

# Just the Mini, Please...

## PATIENTS FREQUENTLY SAY "I DON'T WANT A FULL FACELIFT, JUST A MINI."

While it is perfectly rational to do the least invasive procedure to meet the goals, selection of the appropriate procedure necessarily involves both surgeon and patient. Fortunately, our practice offers a multitude of surgical and non-surgical rejuvenation options.

## WHILE THE MYTHICAL NON-SURGICAL FACELIFT HAS YET TO BECOME

**REALITY**, the importance of volume restoration and maintaining healthy skin has been brought to the forefront. Indeed, we utilize volume enhancement in almost all facial rejuvenation procedures today. Old-style facelifts simply pulled the skin as tight as possible. Whereas modern procedures restore fullness, in addition to skin tightening, by adding volume in the form of fat grafting or dermal fillers which significantly enhances the rejuvenation effect.

## MINI LIFT IMPLIES THAT THE PROCEDURE IS LIMITED TO A SPECIFIC ANATOMIC AREA,

for example the cheek or neck. For the cheek, my favorite procedure is the MACS lift. "MACS" is an acronym for Minimal Access Cranial Suspension lift. The longevity of the procedure is gained by using strong sutures to suspend and anchor the muscle layer of the face. Over this, the skin is re-draped vertically. Fat grafting to the cheek bone area and around the mouth provides volume restoration.



Sometimes, there is more age-related change in the neck than in the face. In which case, a neck lift operation may be exactly right. Once again, neck lift may be combined with volume restoration.

Although not technically a "mini," our standard facelift is usually a short scar operation which limits incision length and avoids scars within the hair. The youthful face is framed by a close, natural hairline and this is preserved in the short scar procedure. The incision is brought upward along the hairline at the temples. The short scar operation provides rejuvenation of the cheek, jawline, and neck.

## IN SUMMARY, THE OPERATION MUST BE TAILORED TO ADDRESS THE AREAS WHERE AGING IS PRESENT.

Further, all areas of the face must blend together to look harmonious. The best surgery looks like no surgery has been performed. Consultation with your American Board of Plastic Surgery certified surgeon is the best, and safest, way to select the right procedure for your unique face.

Dr. David Kirn is a Board-Certified Plastic Surgeon who is devoted to advanced techniques in Cosmetic Surgery of the Face, Breast, and Body.

Dr. Kirn, Carey Sanders, RN, Shirley Ramsey DNP, APRN, and Tara Smith APRN offer a full spectrum of non-surgical treatments such as Botox®, Dysport®, Dermal Fillers, & Laser.



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