

Preparing for Social Summer Months

Presented by River Region Facial Plastics



Dr. Thomas H. Cawthon

Hello, this is Dr. Thomas Cawthon at River Region Facial Plastics. While we have all lamented the fact that we have endured a bitter cold winter with lots of rain, I am happy

to say that as I'm writing this article we are enjoying a refreshing dose of sun exposure with temperature in 80's! It is like recharging your battery to see the sun shining, grass turning green, flowers blooming, and knowing that spring is on its way.

After we have come through the long winter, we begin to think about not only refreshing our homes, but also our appearance. New hairstyles, new clothing and summer plans are underway.

We have talked about surgical treatment for facial rejuvenation in past articles, but perhaps it is time to reenter this subject arena. We are now celebrating our 4th year performing the QuickLift® (mid/lower facelift). Dr. Bowman and I are trained by the hands of Dr. Dominic Brandy who trademarked the term QuickLift®. The results in his hands were so beautiful that we wanted to emulate the results he was consistently getting with his patients.

We have utilized our training from Dr. Brandy and have made it available to our population in the River Region. The trademark QuickLift® licenses us as the sole providers in the central Alabama region. The results have been very gratifying in our hands as well. Our patients have enjoyed the changes to their personal appearance with the QuickLift®.

A QuickLift® is a modification of a facelift that allows the placement of suspensory

sutures that lift the underlying tissues of the face and neck in a vertical manner such that the patients' results are very natural looking and gratifying.

Typically, less incisional surgery is required which allows for quicker healing time, less complications, and less bruising.

The QuickLift® can be combined with other surgeries such as blepharoplasty (eye lid surgery), sub mental liposurgery, or other facial surgeries.

The QuickLift® is performed in our surgical suite using oral sedation and local anesthetic such as lidocaine/Marcaine, which means the individual is not placed under general anesthetic. This combination allows the procedure to be comfortably performed. Using this method of anesthesia has opened doors for patients considering a facelift that have previously been afraid of being put to sleep.

During your surgery a registered nurse is dedicated to caring for you, and he/she also monitors your vital signs. Our patients love the idea of not undergoing a general anesthetic for a facelift.

While there are other trademarked facelift procedures, I have performed the traditional facelift for over 25 years and find this method of facial rejuvenation with the QuickLift® to produce as good of a result as a traditional facelift, if not better. Leaving patients with less bruising, less time away from activities and work, and a refreshing result.

We prefer quality to quantity. The post-surgical feedback from some of our actual patients provides excellent testimonials for this procedure:

- "So happy to have had the procedure; more energetic and self confident"
- "First week was difficult, but care during this episode was outstanding"

- "I always knew the first week after surgery would be tough; I would do it again, very pleased, all good!"
- "Expectations were very clear... y'all were fantastic"
- "I did not feel pain after a week passed; I am very glad to have had the QuickLift®"
- "Excited to start my new face routine"

Both Dr. Bowman and I are board certified Ear Nose and Throat surgeons, which includes extensive study of facial plastic surgery. My mentor at Tulane University was Dr. Jack Anderson, renowned facial plastic surgeon, who gave me the background training that allows my results to have such quality.

Along with the training from Dr. Brandy, I endorse the QuickLift® as my facelift of choice.

While there is no replacement to surgical intervention when needed, the facelift can be partnered with other products and procedures to refresh the facial appearance. Physician grade skin care, facial fillers and wrinkle relaxers often can enhance the appearance after a facelift is completed.

The summer social season is approaching. April, May and June are perfect months to consider cosmetic surgery. With the minimal downtime the QuickLift® offers, you will be ready for the summer with a refreshed look.

As you look in the mirror and you look in your yard and see the flowers blooming, allow your facial harmony to blossom before your mirror. Seek a consultation with us, and we will happily show you what we feel would be of greatest benefit to enhance your appearance.

I look forward to seeing you for a complimentary consultation this spring to prepare you for your busy summer season!

Do Something Beautiful,
Thomas H. Cawthon, M.D.

FREE Illuminize® Peel or Botox® Cosmetic treatment!

when you submit a question for our column and we answer it (One treatment area only)

Submit your question today to RiverRegionFacialPlastics@gmail.com