



# Refresh, Renew Rejuvenate

Look years younger,  
with minimum downtime.



**The Quick-Recovery  
Facelift**

# Discover How Easy Looking Younger Can Be.

**W**e have pioneered an exciting new facelift procedure that offers some of the same longer-lasting results as a traditional facelift, but is a quicker procedure that offers much faster recovery and less downtime.

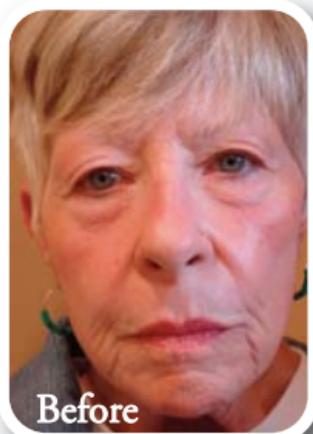
QLift is perfect for the time-conscious man or woman who wants to rejuvenate his or her youthful appearance, but who lacks the luxury of time to stay at home to recuperate and heal for several weeks after a more traditional facelift.

The QLift is performed in our state-of-the-art medical suite and only requires a local anesthetic. The procedure is minimally invasive and usually only takes about 2 hours to complete. Patients are able to go home soon after the procedure, although a driver or cab is recommended.

**Typically, a short time is required for full recovery and the procedure results in minimum discomfort and minimum swelling.**

With QLift the downtime is minimal. You will be back at work or back to your usual routine very soon. The results are excellent and like so many of our patients, you too will be excited and very pleased when you see the new person in the mirror looking back at you.

Carol  
Age 63



Melissa  
Age 64



## **What is a QLift and what aging areas are treated?**

The QLift procedure is a short-scar facelift that is performed in the office. It's designed to lift and support the droopy elements of the cheeks, face and to some extent, the neck. The soft tissue of the face is lifted and repositioned into a more vertical and youthful position. The underlying tissues of the face are tightened.

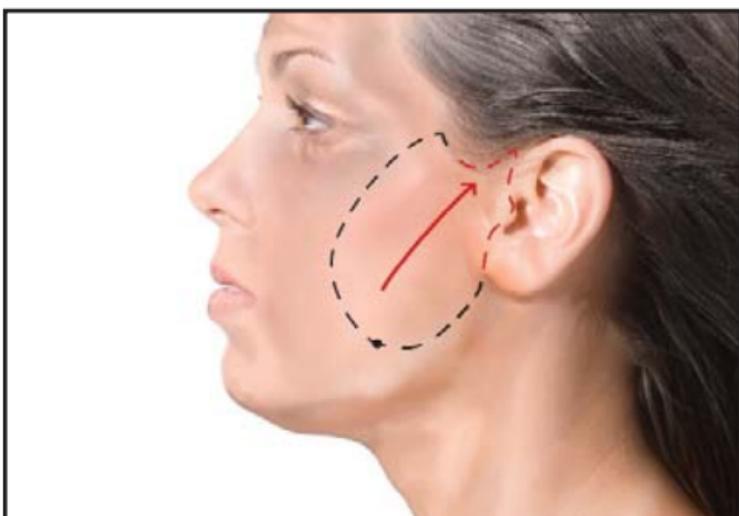
## **What results might I expect from the QLift?**

The QLift effects are immediate. During the time of your consultation, your physician will demonstrate in the mirror the relative amount of lift that the procedure will likely deliver. The QLift can also be performed at the same time with other surgeries, such as blepharoplasty (eyelid surgery), neck or chin liposuction, Botox® or injectable fillers.

## **Is the QLift safe?**

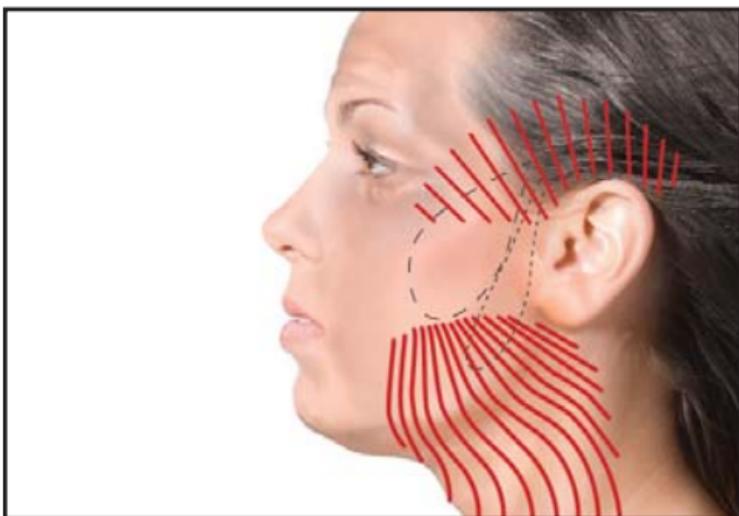
Yes. When performed by one of our doctors with the necessary experience, the procedure is very safe. The risks and complications of the QLift are uncommon and usually correctable. Because the QLift is generally performed under local anesthetic, there are none of the risks associated with general anesthesia.

# How We Perform the QLift



## Phase 1

*First, a small incision is made in front of the ear, which allows the cheek skin to be undermined in an anterior direction and down toward the jawline.*



## Phase 2

*Next, a purse-string suture, anchored in the temporal hairline region, is drawn through the jawline, elevating the muscle upward. This same technique is utilized for the cheek.*

**Similar longer-lasting results  
as a traditional facelift,  
but with a much faster recovery  
and less downtime.**



### **Phase 3**

*Now, the excess skin created by the pull of the purse-string sutures is elevated upwards in front of the ear and excised.*



### **Phase 4**

*The final outcome of the QLift is seen here, with the cheek and jawline nicely recontoured, the excess skin removed, and the incisions hidden within the hairline and in front of the ear.*

## **What is the QLift recovery like?**

There is a risk of swelling and bruising. Pain and discomfort is very minimal. There are some special protective measures and instructions that patients must follow for a week or two to avoid trauma, which might compromise the achieved lift effect.



## **When can I return to work and my usual routine?**

Depending upon your type of work and your tolerance for some minor bruising and swelling, you may be able to return to work within a few days following the procedure. Facial animations, mouth movements and rubbing or pressure on the face should be avoided during the first few weeks following the QLift. Most patients look good in makeup within a few days and good without makeup soon thereafter.



## **Are there any other treatments that may enhance or preserve my QLift effect?**

We offer several non-invasive outpatient treatments that enhance or protect the QLift effect. These procedures include Botox<sup>®</sup>, injectable fillers, Fraxel laser, micro-dermabrasion and clinical skin care products.

## **How long will my QLift last?**

Most QLift results will be pleasing and noticeable for several years. Because the underlying structures are also tightened with permanent sutures, the QLift procedure continues to retard or prevent further droopiness for many years. However, having a QLift does not compromise your ability to have a subsequent facelift, browlift or necklift procedure.

## **Am I a good candidate for a QLift?**

Good candidates have droopiness of the cheeks and jowls. Patients should not be too heavy or too thin, should be medically well and not be on blood thinning medication.

The best candidates have realistic expectations with the desire for a quick, risk-diminished lift effect without the scars, recovery, expense or risks of surgery associated with a more traditional facelift. One of our doctors will personally confer with you to determine if the QLift, or perhaps another procedure, is suited for you.



Zvi Sharf,  
M.D., F.I.C.S.



David P. Rigan,  
M.D., F.A.C.S.

*Performing all aspects of cosmetic,  
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**5604 - 5611 Main Street • Williamsville, NY 14221**

**3725 North Buffalo Road, Orchard Park, NY 14127**

**Tel. (716) 631-8500 / (800) 800-8501**

e-mail: [info@centerplasticsurg.com](mailto:info@centerplasticsurg.com)

[www.qliftfacelift.com](http://www qliftfacelift.com)