

EDITORIAL

DEEP PLANE FACE LIFT: IS IT REALLY REQUIRED?

Face lift surgery has undergone considerable advancements recently. However, many Plastic surgeons around the world still perform the old traditional deep plane face lifts. It is an invasive procedure and is performed in general anesthesia. While in addition to the complications associated with anesthesia; several other complications as well can happen! These include most importantly damage to the facial nerve and its branches leading to facial paralysis, hematomas, skin necrosis / sloughing, infection, scarring and deformity, asymmetry, alopecia and "pixie ear "deformity, which involves the earlobe being pushed downwards etc. Moreover, recovery is considerably prolonged in these cases with several days of hospital stay.

We developed Delta face lift, Simplified S lift, Simplified Quick lift, Transcutaneous face lift, SMAFS (Superficial Musculo-Aponeurotic Fatty System) Face Lift, Silk face lift, and Prolene lifts. These simplified face lifts are done totally under local anesthesia with no hospital stay. In our 40 years of cosmetic surgery practice, we have never seen any major complications with these face lifts. Recovery is quick; complications are minimal or non-existent in experienced hands; scars are very fine or non-existent, and there is no alopecia or ear deformity. Moreover, Delta, Simplified S and SMAFS lifts last over a lifetime and are comparable to the long-term results of deep plane face lifts.

It is hard to understand why plastic surgeons continue to follow old traditions which lead to long scars and are complicated and complex with several drawbacks. We believe they don't want to learn new cosmetic surgery techniques. They only follow what has been

taught by their old masters. They consider themselves to be superior, and do not like to follow inferior cosmetic surgeons, according to their estimation. While truly it is a fact that there is no such term as a "superiority complex". It is in fact an inferiority complex" in which they are; however vice versa they consider themselves to be superiors.

It is high time for a change. Cosmetic Surgery is a specialty which several plastic surgeons follow, or at least try to follow while showing that they do not follow it. Plastic surgeons must undergo certified training programs in cosmetic surgery from experienced cosmetic surgeons, and old and dangerous techniques like the Deep Plane Face Lift must be abandoned.

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