

### **P03 THE MACS-FACELIFT ENHANCED - COMPLEMENTARY PROCEDURES AND OVERCOMING DIFFICULTIES**

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**BACKGROUND:** The MACS-Lift(Tonnard et al. 2005)provides less visible scars an attractive alternative in selected patients.In contrast to the traditional long cut techniques,certain technical disadvantages are immanent to every short cut technique. The limited incision in the upper third of the face and therefore reduced margin of skin resection result in a limited rejuvenation of this zone and a good lifting of the lower and middle third of the face.The missing retroauricular incision leads in more severe cases to a retroauricular skin excess.

**OBJECTIVES:** Overcoming this problem by the use of complementary procedures on the upper third of the face which allow an enhanced rejuvenation of this area.The problematic retroauricular zone can be adressed by an seperate short incision and a lifting suture allowing a more pronounced retroauricular lift. The aesthetic results achieved by combining the advantages of the MACS-Lift with those of the used complementary procedures are presented in this article.

**METHODS:** During a period of 12 months,11/2007 until 03/ 2008,26 patients of our clinic underwent a cervicofacial lifting in our modified MACS-Lift technique,enhanced by the following procedures which were conducted within each MACS-Lift on a total of 23 female and 11 male patients: 28 liposuctions of the neck, 14 platysma lifts with retroplatysmar lipectomy, 19 upper blepharoplasties, 16 lower blepharoplasties, 14 temporal lifts, 9 filler treatments, 5 perioral phenolpeels and 3 canthopexies/2 malar suspensions.

**CONCLUSIONS:** Independently from the MACS-Lift incision performed short cut procedures allow a more individual and entire rejuvenation of the face. Apart from the favored face lift technique especially the complementary procedures described for the center of the face allow to overcome the limits of any lateral approach rejuvenation. As a result, the enhanced MACS-lift provides an attractive alternative to the traditional long cut face lift techniques resulting in superior overall rejuvenation and less visible scars.

**REFERENCES:** Tonnard PL, Verpaele A, Gaia S: Optimizing results from minimal access cranial suspension lift (MACS-lift). *Aesth. Plast. Surg.* 2005 Jul-Aug; 29(4):13-20