



A facelift without scalpels

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Every year more than 100,000 Americans get facelifts.

A traditional facelift means surgery, general anesthesia and long recovery times. But what if you could get the same results with no incisions, no recovery time and pay a quarter of the cost?

Pam Malone is one of Austin's baby boomers who wanted such an option to look as young as she feels.

She wanted to turn back the clock and erase the lines around her mouth and eyes.

"For me, the most important factor was that I didn't want to look like I had work done," Malone said.

She only wanted subtle changes and a traditional facelift was too drastic.

"I didn't want to change the overall look of my face. That's what was really important in not having incisions," Malone said.

So, she went to Austin cosmetic surgeon, Greg Nikolaidis for a new, non-surgical treatment called Thermalift, which uses radio frequency waves -- not a laser.

ThermaLift is one of the latest FDA-approved nonablative procedures for maintaining a youthful appearance.

The radio frequency waves used in Thermalift tighten the existing collagen and stimulates new collagen growth.

It incorporates a cryogen-cooling spray to protect the skin's outer surface, while the RF energy heats and modifies the soft tissue beneath the skin, causing the collagen to contract and tighten.

The new procedure doesn't pull the skin like a traditional facelift.

"This is more of a plumping up of the skin and a gradual tightening that you can see over 3 to 6 months," Nikolaidis said.

Nikolaidis can customize each treatment through the system's computer to control the depth and degree of heat. The procedure is rapid and bloodless.

"Results are as permanent as a traditional facelift, but the patient is going to continue to age, so they may need a follow-up treatment 5 or 7 years down the road," he said.

Malone has had two treatments. And so far, she's getting rave reviews from her family and friends.

She's been told she looks 10 years younger, and for this 49-year-old -- that's the best compliment she can get.

Some patients only need one Thermalift treatment. Others may need a second. Right now, Thermalift is FDA approved to only treat the forehead. But it has been shown to be effective for laugh lines, crows feet and smokers lines.

For more information, contact
Dr. Gregory Nikolaidis at (512) 328-3376.