

# What Are MY Face Lift Options?

## Recapturing Your Youth

By trying out new hairstyles, embracing challenging fitness regimens, and avoiding unhealthy foods we seek to enhance our quality of life. While these efforts do make us look and feel great, they cannot erase signs of aging like a face lift can. It is important to understand the significant differences between the different types of face lift procedures that are currently offered.

### Traditional Face Lift

At the beginning of the 20th Century, the development of a surgical procedure that enhanced facial features was an amazing breakthrough. Although face lift techniques have improved significantly since then, the *Traditional Face Lift* that may still be offered by some surgeons involves tightening skin and removing any excess. Because the skin is pulled to the side and not lifted, and the aspect of volume is not addressed, the result is a hollow, windswept appearance. It will be obvious that the person has had a surgical procedure. In addition, the recovery period lasts 4-6 weeks and the incisions may leave behind visible scars.



### Mini Face Lift



Following a desire to recapture youth, many people seriously consider *Mini Face Lifts*. These 'breakthrough medical procedures' are advertised by high-volume specialty cosmetic surgeons at a deep discount. As with many unbelievable offers, the fine print tells a different story. With this abbreviated face lift, benefits are limited to lifting the cheek and jawline. After assuming the cost and risk of surgery, *Mini Face Lift* patients will continue to live with fine lines, wrinkles, hollow areas, and excessive skin in the neck. The only bargain is a short week of recovery time and very minimal scarring. In-fact, many *Mini Face Lift* patients choose to have a *Cosmetic Face Lift* later on.

### Cosmetic Face Lift

Embracing a healthy lifestyle leaves many Americans wishing that they looked as young as they feel. With the help of a talented cosmetic surgeon, a *Cosmetic Face Lift* can restore the youthful appearance a person enjoyed 10-15 years ago. During this procedure, excess skin is eliminated, the remaining skin's elasticity is restored, fat is transferred to restore volume or reduce excess, and lasers are used to enhance the appearance of the skin itself. The most profound advantage of a *Cosmetic Face Lift* performed by an experienced and skilled surgeon is that it restores a beautiful youthful appearance that is so natural-looking that it is not detected as cosmetic surgery. The well-hidden scars are minimal and recovery typically lasts 10-14 days.



### Traditional      Mini      Cosmetic



### Turn Back the Hands of Time

The desire for restoring youth leads many to consider a face lift. The *Traditional Face Lift*, a one-time industry standard, is now considered to be archaic. Bargain hunters drawn to the discount pricing of *Mini Face Lifts* will be disappointed by limited improvements. Only a *Cosmetic Face Lift* provides individuals with a natural-looking, long-lasting beauty enhancement that will turn back the hands of time 10-15 years without showing obvious signs of surgery.

### Dedicated to the Art & Science of Cosmetic Surgery

For more than a decade, Southern Surgical Arts has been providing cosmetic surgery and facial plastic surgery, especially *Cosmetic Face Lifts*. Our cosmetic surgeons build on their natural talent by learning and developing new techniques and sharing their expertise with surgeons across the nation.

Every Southern Surgical Arts patient is treated with the utmost care and respect. Our goal is to produce exceptional, natural-looking beauty enhancements in the safest manner possible with minimal downtime and minimal, well-hidden scarring.



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