

The Cost of Recovery

Aftercare, private nursing, hyperbaric oxygen therapy—how to budget for everything that follows an out-of-town facelift [update]



JOLENE EDGAR

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U *pdate: One of the surgeons featured here, Carey Campbell, MD, recently relocated from Memphis to Philadelphia, so I've updated the post to reflect her new recovery stats. You can find Dr. Campbell at [Stark MD Plastic Surgery](#).*

We talk a lot about the [rising cost of facelifts](#). People seem to find the topic endlessly fascinating/infuriating, which I get. A few years ago, six-figure facelifts made [headlines](#). Today, they've become almost expected.

Friends and followers are sometimes surprised to learn that the big plastic surgery organizations, like the [American Society of Plastic Surgeons](#), [The Aesthetic Society](#), and the [American Academy of Facial Plastic and Reconstructive Surgery](#), put the average surgeon's fee for a facelift between \$10,000 and \$25,000. This may seem overly optimistic (or downright preposterous) to those who are currently in the consultation trenches and receiving quotes for ten times these amounts.

Recently, a reader wrote me about her search for a competent and compassionate facelift surgeon who doesn't cost a fortune. We brainstormed surgeons in her area, but even the reputedly "affordable" ones still *started* around \$60K. This resourceful reader then discovered a facial plastic surgeon who seemingly checked all the boxes for training, safety, experience, results, reviews, and bedside manner. For a deep plane face and neck lift, plus anesthesia, her quote was about a third of those other "affordable" estimates. Her rate was reasonable. Really reasonable. Maybe a little too reasonable? "How sad that her price is making me nervous," my reader wrote. "We've been conditioned to expect insane fees."

It's true. I often marvel at the number of people signing up for the procedures I report on, especially when so many are traveling out of state for surgery. Because, then, there's not only the surgeon's fee, anesthesia, and facility costs, but transportation *plus* everything that follows the facelift: the aftercare facility (for a night or two), the hotel (for a week or two), the private nursing (for at least the first 24 hours), the recovery-appropriate meals, and the hyperbaric oxygen treatments, which are generally recommended if not required post-op. My brain almost has trouble computing the dollars involved, particularly in plastic-surgery meccas like New York City and Beverly Hills.

Since I'm guessing some of you might feel the same, I reached out to surgeons across the country to try to get an idea of the real cost of facelift [recovery](#), which, for out-of-town patients, can include up to 14 days of accommodations. Working with their patient care coordinators, these 10 surgeons came through with some illuminating facts and figures, which I hope you'll find helpful.

Beverly Hills

[Daniel J. Gould](#), MD, PhD, board-certified plastic surgeon

Stay: We typically send out-of-town patients to [Immortelle](#) at the Four Seasons for the first night after surgery. Once they leave the aftercare, we recommend they stay at the [Mosaic Hotel](#), across the street from our office. We ask patients to fly in the day before surgery—to meet with us, take photos, get their medications—and to stay in town for at least seven days after.

Cost: At Immortelle, the rate starts at \$2,800/night for the room plus full-time nursing care, meals, and transportation. For our facelift and tummy tuck patients, we actually cover this cost for the first night, as we believe [it's essential for them to be watched over and cared for](#) within the first 24 hours, and we understand that, financially, it can seem like a burden. At Mosaic, prices range from \$220 to \$370/night, but can go as high as \$500/night during busy times of the year.

Nursing: Private duty tends to run from \$75/hour to \$110/hour for some of the top nurses in the field.

Extras: In addition to the first night of aftercare, we cover a second CO2 laser or Morpheus8 session for facelift patients (usually done six weeks to three months after surgery and the initial energy treatment), plus CO2 to the incisions over the course of a year, and Alastin skin care to help with inflammation, bruising, and swelling. This adds up to around \$10,000 of care. We do *not* cover the one hyperbaric session that we require patients to do the day after surgery, which is around \$500 a session.



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[Kameron Rezzadeh](#), MD, board-certified plastic surgeon

Stay: Our practice has negotiated special rates with [Immortelle Med](#), [Pearl Wellness Center](#), [Prestige Surgical Aftercare](#), and [Aura AfterCare](#). Patients either stay at one of these facilities for one night or at a hotel under the supervision of a nurse.

Cost: Immortelle offers various rates for different levels of care. A deluxe room with full-time nursing, plus food, supplies, and transportation can cost about \$3,200/night. They offer less-inclusive packages at lower price points. The other aftercares offer similar amenities. Pearl is about \$2,300/night; Prestige, \$2,099/night; and Aura starts at \$1,800/night. If our coordinator contacts the facility directly and explains that the patient will stay more nights if a special rate is offered, that tends to go over well. We advocate for our patients and recognize that aftercare can be expensive, especially if not booked well in advance.

Nursing: The lowest rate I've heard from our patients in LA is \$120/hour. By contrast, when I perform facelifts in Palm Springs, the nursing staff there is around \$500/night (they go to the patient's home).

Extras: Aftercare facilities with hyperbaric chambers are much more attractive to facelift surgeons, given the importance of these treatments in the post-op process. I find it can add to patients' suffering to have to be shuttled from place to place early in the recovery process, which is why I visit them at their aftercare or hotel, provided it's close to my office. More trips out of the aftercare equal more stress, which tends to translate to the perception of a rockier experience overall.

[Babak Azizzadeh](#), MD, double board-certified facial plastic surgeon

Stay: For an aftercare experience, we recommend [Pearl Recovery Retreat](#). Local hotels that are popular with our patients include the [Maybourne](#), [Sirtaj](#), the [Beverly Hills Marriott](#), and [AKA](#).

Cost: Our office has negotiated reduced hotel rates for our patients, but pricing can vary based on the season, local events, the type of room, and hotel occupancy. The approximate fee for aftercare is \$2,500/night, which includes a private room, nursing care, and transportation to the facility after surgery and to follow-up appointments. We recommend staying two to four nights.

Nursing: Almost all of our patients choose Pearl over having a nurse care for them at a hotel. If a patient wants private-duty nursing, that can be arranged through Pearl.

Charlottesville

[Elizabeth Chance](#), MD, double board-certified facial plastic surgeon

Stay: For our out-of-town patients, we typically recommend [Keswick Hall](#), which offers a wide range of amenities, including a curated recovery menu, a Jean-Georges restaurant, and complimentary BMWs for guest use, so there's no need to rent a car. We also recommend [The Clifton Inn](#) and [Stay Charlottesville](#).

Cost: We've arranged preferred rates with these partners, which start around \$175+ per night, depending on the season and room type. For The Clifton, rates usually vary from \$300 to \$420 per night. Keswick Hall ranges from \$500 to \$1,500 a night and Dr. Chance's patients receive 20% off their best available rate.

Nursing: For post-operative care, we provide 12 hours of overnight concierge nursing (7:00 PM to 7:00 AM) on the first night, with the option to extend. Nursing care begins at \$150 per hour, and we do require all patients to have a qualified caregiver for the first 72 hours following surgery.

Extras: As part of our recovery package, we include three hyperbaric oxygen therapy sessions with [Charlottesville Hyperbarics](#) to help patients heal quickly and comfortably.

Indianapolis

[Mark Hamilton](#), MD, double board-certified facial plastic surgeon and chair of the public information committee for AAFPRS

Stay: We generally ask facelift patients to stay in the area for two weeks, ideally, but a minimum of 10 days. We recommend they spend the first night in the surgery center, which provides a hotel-room setting and 24-hour nursing care, plus meals. After that, they're welcome to stay in a hotel, preferably with a family member or friend.

Cost: An overnight stay at the surgery center in Carmel, Indiana costs \$880. The nearby [Homewood Suites by Hilton](#) offers a medical rate of \$164 to \$190 a night.

Nursing: [Indiana Concierge Health](#) can provide a registered nurse for \$85/hour. For around \$100/hour, patients can book a companion through [Alliance Care](#). This person is *not* a registered nurse, but they can pick up the patient from the surgery center and drive them to the hotel, take them to the pharmacy, and help them get settled in.

New York City

[Sam Rizk](#), MD, double board-certified facial plastic surgeon

Stay: Our out-of-town patients stay in a hotel like [The Lowell](#), [Sonesta](#), or [The Mark](#), with private nursing care. Dr. Rizk sees patients the day before surgery; they can usually travel home 14 days after.

Cost: The Lowell and Sonesta offer preferred pricing for patients. The Lowell is \$800 to \$900/night. The Sonesta is closer to \$500/night. While there is no preferred practice rate at The Mark, it is a popular luxury option for our recovering patients. A standard junior suite at The Mark goes for \$1,600 to \$1,800/night.

Nursing: We encourage private nursing care for the first 48 hours post-surgery. The estimated cost is \$120/hour, paid to the nurses directly. Nurses can assist with meal planning and coordinate car service to and from follow-up appointments.

Extras: We recommend starting hyperbaric oxygen therapy on day 3 or 4 post-op, after 48 hours of icing. Patients cover the cost of these sessions.



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“UNFILTERED: My Surgery Diaries” Episode 4, Day 1: Dr Rizk Visit.

I'll just repeat the disclaimer here: I cannot be held responsible for anything I say, the way I look, and the tragic downfall of my hard work blowout. 😊😭

But don't focus on me... 😊 focus on Dr. Rizk and all of the important post-op info he's sharing with us girlies and the ART that are my incisions! 😊 Thank you @drsamrizk! So much love you and your entire team! 🧡🩺🩸👩

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[Sean Alemi](#), MD, double board-certified facial plastic surgeon

Stay: We normally ask patients to stay in town for nine or 10 days. The [Gardens Sonesta ES Suites New York](#) and [The Hotel Beacon NYC](#) offer corporate rates to our recovering patients. Both have kitchenettes, which are helpful for preparing meals and keeping ice packs cold. Alternatively, patients can stay at the recovery suite in our office. After surgery, they're moved from the OR to the recovery room.

Cost: The Gardens Sonesta usually runs \$536/night, but with our special rate, it's closer to \$450. With our rate at the Hotel Beacon, the nightly cost is around \$365 to \$400. A single-night stay in our recovery suite, with a nurse, costs \$2,500.

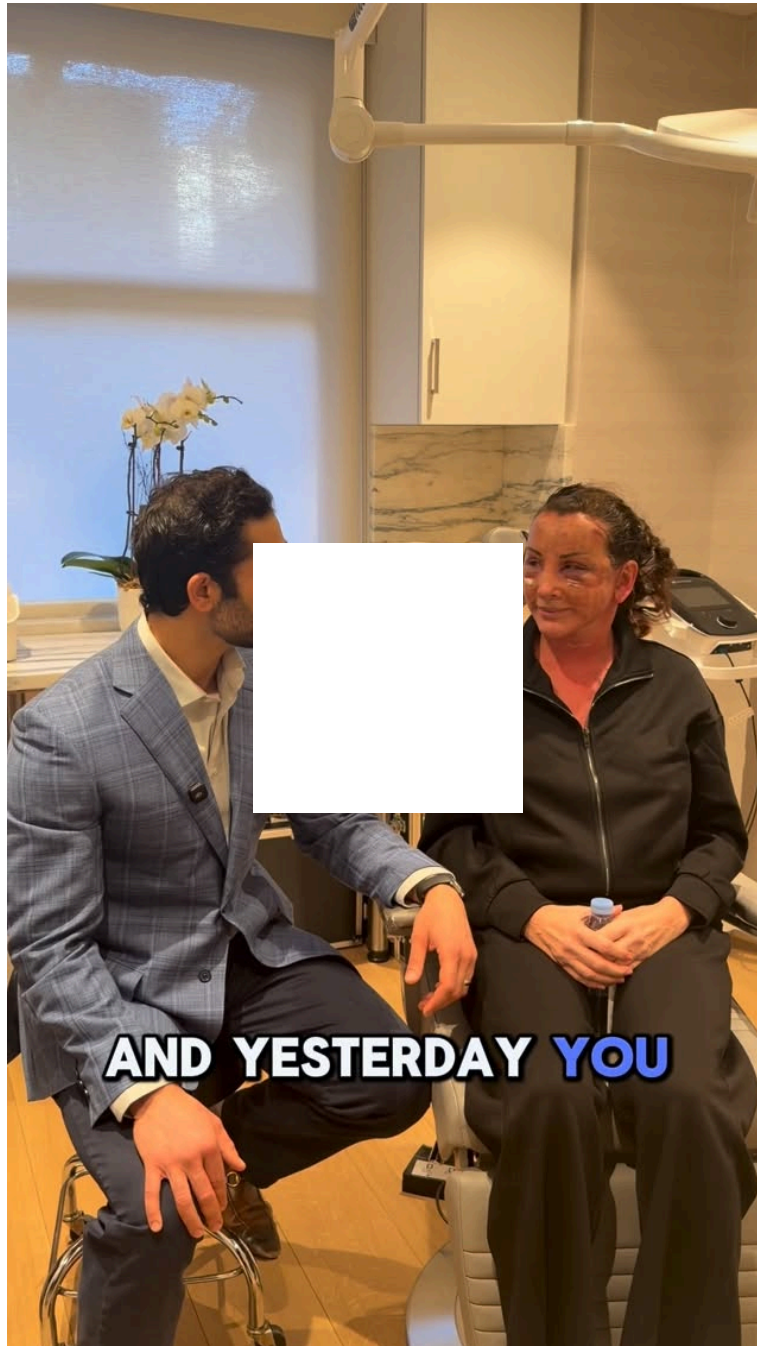
Nursing: We do recommend an overnight stay with a nurse for the first night (either at our facility or a local hotel) in addition to care throughout the next day. The nursing service includes IV therapy, private black car or SUV transport, support pillows, anti-inflammatory teas, hydrating facial mists, ice rollers, and aromatherapy. If a patient were to stay at a hotel, a nursing service may be about \$2,250 to provide care throughout the night. An extra 12 hours the following day adds \$1,550.

Extras: All post-ops and follow-up appointments at our office are included in the surgery cost. We also include recovery kits: ice packs, gauze pads, hydrogen peroxide, bacitracin, gentle cleanser, baby shampoo, cotton swabs, and post-laser skincare.



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Denise is an incredibly sweet and energetic 61 year old. She tells me she did research for 2 years before making a decision to move forward. Here she is one day after she underwent:

- Deep plane facelift & neck lift
- Endoscopic brow lift
- Upper and lower eyelid blepharoplasty
- Lip lift
- CO2 laser of face, neck and chest

Denise wasn't planning to share her recovery publicly like this but during our

conversation the morning after her surgery she decided she wanted to “pay it forward”. Today we discuss how her first night went and how she went about making her decision. I’m so grateful for her candor and honesty. Even swollen and bruised I can see she’s going to have a beautiful result!

Let me know what you think in the comments below!

[#plasticsurgerybeforeandafter](#) [#facelift](#) [#faceliftsurgery](#) [#deepplanefacelift](#)
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Philadelphia

[Carey Campbell](#), MD, board-certified plastic surgeon

Stay: We recommend that patients stay locally for 10 to 14 days following a facelift to allow for follow-up visits and ensure they’re well-supported before returning home.

[The Radnor Hotel](#) and [The Inn at Villanova](#) are in the Main Line area, near our office. For a luxury experience, there’s the [Four Seasons Hotel Philadelphia at Comcast Center](#), approximately 30 minutes from our office. We also have overnight suites in the surgery center with around-the-clock nursing for immediate post-operative care. For longer stays, we offer a VRBO option—a two-bedroom, two-bathroom apartment—for a more private, home-like environment.

Cost: Hotel accommodations generally start around \$300 per night and can range up to \$1,600+ per night, depending on the property and level of luxury. The overnight care facility in our building is \$2,500 a night. It provides foods that are easy to eat post-operatively as well as a space for a family member to spend the night.

Nursing: We strongly recommend, but do not require, a private nursing concierge service for the initial recovery period, especially if the family is nervous. Most patients elect coverage for the first 24 to 72 hours. Nursing care starts at approximately \$2,300 for 24 hours (but changes for longer periods of care).

Extras: We usually see patients post-operatively on the first night. After that, they are in our office daily getting hyperbaric oxygen as well as facial treatments if they’ve had a resurfacing laser. House calls are always available as needed, and my patients have direct cell phone access to me post-operatively.

All necessary pre- and post-operative skincare (from [Alastin](#), [Siligen](#), and [VitaMedica](#)) is included. The surgical fee also includes one facial treatment prior to surgery, one post-operative facial treatment (or daily care for those who have a [Sciton](#) TRL resurfacing), five sessions of hyperbaric oxygen therapy (two prior to surgery and three post-op), and Sciton Profractional and BBL treatments to scars if the patient returns to the office in the short-term follow-up period.

St. Louis

[Mike Nayak](#), MD, double board-certified facial plastic surgeon

Stay: We recommend the [Residence Inn](#), believe it or not, over any other hotel in St. Louis. It's not fancy, but it is the perfect place to stay for the purpose. It's brand new, super clean, and has large suites with full kitchens—everything you want for a longer stay, plus, it's about 10 minutes from our office. Since the rooms are spacious, an accompanying nurse can give the patient privacy. I require patients to stay in town for 10 days, and most feel better in this environment versus a smaller room in a luxury hotel. If they absolutely want a higher-end hotel, we suggest they get one of the larger rooms at the [Ritz Carlton](#), but I truly believe it's not the best decision.

Cost: The usual rate for the Residence Inn is \$220/night. They do have a discount code for our patients, which takes the price down to \$169/night.

Nursing: We provide 24 hours of one-to-one nursing care after the surgery, built into any facelift or neck lift. If patients want additional days, it's about \$2,800 per 24 hours, payable directly to the nursing service. About 15% of patients traveling with a friend elect to do a second day. If they come totally alone, we recommend they do two additional days beyond the 24 hours we provide.

Extras: Transportation to the hotel on the evening of surgery, and back to the office the morning after, is built into the cost of the procedure. We also build in two hyperbaric oxygen treatments, two manual lymphatic drainage treatments, and all of the aftercare supplies. We can also provide prescriptions for a flat fee of \$75.



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[@krisseygalli](#) is Lisa's daughter and works in my practice's medspa ([@avanidermspa](#))

She made a VLOG of day 1 from the caregiver's perspective!

Thank you for making this, Krissey!

We both love your momma 🥰

Lisa is 64 years old, and heavy necks run in her family.

Even as a young adult, she never had a very defined jaw line.

As time and gravity left their marks, she reached a point where she was ready for a change.

Lisa's "necklift" required VERY advanced sculpting of the hereditary deep foundation (fat, muscle, glands, fibrous tissue) followed by lifting of the fallen superficial layers (muscle, fascia, fat, skin) all the way up through her cheeks and temples.

I kept the rest of her face balanced with upper and lower blepharoplasty, fat transfer where appropriate, buccal fat reduction, and full face laser resurfacing.

My goal was to not only defy gravity and turn back time, but also to overcome genetics and create a neck better than she's ever had in her entire life.

👉 Follow me and watch her entire day-by-day process at the "Lisa, 64" highlight of my page!

😁 Surgeons, you can watch her entire surgery, narrated POV, on "Nayak Season 4" coming this fall to [@qualitymedicalpublishinginc](#)

🙏🙏 Thank you, Lisa, for sharing your journey!!!

[comment "cost" on my IG version of this post for cost, location, waitlist, and scheduling information. All cosmetic procedures carry risks and require individualized consultation. If you or someone you know is experiencing unhealthy concerns about body image, seek help - it is available. Results vary.]

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Washington, D.C.

[Jon Cabin](#), MD, double board-certified facial plastic surgeon

Stay: The [Fairmont](#) hotel, across the street from our office, offers special rates for our patients. They're very accustomed to hosting post-op patients, as several other local surgeons send patients there.

Cost: With our discount, the Fairmont ranges from \$400 to \$800 on average.

Nursing: We suggest one night for face and neck lifts. The price range in our area is \$50 to \$120 per hour.

Extras: If a patient stays at the Fairmont or another nearby hotel, I do as many post-op visits there as possible. The nursing services typically provide transportation; some also help with meal prep.

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Once you crunch the numbers, take a breath and head to the comments to share thoughts. Did any of these prices surprise you? xx



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