk you through every aspect of the facelift journey—from initial consultation to long-term results—so you can make an informed, confident decision. The goal is not simply to educate, but to provide clarity, reassurance, and a realistic understanding of what modern facial rejuvenation can achieve.

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PLASTIC SURGERY

Understanding Facial Aging

Before discussing surgery, it's important to understand what actually causes the face to age.

Facial aging is a multi-layered process involving:

- **SKIN LAXITY (LOSS OF ELASTICITY AND COLLAGEN)**
- **DESCENT OF DEEPER FACIAL TISSUES**
- **VOLUME LOSS IN FAT COMPARTMENTS**
- **MUSCLE CHANGES, PARTICULARLY IN THE NECK (PLATYSMA)**
- **BONE REMODELING OVER TIME**

Many patients believe aging is primarily a skin issue. In reality, the most significant changes occur beneath the surface. This is why older facelift techniques that simply “pulled the skin tight” often looked unnatural.

Modern facelift surgery—especially as performed by Dr. Kailash Narasimhan—focuses on repositioning deeper structures to restore youthful contours in a natural, long-lasting way.

WHO IS A GOOD CANDIDATE FOR A FACELIFT?

The ideal facelift patient is not defined by age alone. Instead, candidacy is based on anatomy, goals, and overall health.

Common Characteristics of Ideal Candidates



Visible sagging along the jawline (jowls)



Loss of definition between the face and neck



Skin laxity in the lower face



Neck fullness or banding



Good overall health



Realistic expectations

Patients in their 40s, 50s, 60s, and beyond may all be excellent candidates depending on their degree of aging.

WHEN IT MAY BE TOO EARLY

Some younger patients may benefit more from :



Non- surgical treatments



Skin tightening procedures



Volume restoration (fillers or fat grafting)

A consultation helps determine the right timing.

The Consultation Process

WHAT TO EXPECT:

The consultation is one of the most important steps in your journey. It sets the foundation for your results and ensures alignment between your goals and the surgical plan.

Step 1: Understanding Your Goals

You'll begin with a detailed discussion about:

What concerns you most
What you would like to change
What kind of result feels “right” to you

Many patients say things like:

“I LOOK TIRED ALL THE TIME”
“MY JAWLINE HAS DISAPPEARED”
“MY NECK BOTHERS ME IN PHOTOS”

These concerns guide the surgical plan.



Step 2: Facial Analysis

A thorough facial examination is performed, evaluating:

- Skin quality and elasticity
- Degree of tissue descent
- Jawline definition
- Neck contour
- Muscle banding
- Volume loss
- Symmetry

THIS IS NOT A ONE-SIZE-FITS-ALL PROCESS—EACH FACE IS ANALYZED INDIVIDUALLY.

Step 3: Professional Photography

High-quality photography is essential. These images serve multiple purposes:

Baseline documentation

Surgical planning

Patient education

Before-and-after comparison

High-quality photography is essential. These images serve multiple purposes:

Frontal

Profile

Oblique

Neck-focused images

STEP 4: REVIEWING BEFORE AND AFTER

You will review real patient results to understand:

What a facelift can achieve
Differences between techniques
Realistic outcomes

Importantly, photos are selected to match your facial type and concerns
as closely as possible.

STEP 5: DISCUSSION OF SURGICAL OPTIONS

Depending on your anatomy, the plan may include

Facelift (deep plane or SMAS-based)
Neck lift
Eyelid surgery (blepharoplasty)
Brow lift
Fat grafting

The goal is harmony—not isolated correction.



Step 6: Pricing and Logistics

You will receive a detailed breakdown including:

- Surgical fees
- Facility fees
- Anesthesia costs
- Postoperative care

SCHEDULING OPTIONS AND TIMELINES ARE ALSO DISCUSSED.

Facelift Techniques: The Modern Approach

Why Technique Matters

- Not all facelifts are the same.
The technique used significantly affects:
- How natural the result looks
- How long results last
- Recovery time
- Risk profile

The Deep Plane Facelift

Dr. Narasimhan utilizes advanced techniques such as the deep plane facelift, which addresses aging at its structural level.

Key Features:

- Repositions deeper facial layers (not just skin)
- Releases retaining ligaments
- Lifts midface and jawline as a unit
- Creates natural, tension-free results

Benefits:

- More natural appearance
- Longer-lasting outcomes
- Avoids “pulled” or “tight” look
- Better improvement in nasolabial folds

NECK LIFT INTEGRATION

The neck is inseparable from the face
in aesthetic terms.

A comprehensive neck lift may include:

- Removal of excess fat
 - Tightening of platysma muscles
 - Redraping of skin
- This creates:
- Sharper jawline
 - Defined cervicomental angle
 - Smoother neck contour

INCISION PLACEMENT AND SCAR DESIGN

Incisions are carefully placed:

- Along natural creases around the ear
- Behind the ear
- Within the hairline

The goal is for scars to be:

- Well-hidden
- Fine and discreet
- Nearly invisible once healed

The Surgical Experience

Day of Surgery

- Procedure performed in an accredited surgical facility
- General anesthesia or deep sedation
- Duration: typically 3–5 hours depending on complexity

IMMEDIATELY AFTER SURGERY

- Dressings applied
- Possible drains (depending on technique)
- Monitored recovery

Patients go home the same day with detailed instructions.

RECOVERY: WHAT TO EXPECT

Recovery is often more manageable than patients expect.

Week 1

- Swelling and bruising peak
- Rest and limited activity
- Head elevation important

Week 2

- Sutures removed
- Bruising significantly improves
- Return to light social activity

Weeks 3–4

- Continued refinement
- Most swelling resolves
- Resume normal activities

3–6 Months

- Final contours become visible
- Tissues settle naturally



Managing Expectations

A successful facelift is not about looking different—it's about looking like a refreshed version of yourself.

What a Facelift Can Do

- Restore jawline definition
- Smooth neck contour
- Reduce sagging
- Create a youthful profile

What It Does Not Do

- Stop aging
- Completely eliminate all wrinkles
- Replace skin quality treatments

Longevity of Results

Facelift results typically last:

- 10–15 years

Factors influencing longevity:

- Genetics
- Lifestyle (sun exposure, smoking)
- Skin care



Risks and Safety

All surgery carries some risk, though complications are uncommon.

Potential risks include:

- Bleeding
- Infection
- Nerve injury (rare)
- Scarring
- Asymmetry

CHOOSING AN EXPERIENCED SURGEON SIGNIFICANTLY MINIMIZES THESE RISKS.

COMBINING PROCEDURES FOR OPTIMAL RESULTS

Facelift is often combined with:

Eyelid Surgery

- Removes excess eyelid skin
- Brightens eye appearance

Brow Lift

- Elevates drooping brows
- Opens upper face

Fat Grafting

- Restores lost volume
- Enhances contours

Emotional and Psychological Considerations

Patients often report:

- Increased confidence
- Improved self-image
- Greater comfort in social settings

However, it's important to approach surgery with:

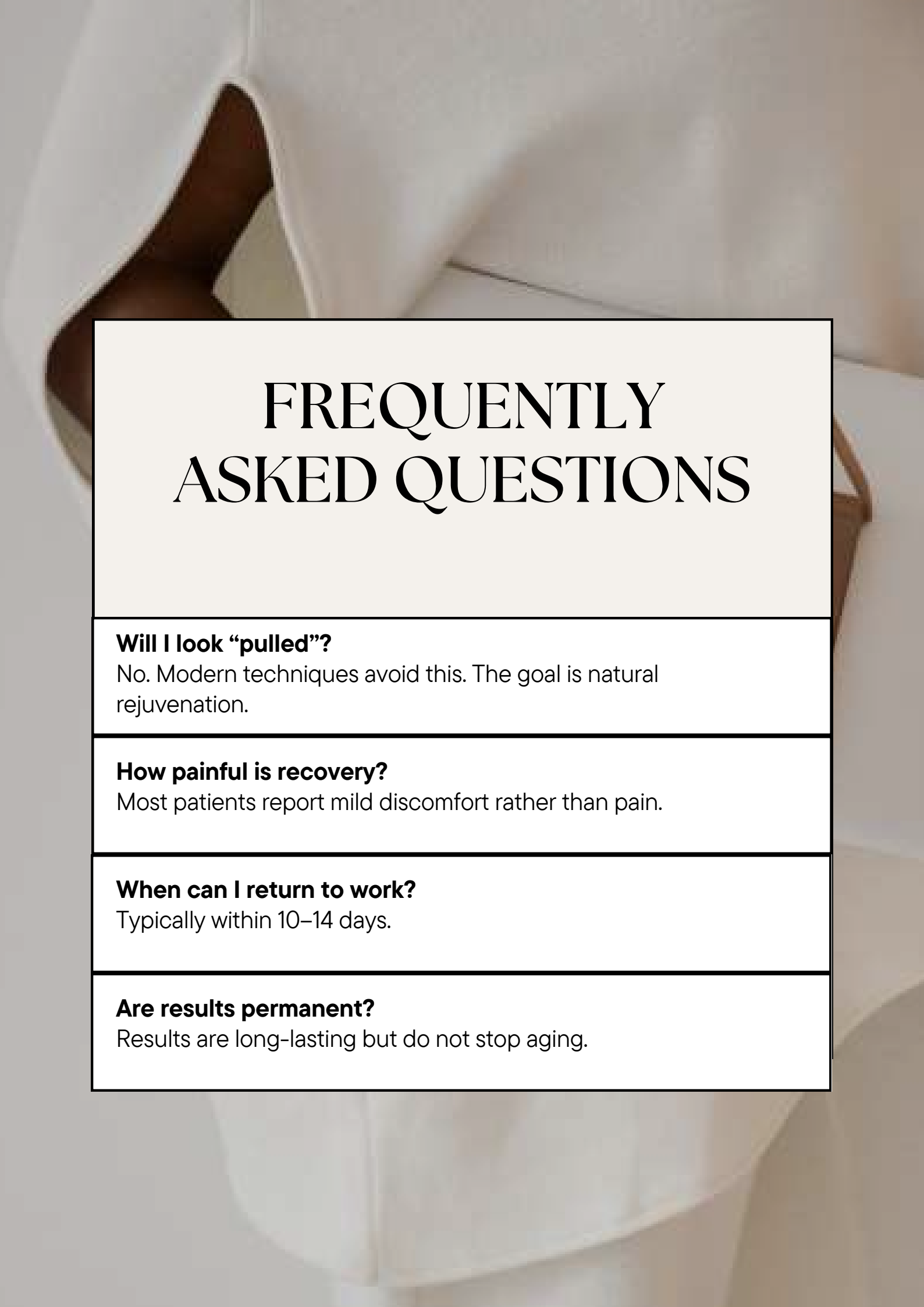
- Realistic expectations
- Healthy motivation
- Personal—not external—goals

WHY CHOOSE DR. KAILASH NARASIMHAN

Patients in St. Petersburg, Tampa, and Tampa Bay choose Dr. Narasimhan for:

- Advanced surgical techniques
- Natural, refined results
- Personalized care
- Attention to detail
- Comprehensive consultation process

His approach blends science and artistry to create outcomes that are elegant and enduring.



FREQUENTLY ASKED QUESTIONS

Will I look “pulled”?

No. Modern techniques avoid this. The goal is natural rejuvenation.

How painful is recovery?

Most patients report mild discomfort rather than pain.

When can I return to work?

Typically within 10–14 days.

Are results permanent?

Results are long-lasting but do not stop aging.

FINAL THOUGHTS

A facelift is not just a procedure—it is a journey. When performed thoughtfully, it restores not only youthful contours but also confidence and self-assurance.

If you are considering a facelift, the most important step is a consultation. This allows you to understand your options, visualize potential outcomes, and make an informed decision.

SCHEDULE YOUR CONSULTATION

If you are in St. Petersburg, Tampa, or the greater Tampa Bay area and are considering a facelift, we invite you to schedule a personalized consultation with Dr. Kailash Narasimhan.

This is your opportunity to explore what is possible—and take the first step toward a more refreshed, confident version of yourself.

OUT OF TOWN PATIENTS

As Dr. Narasimhan is a national speaker and expert in facial rejuvenation patients seek his expertise from across the country. We have several options for accommodations close to the office and a virtual platform to see consultations that are out-of-town.

Hilton Lake Carillon

Address: 950 Lake Carillon Dr, St. Petersburg, FL 33716

Get There: across street from office

Phone: (727) 540-0050

<https://www.hilton.com/en/hotels/piecahf-hilton-st-petersburg-carillon-park/>

Renaissance Marriott Hotel Tampa

Address: 4200 Jim Walter Blvd, Tampa, FL 33607

Get There: 24 min from office, 5 min from TPA airport

Phone: (813) 877-9200

<https://www.marriott.com/en-us/hotels/tpaim-renaissance-tampa-international-plaza-hotel/overview/?scid=f2ae0541-1279-4f24-b197-a979c79310b0>

Grand Hyatt Hotel Tampa

Address: 2900 Bayport Dr, Tampa, FL 33607

Get There: 24 min from office, 5 min from TPA airport

Phone: (813) 874-1234