

[Style](#) > [Beauty](#)

A Snob's Guide To... Getting a Facelift

How to approach your first facelift 101: the questions to ask, how to prepare your body, the post-op treatment add ons and recovery need to know. It's all here.

BY [APRIL LONG](#) PUBLISHED: JUN 23, 2025



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“You should expect a professional diagnostic experience, not a sales pitch,” says New York plastic surgeon Dr. Adam R. kolker.

“A proper consultation includes a thorough history, physical exam, detailed facial analysis, and a candid discussion of surgical and nonsurgical options. The best consultations are collaborative. They help patients understand not just what can be done, but why certain choices matter based on trade-offs, goals, and anatomy.”