

DAVID T. MORWOOD, MD, FACS

In the past 20 years Dr Morwood has traveled to many countries to treat children with congenital deformities.

DAVID T. MORWOOD, M.D frequently volunteers on humanitarian missions to operate on children with cleft lips and palates in developing countries of the world. In the past 20 years he has traveled to treat these children with congenital deformities in many countries such as Peru, Chile, Argentina, Colombia, Venezuela, El Salvador, Bolivia, China, and Vietnam. The Monterey Peninsula and Central Coast of California have been very supportive of these efforts, sponsored by programs such as Rotaplast and Alliance for Smiles.

Dr. Morwood was recently honored by the Jazz Journalists Association for his service as both chief surgeon and staff surgeon on these overseas missions; he is an active jazz drummer and his performances and recording sales help with the cost of these projects.

For further information, or if your service club is interesting in hearing a presentation about supporting a surgical mission to a developing country, go to

www.Rotaplast.org,
www.AllianceForSmiles.org,
or to www.DrMorwood.com



Health Matters

Monterey County's Health Magazine

MARCH 2014



Natural Neck Lift Before



Natural Neck Lift After

THE BEAUTY ISSUE

Men! Take Care of your Skin!
Getting a Lift — Mini-Facelifts

Adult "Braces"
for a Better Sm
Essential Oils
for Health & Be



GETTING A LIFT

Today's in-office mini-facelifts and neck rejuvenation procedures are faster, easier and less expensive.



By Pete Rerig

WE ALL LIKE TO PUT OUR BEST face forward, but gravity and Mother Nature often have different plans. Environmental pollution, stress and the simple sands of time translate into sags and lines and a general appearance of looking older than our years. According to the American Society of Plastic Surgeons, more than 14.6 million facial rejuvenation procedures are performed each year in the US. And a growing number of those—approximately five percent each year—are of the minimally invasive type.

Jeremy Silk, MD, FACS, of Salinas Valley Plastic Surgery, is a double board-certified plastic surgeon currently the chief of surgery at Salinas Valley Memorial Hospital. Dr. Silk has been practicing in the region for eleven years, and has witnessed firsthand the growing trend of in-office, mini-facelift procedures.

"There are a huge variety of procedures being marketed as 'mini-lifts,' but they all are based around the same ideas," says Silk. "Patients want a less invasive procedure with a shorter recovery time, a more affordable cost and little to no scarring." However, Silk is quick to point out the importance of finding an accredited surgeon, as there are many sham procedures being advertised today.

"Thread lifts, in which barbed sutures are threaded under the skin, have been widely discredited because of poor results and high complication rates," says Silk. "There's also the cleverly named 'vampire lift' in which a patient's own blood is drawn, centrifuged to concentrate the stem cells and then re-injected."

Mini-facelifts

Silk doesn't perform either of these procedures, but does do a good volume of "mini-lifts" with great results.

"When I refer to mini-lifts, I'm specifically talking about surgical procedures that can be performed in the office under light sedation," he says. "But full facelifts and mini-facelifts are both procedures with many variants. Each surgeon develops their own based on personal preference, but in general a full facelift includes

treatment of the cheek and neck to remove and tighten excess skin, correction of wrinkling in the skin and the neck (eliminating 'turkey neck'), correction of jowling along the jaw line and the lifting of sagging fat in the cheeks to bring back a more youthful position." Scars are well hidden and extend up the hairline above the ear, down along the front of the ear, and then back up behind the ear, adds Silk, and there is usually a scar beneath the chin as well.

Because mini-facelifts are truncated versions of the full surgery, designed for the office environment, there are some differences in results.

"Mini-lifts tend not to treat the neck and are better for lifting the cheek fat up and tightening the jowls," Silk explains. "They are also not as effective at removing loose skin, and involve more limited placement of sutures in the deeper tissues of the cheeks."

Who are the best candidates for a mini-facelift?

"Generally speaking, this is for patients in their late 30s to early 50s with good skin tightness but early signs of aging, such as sagging cheeks and deep lines beside their mouths," he notes. "On the other hand, patients with significant laxity and bands in their neck, marked skin wrinkling and severe sun damaged skin are often poor candidates."

Silk performs the procedure in his office with the patient under local anesthesia and with oral medication for pain and anxiety.

"Patients can expect bruising for up to two weeks and swelling for up to three weeks," he says. "I recommended they take at least one week off from work (two weeks for a physical job) and follow-up appointments are at one-week intervals for a month. However, the results should be noticeable for five to ten years." Furthermore, the cost is dramatically less to the patient, as they don't have to pay for anesthesia or a full operating room.

TOP: David Morwood, MD, FACS, performs minimally invasive, in-office procedures and offers a natural neck lift option to his patients. Photo courtesy David Morwood, MD, FACS

RIGHT: Jeremy Silk, MD, FACS, of Salinas Valley Plastic Surgery, describes "mini-lifts" as "surgical procedures that can be performed in the office under light sedation." © Richard Green; courtesy of Salinas Valley Memorial Healthcare System



The Natural Neck Lift

Like Dr. Silk, David Morwood, MD, FACS, formerly chief of the division of plastic surgery at Community Hospital of Monterey Peninsula, also performs minimally invasive, in-office procedures and offers a natural neck lift option to his patients.

"The natural neck lift concentrates on the neck and jowls and provides a custom-designed approach," says Dr. Morwood. "Many patients, including men, might not want a full facelift but would like a cleaner, crisper neck, chin and jaw line."

"Many people don't want to go to the hospital or surgery center, but still desire improvement in the neck and jowl area without changing the appearance of their face."

— David Morwood, MD, FACS

Morwood has been performing the natural neck lift for more than 15 years, and has been highly successful due to the nature of the procedure.

"Many people don't want to go to the hospital or surgery center, but still desire improvement in the neck and jowl area without changing the appearance of their face," he says. "I also find that the shorter incisions and reduced recovery period are attractive elements, as is the fact that it's a more affordable alternative to more extensive surgery."

When performing in-office neck lifts, patients are given oral sedation, pain medicine and antibiotics.

"Depending on what the patient wants or needs, the surgery can range from a very short incision in the crease under the chin, incisions around the earlobe or in the back of the ear or in the hair of the temple, Morwood explains." Recovery times for Morwood's procedure are surprisingly short, with only three days of rest, followed by a one week period of limited activity avoiding heavy exercise, then on day #11 following the procedure a slow return to normal activity and regular lifestyle.

Morwood stresses the importance of meeting with a plastic surgeon and together designing a custom approach plan for increased patient satisfaction. According to Dr. Morwood, one of the biggest advantages of the natural neck lift is that it can be customized and combined with other procedures such as fat grafting to restore volume to the face and chemical peeling to minimize fine lines and wrinkles.

"We have the Vectra six-camera photo computer and three-dimensional analysis system in our office," he says. "I can sit down with clients and view their images in three dimensions from different viewpoints, communicate one-on-one with them about their desired changes and actually do some sculpting on the computer screen to simulate potential results." He also utilizes telemedicine, Skype and FaceTime for his busy and out-of-town guests.

Satisfying results with less scarring, a faster recovery and a less expensive bottom line: it's little wonder that mini-facelifts and neck lifts are highly attractive options for those seeking alternatives to traditional plastic surgery.



Four patients of David Morwood, MD, FACS, who received a Natural Neck Lift. Photographs are before and after the procedure. Photos courtesy David Morwood, MD, FACS

REVITALessence™

MEDICAL SPA & LASER CENTER

Dr. Morwood, Dr. Silk, and Dr. Romans are pleased to be medical directors of Revitalessence Medical and Laser Spa with two locations - Salinas and Monterey - offering medical grade skin care, state of the Art laser treatments, Coolsculpting, injectables including Botox and Fillers, Intense pulsed Light treatment, and aesthetician services.

Resources

Jeremy Silk, MD, FACS, Salinas Valley Plastic Surgery, 1260 S. Main St., Suite 201, Salinas, 758-2746. www.salinasvalleyplasticsurgery.com
David T Morwood MD FACS, Revitalessence Medical Spa & Laser Center, 665 Munras Ave, Suite 220, Monterey, CA, 831.646.8661; <http://www.DrMorwood.com>