

The MACS Lift... how it differs from Conventional Facelifts

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The MACS Lift... how it differs from Conventional Facelifts**

**By Mr A RICHARDS MSc FRCS (Plas)**

**The MACS Lift... how it differs from Conventional Facelifts**

by: **Mr A RICHARDS MSc FRCS (Plas)**

Background

The MACS lift (minimal access cranial suspension lift) was described as a modification of the S-lift by a Belgian group in 2001. It was reported in the Plastic & Reconstructive Surgery journal, which is the main scientific journal for plastic surgeons.

Essentially, it differs from a regular facelift in the following ways:

The incision is limited to the skin hairline junction above the ear and anterior to the ear. There is no extension behind the ear.

The area of undermining, unlike a conventional facelift, is much smaller and essentially involves a portion of the cheek. Because there is less undermining, the blood supply to the skin is much more robust and the technique is therefore safer in smokers. There is much less risk of any skin necrosis, unlike other lifts.

Permanent suspension sutures are used to elevate the underlying tissue. These pass down to the neck, jowls and malar fat pad. Unlike many other facelifts which do not include significant mid face elevation the MACS lift elevates the malar fat pad reducing the naso labial folds.

Because there is no undermining under the SMAS (superficial musculoaponeurotic system) there is very little likelihood of damage to the facial nerve.

Because the undermining and dissection is much more limited the post operative swelling and oedema is much less than in normal facelifts and recovery is therefore quicker.

## The MACS Lift... how it differs from Conventional Facelifts

Because the malar fat pad is elevated it combines very well with lower lid blepharoplasty, as can be seen in the illustrations. It essentially reduces the height of the lower eyelid giving a more youthful, smooth appearance.

In nearly all cases liposuction is performed to the neck area below the angle of the mandible, both to remove excess fat here and also to free up the skin to allow it to be re-draped by the suspension sutures.

In my opinion the MACS lift produces results at least equivalent, or in most cases, better than a conventional facelift. It is ideally suited to the younger patient with a sagging mid face. In patients with really excess skin facility in the neck region, it may be necessary in some cases to make an incision posterior to the ear to take up this slack, but in most cases this is not necessary.

### DETAILS OF PROCEDURE

The operation is performed under a general anaesthetic and most patients stay in hospital for two days post operatively. The operation generally takes about three hours and in nearly all cases should be combined with lower lid blepharoplasty, as lifting up the malar fat pad also lifts up the lower eyelids and it is relatively simple to remove the excess skin. Usually no additional work needs to be done to the fat pads because of the suspension of the malar area.

During the post operative night, the patient is placed in a firm bulky woollen bandage and two small non-suction drains are inserted behind the ear. The bandage is removed the following day, along with the drains. Following this, a light chin-up bandage is worn for one week. Following this, the patient normally looks fairly reasonable, although there may be some residual bruising, particularly around the eyes. This is treated with Arnica cream and massage on a twice daily basis.

Stitches in the lower blepharoplasty incision are removed at three days, those in front of the ears and alternate stitches in the hairline are removed at five days and the remaining sutures in the hairline at ten days.

In my opinion the MACS lift is a significant advancement in facial rejuvenation surgery as it involves relatively little undermining and consequently the recovery is quicker. It also has the significant advantage of improving the mid face and malar area which other facelift techniques do not tend to help.

I use this type of facelift now exclusively, and as I mentioned, in patients with really severe neck skin excess I would do a posterior skin excision, but this is not necessary in 90% of patients.

This lift is ideally suited to the younger patient with mid face ageing changes and moderate changes in the neck.

Mr Richards is a full member of the British Association of Aesthetic Plastic Surgeons (B.A.A.P.S) and the British Association of Plastic Surgeons (B.A.P.S) as well as a being a Fellow of the Royal College of Surgeons (FRCS) and registered on the specialist register of the GMC for plastic surgery.

## The MACS Lift... how it differs from Conventional Facelifts

Adrian Richards and Associates has a series of clinics and accredited hospitals across the mid shire counties and at 10 Harley Street London and offers a complete range of cosmetic surgery and non surgical procedures using the most advanced techniques available.

For further information or to find your nearest treatment centre visit

<http://www.arandassociates.co.uk>

or call the information line on telephone number (UK) 0800 3285743 for specialist and sympathetic advice.

Mr A RICHARDS MSc FRCS (Plas)  
Consultant Plastic and Cosmetic Surgeon

<http://www.arandassociates.co.uk>

Suite 3, Samuel House  
Chinnor Road  
Thame

Oxon OX9 3

[a\\_richard200@yahoo.co.uk](mailto:a_richard200@yahoo.co.uk)

### **New Technology For Immediately Refreshing Your Appearance**

#### **By Jason Flintstone**

Ladies all know that no matter how much makeup we wear or how carefully and strategically we apply it before we leave the house, often times it's almost gone by the time we get to the office. And, we might as well forget about it by lunch or quitting time.

Traditionally our midday and end-of-day touch-ups were part of our daily routine. But, now, according to experts, instead of women sneaking off into the washroom for a quick (facial) pick-me-up, they are sneaking instead into the spa or doctor's office.

It's all part of the latest trend of non-invasive mini-facelifts, wrinkle elimination and waistline reduction procedures commonly referred to as "lunchtime plastic surgeries". And, experts assert that lots of patients want immediate and measurable results and without going under the knife.

Among the most common procedures (gaining in popularity) are suture lifts. Suture lifts or Lifestyle Lifts are noted as being ideal for those on a budget and are described as one-hour, in-office microsurgeries that involve strategically situated surgical threads administered under local anesthetic. Lifestyle Lifts are done in order to firm the lower face and neck area by placing tiny, permanent sutures under the

## The MACS Lift... how it differs from Conventional Facelifts

skin to lift and tighten sagging muscles.

Contour Threads is another procedure geared toward a droopy brow, cheek or jowl, and involves passing a needle and barbed thread beneath loose skin and tugging it back into place, offering natural and instantaneous results.

The Lifestyle lift is said to last between 5 and 20 years and Contour Thread for between three and five years. And, outside of some (minor) swelling and bruising, you can expect to recover (from either procedure) within a few days (especially if you use an ice pack. The only "drawbacks", according to experts is that Lifestyle Lifts offer the greatest benefit and results to women over 40; and Contour Threads can be performed on younger women but won't last as long as the Lifestyle lift or a traditional facelift.

<http://www.lifamilies.com>

– family community website

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**