

TCW

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Ask the Expert
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health**beauty**fitness

Expert Q&A



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Q. I'm not ready for a full facelift with general anesthesia. Is there a less invasive procedure that can restore a more youthful appearance?

A. A Minilift may be an ideal procedure for you. A Minilift is a minimally invasive procedure that can be done under local anesthetic in about one hour. The procedure can give wonderful improvements and a more youthful appearance of the face. Because the procedure is less invasive than a traditional facelift, the recovery time is shorter and there are fewer risks. Most patients have very little bruising and swelling. Some patients even return to work the next day. Beginning in our 30s, our faces begin to age in

a natural and predictable manner. During a Minilift, I tighten this tissue and then gently remove any excess skin. The results can be subtle or dramatic depending upon the needs and goals of each individual patient. Benefits include immediate results and gratification with relatively little down time.