

## **Plastic Surgery Conf 2019: Landmarks for achieving desired and long lasting results in facelifts- Pedro Nery Bersan- Hospital Madre Teresa, Brazil**

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### **Abstract:**

Surgical rejuvenation of the face and neck has been a constant concern among Plastic Surgeons. Several techniques have been described over the years, in attempts to treat and correct the effect of time and other factors such as smoking, drinking, sun exposure, radiation, etc, over skin, SMAS, fat and bone layers. Although most of these efforts either present a limited result or a very short lasting one, other, especially those based on sub-SMAS, deep plane facelifts, have reproducible and long lasting results. Nonetheless, regardless of the approach chosen by the surgeon among those proven to be effective, some landmarks of face and neck tissue repositioning must be observed in order to achieve a patient pleasing and consistent result in every operation.

### **Introduction:**

The demand for a youthful and appealing look has currently improved as the populace has aged and mass media have promoted the desire for beauty. Facial rejuvenation isn't like other aesthetic methods in that it immediately restores a younger appearance in patients; consequently, right expertise of the anatomical components of the getting old process is mandatory. The severity of the ageing process, the regions of essential involvement, the man or woman of the pores and skin, and skeletal appearance vary among sufferers. Individual elements, which include the patient's expectations, the healing time required until the affected person can go back to day by day social sports, and the affected person's financial reputation also affect the selection of rejuvenation method. Hence, one of the greatest difficulties surgeons face in approaching facial rejuvenation is man or woman range, in light of the plethora of technical approaches to be had for enhancing the advent of growing older faces.

Early works describing face raise surgical treatment date from the early twentieth century. In the early level, methods have been restricted to easy skin excision and primary closure without subcutaneous undermining or deep tissue manipulation. Subsequently, more problematic surgical methods have been advanced to attain longer lasting and greater aesthetically nice outcomes. A quantity of studies concerning facial shape and the getting older system have been carried out. Bames described subcutaneous undermining and pores and skin redraping, and Skoog supplied the dissection of the superficial fascial layer and platysma as a unmarried myofascial unit. Since those early studies by the pioneers of the sphere, face carry procedures have advanced from subcutaneous face lifts to deeper plane face lifts (e.G., the superficial musculoaponeurotic gadget (SMAS), composite, subperiosteal, and double planes), as surgical processes have been technically delicate and know-how of facial anatomy gathered.

A wide variety of face lift approaches and their adjustments had been introduced through many surgeons, but no consensus has yet been hooked up regarding a generally superior process or clear indications for numerous surgical techniques. In the field of plastic surgery, the non-public perspective of each physician nevertheless strongly influences the selection of surgical approach. Therefore, it's miles essential for surgeons to be aware of the advantages and disadvantages of every operative approach, in order to make certain that they use the superior face elevate techniques for his or her sufferers

Aging of the face takes place due to intrinsic and extrinsic tactics. The intrinsic growing old technique occurs at the cellular stage. A decrease in hormonal tiers, the accumulation of mobile waste products, free radical-triggered harm, mitochondrial growing old, the breakdown of the telomeres, and accrued gene mutation are all accountable for intrinsic growing older. The extrinsic growing old process is resulting from external elements, including the effect of common facial expressions, gravity, sun exposure, smoking, and different environmental factors. Each layer of the face may undergo its very own ageing system. Surgeons should consider the subsequent factors whilst acting face raise methods.

First, with getting older, the quantity of extracellular matrix proteins, together with collagen and elastin, within the pores and skin decreases and the pores and skin turns into thinned and friable. Therefore, the pores and skin of an older character is vulnerable to damage and susceptible to wrinkling. Second, in numerous anatomic locations of the face, fat tissues exist as impartial booths. Aging methods inside the subcutaneous layer occur in two ways. One is atrophy of the facial contouring fat this is located in the deeper layer. Fat pads within the temple, periorbital, and buccal regions atrophy with growing old, ensuing in temporal hollowness, sunken eyelids, and cheek melancholy. The different manner is the descent of the superficial fat compartment. Descending fats is caught with the aid of preserving ligaments, anxious folding. The ptosis of septal fat pads inside the decrease eyelids creates festoons and nasojugal grooves. Malar fat pads descend and irritate the nasolabial fold. Sagging of the labiomental fats pad produces jowl deformities. In other words, deflation of deep fats components and ptosis of the superficial fats component make growing older greater prominent.

### **Methodology:**

Our latest 50 cases of sub-SMAS deep plane facelifts with fat grafting were analyzed considering the degree of improvement of 5 keystone areas and patient satisfaction 6 months after the operation. We confirmed that good pos operative definition in these areas was responsible for increased patient happiness.

### **Findings:**

The 5 landmarks we identified as being our patients most-wanted improvement points were:

- lower eyelid cheek junction
- upper blepharoplasty
- nasolabial fold reduction

- jawline contour definition
- cervical contour improvement.

**Results and Discussion:** Since the earliest face raise techniques had been advanced about a century in the past, face elevate methods have stepped forward, becoming extra complicated and ensuing in extra natural but lengthy-lasting effects, that have been performed through improved expertise of facial anatomy and accrued clinical experience. Our operative techniques have modified according to international developments (i.E., subcutaneous, SMAS, composite, subperiosteal, and double plane face lifts), as defined in the present article. The changed double aircraft face elevate has emerge as our workhorse technique, reflecting the unique facial anatomy of Asians, even though character variations and sufferers who require a quicker restoration can cause the choice of different remedy alternatives.

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