

## J Face Lift



Dr. Shu developed the innovative J Lift, a smaller version of a mini facelift that focus on the lower face and neck. The J lift is a great option for patients who want a more youthful look, but have little time to spare from work and other normal activities. Most patients are able to return to work the next day of their procedure.

Advantages of J lift:

- Office procedure under local anesthesia
- 1-hour surgery with a tiny incision
- Long-lasting effect with a permanent suture
- Rapid recovery with minimal swelling and rare bruising
- No hair loss or ear deformity, no visible scar
- immediate results with natural appearance, no wind tunnel effect
- Lower cost than a full facelift or other mini facelift

### Frequently Asked Questions

#### **Who is an ideal candidate for the J lift?**

An ideal candidate for this procedure is someone who wants to achieve a more youthful look on their lower face and neck and prefers minimal or no downtime.

#### **How is the J lift performed?**

Under local anesthesia, a small J-shaped incision around the earlobe is made. The skin is then gently lifted, and a skin flap is created to expose the muscular fascia layer—the Superficial Muscular Aponeurotic System (SMAS). The SMAS is threaded with a permanent suture to tighten the jowl area and upper part of the neck. Any extra skin around the earlobe is trimmed, and the wound is closed with a continuous suture.

#### **How long is the J lift procedure?**

About an hour.

#### **What should I expect following the J lift procedure?**

Patients typically experience numbness around their earlobes for a couple of hours. Swelling and wound pain are minimal with little or no bruising.

#### **What is the recovery time?**

Recovery time is minimal. Patients can typically return to work either on the following day. Sutures are removed on the fifth day following surgery.

#### **How long do the results last?**

This depends on the age of patient, the degree of sagging, and the health condition. The J lift procedure usually provides results that last about 5 to 10 years.

#### **What are some disadvantages of the J Lift procedure?**

The J lift was developed to improve only mild or moderate skin sagging in the lower face and neck. It may not be effective in treating significant sagging of the skin. The J lift is not designed to lift the mid-face area (cheeks), but it can be combined with an additional mid-face lifting procedure.

### Contact Information

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