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MINI "SCARFREE" FACELIFT

by Dr Házem Kahlout
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Today it is possible to turn back the hands of time with minimal interruption to your busy lifestyle. The mini facelift is a revolutionary procedure that tightens the skin in the lower portion of the face and neck in a minimally invasive way. The technique which was recently modernised, delivers impressive results similar to a traditional lower facelift with a lower likelihood of complications, minimal trauma and quicker recovery at a fraction of the cost.

- Minor outpatient procedure
- Same day results
- Minimal downtime
- Affordable

The mini facelift can be performed quickly and has a short recovery period. The procedure generally enhances key facial areas with less risk and less stress than standard facelift surgery. Additionally, the cost of the mini facelift makes it an attractive option, since it reduces sagging around the cheeks, jawline, and neck much more economically than the conventional facelift approach.

What Is the Mini Facelift?

The mini facelift, along with the related necklift, is an exciting new technique. Also known as "the scarfree facelift," it can be performed quickly and involves a shorter recovery period than traditional facelift surgery. The mini facelift focuses on specific areas of the face, such as the neck, the jowls and the folds of the nose. Using tiny incisions in the hairline and often taking advantage of endoscopic facelift technology, the doctor lifts, repositions, and supports facial tissue to achieve optimal results. Once factors contributing to unwanted sagging and drooping have been supported, then we carefully secure the skin using small dissolvable sutures.

Candidates for Mini Facelift

A mini facelift is appropriate for people who are just beginning to experience signs of ageing laxity and who want to stay ahead of the ageing process but do not want to wait to undergo more intensive surgery. At this stage most people lose elasticity in their skin and develop looseness along the jawline and underneath the skin. In general, those who opt for this relatively simple "scarfree" facelift are in their 40s to 65+ age bracket. Usually they want to address minor sagging or drooping around the cheeks, jowls, and neck area. For those who are older, in their 60s and 70s, and wishing to address more serious sagging and laxity, the mini facelift combined with skin tightening or resurfacing probably a better option.

Standard Facelift vs. Mini Facelift

Traditional facelift surgery is appropriate for patients who would like to enhance their appearance by reducing wrinkles and sagging throughout their entire face. The mini facelift, by contrast, is intended for patients who wish to reduce sagging and droopiness only in specifically targeted areas. Mini facelift procedures cannot address areas such as the forehead or brow, whereas traditional facelifts generally produce results even in these problem spots. At Castleknock Cosmetic Clinic we can advise you on the merits of each procedure and help you make an informed decision about which is best for you.

BEFORE AFTER

BEFORE AFTER

BEFORE AFTER

BEFORE AFTER

MINI FACELIFT TECHNIQUES

Unlike procedures that tightens only skin, the mini facelift suspends the underlying structures of the lower face offering men and women the benefits of a more youthful appearance for years to come. Because the cosmetic problems targeted are relatively minor, the incisions made during this low-stress "scarfree" approach to facelift revitalisation can be quite small. The incisions are about 3mm in length and are placed in the hairline. Most of the time the incisions are so small, akin to a needle mark, we don't need to use sutures to close them. As a result, the mini facelift is one of the least invasive procedures in facial surgery.

Depending on the situation, an endoscopic or a propriety instrument approach may be used. An endoscopic procedure allows the doctor to insert surgical instruments through three or more tiny cuts made in the hairline around the area to be treated. These are used to suspend and support the deep tissue plane and excess fat and to reshape muscles in the face that are causing cosmetic problems. The patient is fully awake as the comfortable procedure is performed under local anaesthesia. The patient watches the instant lifting results during the procedure and can contribute as to the amount of lifting desired. This approach to the mini facelift involves minimal trauma to the skin, thereby reducing the risk of scarring and other potential facelift complications.

Mini Facelift Recovery

Most patients are delighted with the results of this comfortable procedure. As the trauma to the skin and delicate facial tissue is minimal, patients can resume their normal daily activity nearly immediately. Most of our patients who have the procedure performed in the morning will be able to go out for lunch, that same afternoon...sporting their new refreshed look.

Mini Facelift - Predictable Results

As illustrated with the before and after photos, the results of each procedure vary from person to person. In general, the results obtained with the mini facelift are predictable and quite dramatic, sometimes erasing 5, 10 or even 15 years from one's appearance. Unlike a conventional facelift which can result in a pulled back appearance, the mini facelift offers very natural looking results. Patients enjoy firming of the lower face area, noticeable jawline definition and elegant neck-line. Unlike some suspension and thread lifts that tighten only the skin, the mini facelift involves tightening the connective tissue layer below the skin making the results more natural and long lasting.

Mini Facelift Duration

Although the mini facelift can produce significant aesthetic improvement for most people for years to come, it is important to remember that after any facial procedure the normal ageing process resumes. Lifestyle choices, bony structure, skin type, sun exposure and genetics all play part in determining how long the desired results will last.

Mini Facelift Cost

The cost of the mini facelift makes it a particularly attractive option. While standard procedures can be highly effective, patients are sometimes reluctant about incurring the cost of a traditional facelift to resolve relatively minor aesthetic issues. This is because the mini facelift is less invasive, can be performed more quickly and requires only local anaesthesia than traditional facelift surgery. Additionally, patients are usually able to return home immediately after the procedure. All of these factors help keep the cost of the mini facelift quite low compared to other options. The mini facelift is undoubtedly more affordable than traditional mid - or full facelift surgery, making it accessible to wide range of men and women who are looking to stay ahead of the aging process. At Castleknock Cosmetic Clinic we will be able to provide more detailed information regarding costs in specific regions at the initial assessment consultation, however as a price guide the treatment costs from as little as €2500 and in these recessionary times is a real cost effective way to turn back the years.

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