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Centro facial rejuvenation: Facial plastic surgery or volume lifting

Background: For correction of the lateral facial portions, jaws and neck the "old" cervicofacial facelift is very suitable. But our attractiveness depends also on the central facial triangle, which is based on cheek bones, orbita and eyes, nose, lips and chin. The midface is an important part of this central facial triangle. Depletion and ptosis are early signs of aging with weakening of the soft tissue's strength.

Aim: To compare to conservative and endoscopic operative ways of centro-facial rejuvenation and to evaluate a combined method of centro-facial rejuvenation without any facial scar. The new methods consist of a new endoscopic, scar free facelift and from an additive midface volume reconstruction.

Methods: By the first signs of centro-facial depletion, the author uses volume augmentation by long-lasting hyaluronic acid, Ca-hydroxyapatite or fat. To compensate sagging tissues a combination of suspensions-loops with thread lifts are very popular. Temporal endoscopic or sub-orbicular midface lift works very effective against centro-facial aging.

Findings: Most of the centro facial, sub-orbicular and cheek augmentations was made using long term hyaluronic acid volume augmentation. It is a quick and practical outpatient treatment, which is suitable for large quantities of patients. Radiesse and Radiesse liquid lifting works even longer. Radiesse has the ability even of nose correction because of its high viscosity. PRP-mixed hyaluronic acid or Radiesse seems working very good as well, however should be repeated in a shorter following period. Volume restoration with fat grafting, micro-fat, nano-fat has the advantages and privilege for full face application and sculpture, for that large volume of fat between 50-80 ml per face was applied.

Results: Depletions can be well managed by volume augmentation. But authors found much better results with facial plastic surgery plus volume restoration as volume restoration only. Scar-less facial plastic surgery such as the author's Temporal Endoscopic Facelift opens new perspectives and indications for reconstruction of the aging face and works especially in the central facial portion.

Biography

Thomas Haffner is a Board Certified Reconstructive, Vascular and Cosmetic Surgeon in Germany. He was trained in the Reconstructive-Plastic Surgery and Senology Section at the Semmelweis University, Budapest. He is specialized in Vascular Surgery and has worked as Department Leader in German clinics. He was a Resident Assistant under Professor Rettinger in Ulm. In 2000, he established his private clinic for vascular-reconstructive and aesthetic surgery in Cologne, Germany. His primary focus is the breast and facial surgery using minimal invasive and endoscopic methods. He invented the innovative vertical scar free reconstructive 3D mastopexy.

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