

Mini-Lift Offers Major Results

Ever give your face and neck a little tug while looking in the mirror? Like what you see? Maybe not, but many accept what their reflections reveal as their destiny. Others don't even think twice about making a few enhancements, yet pause when they consider the cost and healing time involved. Fortunately, doctors like John Hilinski, MD are offering a less invasive and more convenient option that yields the desired results.

The mini lift is an alternative to the traditional, more formal, face and neck lift procedure. Many patients seeking a more rejuvenated look do require a formal face and neck lift in order to achieve their desired results. Some patients, however, do not necessarily need or want a formal face lift due to extended healing times, the need to undergo deep anesthesia, or higher expense.

The typical candidate for the mini lift procedure is in her 40s to 60s and simply wants to look and feel younger. The mini lift is intended to target early jowling, an aging lower face, and excess sagging along the neckline.

The mini lift is an office-based procedure done under local anesthesia that is an alternative answer for these patients still seeking a more youthful look. Limited and well-concealed incisions reduce healing time and scarring. No need for general anesthesia or a hospital operating room saves thousands of dollars. Down time is substantially reduced as patients are able to go home shortly after the procedure with a light bandage wrap. Bruising and swelling are fairly limited to the first few days following the procedure. Within seven to ten days, patients are typically presentable in public.

Some physicians offering similar mini lifts do so in under two hours. Hilinski tempers convenience with the utmost safety. "I reserve four hours dedicated to doing a precise elevation, suspension, and meticulous closure."

With options like the mini lift, you can

get a more youthful appearance with less time and expense than ever before.

As with any medical procedure, it is always best to schedule a consultation with a reputable physician and discuss all possible risks. (619/296-3223, www.drhilinski.com) – Ann Radcliffe

Before mini lift



After mini lift

