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ACTUAL PATIENT ▼

BEFORE



AFTER



The mini-facelift focuses on the cheeks, jowls, upper neck and the lines on either side of the mouth. As the name suggests, it uses the principles of a full facelift, only on a smaller scale.

"Full is an extreme makeover, and this is more of a moderate improvement. You'll look like the same person, only a few years younger."

— Dr. Sreekant Cherukuri

REGAIN SOME OF YOUR YOUTH

'MINILIFT' REWINDS THE CLOCK

Local doctor offers chance to erase five to 10 years

Dr. Sreekant Cherukuri wants to be very clear about what he can do — and what he can't. He can, perhaps, make you look younger.

He can't stop you from aging. "I can't stop time," he said. "What I can do is reset the clock, from five to seven to 10 years back."

Cherukuri, a board-certified ear, nose and throat surgeon and facial plastic surgeon, is talking about his specialty: the weekend mini-facelift.

He believes the minilift he offers is unique to this area, providing an alternative to the traditional full-facelift procedure.

"I call it the weekend mini-facelift," he said, "because that's the average recovery time."

He is offering a free seminar at 6 p.m. Thursday at the Hammond Clinic in Munster, where he will explain the procedure.

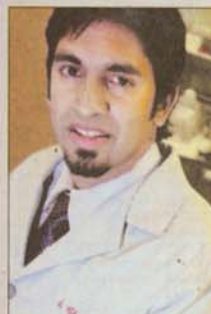
"The mini-facelift is a one-hour procedure performed under local anesthetic," Cherukuri said. "It uses the principles of the full facelift, but is minimized in focus and intent."

The minilift targets the cheeks, the jowls, the upper neck and the folds on either side of the nose and mouth. The brow and the eyes are not affected.

It's not for everyone, Cherukuri said. "I don't discount the full facelift, by any means," said Cherukuri, who has performed about 100 of the mini-facelifts since he came to the Hammond Clinic in 2003. "If someone is in need of significant facial rejuvenation, with a lot of droopy skin, this isn't for them. And I reject about 20 percent."

"This is for the person who has mild to moderate laxity of the cheek and upper neck skin. They may have noticed jowls, or lines around the mouth, or at either side of the nose."

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IF YOU GO

▲ Dr. Sreekant Cherukuri will present "How to look 10 years younger in just one hour" at 6 p.m. Thursday at the Hammond Clinic, 7905 Calumet Ave., Munster, in the third-floor meeting room. To register, call 836-3600. The program is free.

MINILIFT

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His procedure echoes the trends that have been noticed by the American Society of Plastic Surgeons.

"For facial rejuvenation especially, we have seen a shift from surgical treatments to a more subtle approach," said ASPS president Bruce Cunningham. "As patients choose to address signs of aging with less invasive procedure, plastic surgeons also have more tools at their disposal to care for these patients."

Dr. Steve Teitelbaum, a plastic surgeon from Santa Monica, Calif., and a spokesman for the ASPS, adds a word of caution — plastic surgery, these days, he said, is heavily marketed and hyped in the media.

"The public likes anything that sounds new, fast and easy," he said. "But they also want results. (Patients) need to get past the marketing and find

Mini facelift

A local anesthetic is administered under the skin. An S-shaped incision is made just in front and behind the ear. Permanent sutures are used to support the deeper tissues. Skin is pulled upward and backward, excess skin is removed and the incision is sutured.



SOURCE: Dr. Sreekant Cherukuri POST-TRIBUNE

what the procedure entails. They need to go to a qualified plastic surgeon and find out what is right for them." And Cherukuri wants to be

clear: The results produced by the mini-facelift, he said, are not as dramatic as those from the full.

"Full is an extreme makeover, and this is more of a moderate improvement," he said. "You'll look like the same person, only a few years younger."

"That's exactly what one of his patients, a 63-year-old woman from Hammond, wanted to see. She had the procedure done in August 2005.

"I didn't want to look different," she said. "I didn't want to look like I had a facelift. I just wanted to look a little better." She didn't tell many people she was having work done; in fact, that's why she didn't want her name in the paper.

"I work with the public," she said. "I wanted to take a few years off my age — and that's exactly what this did."

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