

# Ask the Plastic Surgeons

By Wendell Smoot, MD, FACS, and Dr. John Smoot, MD, FACS

*Q. I keep hearing about the procedure called a "Freshlift"; what is it and what kind of result could I expect from it?*

A. The Freshlift is a less-invasive facelift that our practice has developed which requires much smaller incisions than a full facelift. An ideal candidate for this procedure would be any male or female in their forties or fifties who is not quite ready for a full face and neck lift, but is starting to notice some sagging in the jowl area. Along with the advantage of a shorter scar, this surgery usually has a quicker recovery time compared to a full facelift. People who find that weight loss, aging, stress and natural sun damage have caused the skin on their face and neck to sag may benefit from this procedure.

The objective of a Freshlift is to reposition the muscles and tighten the skin of the face and neck, revealing more youthful contours and a younger, more alert appearance. Small incisions are made around the hairline or behind the ear lobe and the skin is delicately stretched to create a firmer appearance, but not a severely tightened or overly taught look. This procedure also allows the physician to customize the technique for each individual patient according to his or her skin quality and overall facial laxity. When compared to a traditional facelift, the Freshlift involves less bruising and swelling.

This technique provides the lifting of the skin on the neck area to a lesser degree than a full face lift, yet provides a more comprehensive result than superficial "lunchtime" or "weekend" facelifts that are often referred to as "quick lifts". The operation itself takes approximately 2



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to 3 hours and is performed under general anesthesia. Recovery period for the Freshlift is anywhere between 10 days to two weeks, depending on each individual patient.

The results of a Freshlift performed by either physician in our practice are natural looking and "freshening". It reduces the tired look that many people acquire over time and the wear and tear their face experiences from the effects of the elements. Patients are rejuvenated with their rested appearances that feature reduced wrinkles and youthful chin and neck contours. To optimize the results of the Freshlift, both physicians recommend an on-going facial cleansing and moisturizing routine accompanied by a healthy diet, regular exercise, the use of sunscreen and periodic facials or stress-reducing facial treatments.

*John Smoot, MD, FACS, is Chief of Plastic Surgery at Scripps Memorial Hospital-La Jolla and Wendell Smoot, MD, FACS, has been voted by his peers as Top Doctor by San Diego Magazine for the past five consecutive years. Their plastic surgery practice was established 21 years ago and both physicians are individually board certified by the American Board of Plastic Surgery. Either physician can be reached at [www.smootmd.com](http://www.smootmd.com) or (858) 587-9850.*