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## MIRROR, MIRROR ON THE WALL - 'DAYLIFT' CHANGES THE FACE OF TRADITIONAL TECHNIQUE

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In December Jo Hale, 62, visited a doctor's office in Germantown for about two hours and walked out with a new face.

Three days after an operation, she went to a dinner party and two days after that attended a show at the Orpheum.

Hale, a vivacious woman, quick to laugh, was dressed in a velvet jogging suit one day recently as she sat in her doctor's office. She looked 15 to 20 years younger.

She can't quite believe what happened. "Every morning I get up and run to the mirror to see if it's come back," she said.

Hale's surgery, called a "daylift," was performed by Dr. Phillip Langsdon at The Langsdon Clinic in Germantown. Like a traditional facelift, it lifts sagging skin, cheeks and jowls, but takes less than an hour to perform and is done under local anesthesia. It generally costs less and requires a shorter recovery time.

Hale, who lives in East Memphis and is a retired customer service representative for Xerox Corp., inquired about the procedure on an impulse after watching a TV makeover program.

Before the operation she told only her husband and a few friends. "Now I'm so pleased with the results, I don't care who knows."

Hale's surgery was performed in a dental-type chair. She was given multiple injections to numb her face, and was awake for the procedure.

She took painkillers for one day, slept with three pillows, and drank through a straw for about 24 hours. Her bandages were removed the day after surgery.

She experienced some nausea from the painkiller, but very little pain. She called the whole thing "a piece of cake."

The total cost of a daylift at The Langsdon Clinic, including lab fees, is about \$4,500. This compares with the price of a lower facelift there, which is \$6,200. A patient would additionally pay about \$1,250 in surgery center fees and \$190 in lab fees for a total of \$7,640.

But don't get too excited about minilifts like this one. Langsdon noted the daylift is not as extensive as a facelift and does not remove fat or suture muscles under the chin. It's not going to be enough for someone with serious sagging, he said.

Few patients as old as 60 can get the look they want with a minilift alone, said Dr. Malcolm Paul, associate professor of clinical surgery at the University of California, Irvine, and a past president of the American Society for Aesthetic Plastic Surgery. Typically such patients require accompanying surgery to correct a drooping brow or eyelids, or both.

Without other procedures, "it's like redecorating a room and leaving two old sofas," said Paul.

He thinks minilifts work best for people in their 30s or 40s, or to maintain the youthful appearance of an older person who has had a facelift.

Hale's version of the minilift was developed by Langsdon, who called it "very similar to an S-lift," a less invasive facelift. The incision is made either in front of the ear, with a short curve behind the ear; or it may be made behind the ear with a short curve in the crease in front of the earlobe, depending on where the patient needs help.

Sagging tissues and muscles are supported by anchoring them to the lining outside the bone and to other areas of connective tissue.

Some patients can return to light activities the following day.

Langsdon said the daylift should last as long as a facelift would.

Langsdon will lecture on his daylift in a course for physicians in May in New Orleans that is sponsored by the University of Tennessee, the University of Alabama, Emory University and other institutions.

The procedure is excellent for patients with "moderate sagging" of cheeks and jowls, he says.

Meanwhile, Hale feels like a woman with a new face and a new body. She lost 18 pounds dieting before surgery. For the last four months, she's worked out on a Pilates "reformer" machine for 20 minutes every day because it gives her energy.

About the surgery, she says, "I know it won't last forever, but when the time comes, I'll have it done again. I feel like I look much younger and I feel great about that. Who wouldn't?"

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**Illustration:** photo (3)

Jo Hale before and after her "daylift" procedure was performed. The minilift is less costly than a traditional facelift and requires less recovery time.

CAPTION: By A. J. Wolfe

Hale performs her Pilates routine in her living room. Using the machine daily for the past four months helped boost her energy, and a diet helped her lose 18 pounds before her facial surgery.