

the local lift

Minneapolis dermatologist and cosmetic surgeon **Patrick Carney MD** explains the advantages of the Local Lift, facelift surgery performed under local anesthetic. Lise Taylor reports.

When many of us consider cosmetic surgery, we tend to assume that the majority of procedures need to be conducted under a general anesthetic. But today a number of procedures, including those for the face, eyes, neck, and jowls, can actually be performed pain-free under local anesthetic.

According to Minneapolis dermatologist and cosmetic surgeon Patrick Carney MD, 'The procedures plastic surgeons are trained in are always done in hospital under general anesthetic. It is therefore natural they would perform cosmetic procedures under a general too. But as a cosmetic derma-surgeon, I was trained to perform all of my procedures while the patient is awake. Because of this, I feel comfortable utilizing local anesthetic for my surgical procedures.'

Dr. Carney says there are a number of advantages to having surgery performed under local anesthetic. The main factor is anxiety. Many patients feel anxious at the thought of having a general anesthetic and therefore find the local anesthetic approach a preferred and welcome option. This is because many of the complications that occur in the hospital can be related to general anesthesia and IV sedation. Hospitals are also known to have higher rates of infection.

Another factor is cost. The additional expense incurred by the need for an anesthesiologist or certified nurse anesthetist, plus the cost of a hospital operating room or day surgery centre, needs to be factored into the overall price of the procedure.

In addition, Dr. Carney believes surgery with a local anesthetic is more convenient for patients because they often prefer to experience a familiar environment for their surgery. With a local anesthetic they can have the procedure performed at the surgeon's premises instead of having to attend an unfamiliar surgery centre.

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'It is important to note that the local anesthetic doesn't necessarily make the procedure any faster but recovery time is potentially decreased. This is because of the reduction in potential post-operative complications that can result from a general anesthetic. The nausea, vomiting, hematoma, bruising and swelling sometimes associated with a general anesthetic would extend the recovery time,' he explains.

Most of the patients who request correction on the lower third of the face complain of sagging jowls, redundant neck skin or deep nasolabial grooves. 'The standard