



Y LIFT®

INSTANT, NON-SURGICAL  
FACIAL CONTOURING TECHNIQUE



DR. Mercedes Monteaegre

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# DR. Mercedes Montealegre

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Mercedes Montealegre M.D. graduated magna cum laude from USF. She went on to complete her medical degree at the USF College of Medicine. Her residency was done through USF at Morton Plant. She received additional training in nutrition, weight loss and rejuvenation at Pritikin Longevity Center. The focus of her practice is on Preventive and Esthetic Medicine.

Dr. Mercedes's research on weight loss and nutrition has been published in medical journals. She has won awards from the American Heart Association and the Florida Academy of Family Practitioners.

Her philosophy is rooted in her own success in overcoming the challenges she has faced. Even though she dropped out of school at the age of 16, she had a successful career in insurance and real state. At the age of 32, while in college she recognized her true calling and went to pursue a medical degree. Another great challenge was her weight. She's only 5 feet tall yet at one time wore a size 22 dress. Today she maintains her 70 plus pound weight loss by applying the same methods she uses to help her patients achieve their weight loss.

## **What makes Dr. Mercedes Unique?**

Dr. Mercedes enjoys helping her patients achieve their ultimate potential, both mentally and physically, with her expertise and one on one personalized care. Dr. Mercedes can guide you to successfully change your lifestyle and obtain inner and outer beauty.



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# The Y LIFT®

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After years of study, Dr. Yan Trokel created a revolutionary minimally invasive facial contouring technique he calls the Y LIFT® that is based on a “structural volumizing” philosophy. In the aging process, volume and structure are what is gradually lost and absorbed by our bodies.

The Y LIFT® replenishes lost volume and restores youthful facial contours. The uniqueness of the Y LIFT® is that it not only revives the ideal youthful shape, but also enhances and beautifies the natural features making the procedure suitable for persons of all ages. It accentuates the cheekbone region, revives the under eye area, and defines the jawline and upper neck instantly.

The Y LIFT® requires no incisions, stitches, or general anesthesia.

## How is the Y LIFT® Performed?

The Y LIFT® is performed using a specialized titanium instrument which is inserted beneath the skin, then maneuvered throughout designated parts of the facial region to instantly lift and contour the muscles, fascia and fat underlying the skin. Once lifted, hyaluronic acid, a substance naturally present in the skin, is used to hold the newly elevated position in place at which point the titanium instrument is removed. The rejuvenated face is then “sculpted” to accent and highlight each individual’s beauty.



# The Y LIFT®

The Y LIFT® is based on the notion that youthful facial contours are shaped like the letter “Y”.

For example, if you were to superimpose a “Y” over the face you would see that it appears wide at the top spanning the eye & cheekbone region and then narrows down to a point culminating at the chin.

## What Can The Y LIFT® Do For You?

- Accentuates the cheekbone region & under eye hollowness
- Defines jawline, rids the face of unpleasant jowls
- Significantly improves upper neck area
- Refines lines around the mouth (smile lines)

## More About The Y LIFT®

- Customized to each patient
- FDA approved fillers - VOLUMA XC®, JUVÉDERM® & RADIESSE®
- Suitable for both women and men of ages between 25-80
- Performed with a specialized instrument created by Dr. Yan Trokel

## Y LIFT® Benefits

- Instant results with minimal downtime
- No general anesthesia or incisions
- Results last between 1-3 years, depending on the product used





"I feel 30 years younger because of this marvelous procedure."

**Y LIFT® Patient - Mara, Age 47\***

As seen on Al Rojo Vivo



"I feel like me but, younger, like how I used to look. I'm just thrilled."

**Y LIFT® Patient - Isabel, Age 50\***

As seen on **THE Doctors**



"It was so simple - no scars, no downtime. I left the office and was at work a half an hour later."

**Y LIFT® Patient - Elizabeth, Age 60\***



"The change was just, dramatic. It's like a miracle."

**Y LIFT® Patient - Aimee, Age 48/51\***

As seen on Doctor Oz **DR OZ**





"I am really happy I did it. It was less than 24 hours ago and I think I look at least 10 years younger."

**Y LIFT® Patient - Virginia, Age 73\***



"It's been only 24 hours since I had the procedure. The result is exactly what I wanted."

**Y LIFT® Patient - Angela, Age 49\***

As seen on **Tur nuevo día**  
TELE MUNDO



"I cannot believe how I feel and how I look. I actually like looking at myself in the mirror again."

**Y LIFT® Patient - Lyn, Age 60\***



"With the Y LIFT®, I feel like I look natural. When I look in the mirror now, I look 10 years younger."

**Y LIFT® Patient - Renée, Age 49\***

As seen on TV Japan NHK BSI **NHK BSI**



"I feel awesome: I don't have any pain at all - no swelling, as you can see. I just feel very good."

**Y LIFT® Patient - Katalina, Age 47\***

As seen on NBC Miami 



"I went to see Dr. Trokel, who did the Y LIFT®, and in literally 20 minutes, he changed my life."

**Y LIFT® Patient - Meryl, Age 56\***



"I look younger and better, and I couldn't be happier."

**Y LIFT® Patient - Zady, Age 42\***

As seen on Al Rojo Vivo 



"I look dramatically different now! I have cheeks, I have a chin, I have a jawline now! I never had those things, ever!"

**Y LIFT® Patient - Karina, Age 46\***



"The doctor took so much time with me explaining everything and going through any questions that I had, and I'm just thrilled!"

**Y LIFT® Patient - Catherine, Age 62\***



"The Y LIFT® for me, has been nothing but amazing. I feel confident and it looks natural."

**Y LIFT® Patient - Cal, Age 37\***

As seen on **Al Rojo Vivo**  **TELEMUNDO**



"Now I see myself and it looks like the person I remember looking like. I am very, very happy with my results!"

**Y LIFT® Patient - Priscilla, Age 51\***



"All my girlfriends keep telling me how great I look and it's because of the Y LIFT®."

**Y LIFT® Patient - Debra, Age 53\***

# F.A.Q.

## **Is the Y LIFT® really a “lunch-time facelift”?**

Yes. The entire procedure takes between 15-30 minutes. The patient can immediately resume his or her daily activities post procedure.

## **How long is recovery?**

There is no recovery time with the Y LIFT®. However, you may feel slight tenderness, soreness and possible minor bruising for a couple of days post procedure.

## **Do the results vary from patient to patient?**

Yes. The Y LIFT® procedure uniquely benefits each patient. Y LIFT® Providers utilize a very individualistic approach. As the provider closely studies the facial structure of each patient, they customize the procedure so that it naturally accents the patient’s specific features.

## **How is the Y LIFT® different from a traditional facelift?**

Advancements in current cosmetic technology have made it possible to undergo non-invasive procedures that can mirror the results of traditional facelifts. Patients enjoy similar results without the unwelcoming post-operative effects, such as facial discomfort and extensive healing time.

## **Can the effect of the procedure be reversed?**

Yes. The Y LIFT® is one of the few procedures that is completely reversible.

## **How long do the effects of the Y LIFT® last?**

The Y LIFT® lasts between 1-3 years, depending on the type of product used and the rate it metabolizes within the body. Independent results vary. Periodic touch-ups are recommended to maintain the effects of the procedure.



# F.A.Q.

## **How does the Y LIFT® differ from other filler procedures?**

The key to the Y LIFT® is not fillers, but the specialized instrumentation, placement and technique developed by Dr. Yan Trokel. The instrument is inserted beneath the skin to instantly lift the muscles, fascia and fat just below the skin. This adjustment provides the greatest lift in the face. A hyaluronic acid filler, a substance that is found naturally in the body, is then used to hold everything in its newly elevated position. The patient is then instantly restored, rejuvenated and enhanced.

## **May I have the Y LIFT® procedure done the same day as my consultation?**

Since the Y LIFT® is so minimally invasive, there is no prior testing required. Most patients elect to have the procedure done the same day as their consultation, as we schedule plenty of time for a thorough facial analysis as well as the 15-30 minute procedure. This is especially true for patients traveling from outside of the area. Although, we do recommend staying the night somewhere nearby so you may come in for a brief follow up visit the next morning for a light facial massage and so your Y LIFT® Provider can make sure the product is settling in perfectly with your facial features. A follow up is not required, and is up to the patient to attend. Many patients feel perfectly comfortable flying back out the same day as their procedure. We do our very best to accommodate the needs of our traveling patients.

## **Where can I get Y LIFT® and who does the procedure?**

The Y LIFT® is performed exclusively by **Certified Y LIFT® Providers**. For more information, or a full list of **Certified Y LIFT® Providers**, visit [www.YLIFT.com](http://www.YLIFT.com).

Does our FAQ not list your question? Please feel free to phone us at (813) 855-5455 to speak with a **Certified Y LIFT® Provider**.

## Y LIFT in the Press

The  
New York  
Times

“With [the Y LIFT®’s] help you can now pass yourself off as one of the Lucky People, a member of the elite set of genetic lottery winners who will never have to resort to plastic surgery.”

-Daphne Merkin, New York Times

“[The Y LIFT®’s] quicker, cleaner approach is based on a fundamental observation.”

-Peter Newcomb, Forbes

Forbes

Z!NK

“When should one decide to have a Y LIFT®? I was amazed to discover that this is not only for the old. The Y LIFT® has many benefits for adults of all ages.”

-George Scandalis, Z!NK

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# Y LIFT in the Media



“The miracle 30-minute facelift.”  
- Doctor Oz

“The Wow Lift.”  
-Dr. Travis Stork,  
The Doctors Show



“A far cry from an old-fashioned facelift.”  
-Lisa Kerney, The Couch





# Y Not You?



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