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A surgery-free face lift

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Are you looking to turn back the clock, but don't want to go under the knife with a traditional facelift?

Dr. Greg Nikolaidis performs Feather Lift on Luanne Sadler.
Now there are less invasive ways to get that lift and tuck.

And one of the newest ones has made its way to Central Texas. It doesn't use incisions; there are few risks and almost no downtime.

Luanne Sadler, 41, isn't embarrassed to say she wants to look as young as she feels.

"Since I turned 40, it seems like the clock has been ticking pretty fast," she said.

Sadler wants to get rid of some of her fine lines and wrinkles, but a facelift seemed too drastic to get that more youthful appearance.

So she decided to get a much less invasive procedure called Feather Lift.

Austin cosmetic surgeon Dr. Greg Nikolaidis of Westlake Dermatology recently started performing the procedure.

"This procedure really works best for the younger patients - those 30 to 60 years old ... They want a little bit of lifting and tightening, but don't want to go under the knife, they don't want to take one or two weeks to recover. With this you can recover in one day and go back to work the next day," Nikolaidis said.

Feather Lift uses zigzagged threads made from the same material as standard surgical stitches. Each end of the thread has opposing sets of teeth.

First, Nikolaidis completely numbed Sadler's face. Then he inserted the threads under her face with a thin needle. The teeth on one end grab and lift the sagging skin. The teeth on the other end hold that skin to the rest of the tissues in the face.

After just 30 minutes, Luanne's procedure is complete.

One week after Sadler's Feather Lift treatment, both doctor and patient are thrilled with the results.

"I feel like when I look in the mirror, it's 15 years ago," Sadler said.

Nikolaidis performs Feather Lift as an FDA-pending procedure, but he said it should be approved in the next couple of months.

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