

NOTES FROM YOUR

PLASTIC SURGEON

by Paul F. Vanek, Jr. M.D., F.A.C.S.



THE MINI FACE-LIFT

The "mini face-lift" is best suited for people in their 30s, 40s, and 50s who have good skin tone but are beginning to notice some laxity in their lower-face areas around the jaw. Largely viewed as a maintenance procedure, it is best reserved for those who want to stave off the aging process. The incisions for a mini face-lift are smaller than those associated with a traditional face-lift. They begin in the hairline and extend along the natural line in front of the ear, but stop just behind the earlobe. Tailored to address specific areas, the mini face-lift can be easily modified, takes less time to complete than a traditional face-lift, and is generally associated with quicker recovery.

Today's column should be of interest for those considering a face-lift, and is presented to you by my office, conveniently located in the Mentor Medical Campus, 9485 Mentor Ave., Suite 100, Mentor (205-5750). Watch in the weeks and months to come as we discuss other aspects of plastic surgery which may be of interest to you and your family.

P.S. Because recovery from a mini face-lift is relatively quick, the procedure is sometimes referred to as a "weekend face-lift" and can be combined with an endoscope brow lift to rejuvenate the upper face and mid face.

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