

Health Info to know with Dr. Joe

*Expert advice with Head and Neck Surgeon,
University of Florida Associate Professor,
Dr. Joe Parell.*

*Dr. Parell is board certified in Otolaryngology and
board certified in Facial Plastic Surgery.*

Q: I keep hearing about "Quick Lifts". Does this procedure work for anyone interested in a younger look?

A: While I perform quick lifts, I will only do them on certain patients. A quick fix may seem appealing, but this procedure is not for everyone. Younger patients with minimal facial sagging and wrinkling will get the best results. In my opinion, these minimally invasive "Trade Name Face Lifts" are also minimally effective – even on younger patients.

It is important to choose a procedure that both achieve a patient's intended goals and justifies the cost and risk of the procedure. Minimally invasive procedures such as the "Quick Lift", predominately use skin removal to achieve their result and do not adequately address the muscles underlying the skin. Without proper dissection and tightening of the muscles, the skin will stretch, and the wrinkling and sagging can return in only a year or two.

Facial plastic surgery can achieve dramatic and exciting results, but there is no one procedure for every patient. There are a wide range of cosmetic procedures that suit a wide range of individuals. Careful analysis of the patient's age, anatomy and desires is crucial in selecting the proper procedure. A minimal procedure like the "Quick Lift" may be a fit for your age and desires, but I recommend you discuss your goals with your physician before deciding it's the right procedure for you.

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