

Minimally Invasive Laser Midface Lift

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INTRODUCTION: The aim of this presentation is to describe a simple and effective method for performing midface lifts through minimal temporal incisions, particularly in younger patients who are likely to have a rapid recovery and wish to avoid having preauricular scars.¹⁻⁴

MATERIALS AND METHODS: A total of 67 patients, 56 women and 11 men between 32 and 65 years of age, underwent surgery between December 2011 and December 2014. The minimally invasive laser middle face lift was performed in conjunction with an upper face lift in 27 cases. In addition, blepharoplasty was performed in 43 cases, rhinoplasty in 11 cases, neck liposuction in 12 cases, and neck lift in 32 cases.

The lifting technique included malar fat pad volumetry using a three-dimensional geometric pattern, two small incisions in the temporal scalp, discontinuous undermining with 1.5 mm laser cannula, and suspension of the malar fat pad with three percutaneous sutures per side to the deep temporal fascia.

RESULTS: The outcomes have been satisfactory and stable in most patients during the follow-up period (median, 21 months; range 1–36 months)

CONCLUSION: The use of 980 nm diode laser and percutaneous suspension of the middle face through this minimally invasive approach are safe and effective for midface rejuvenation.

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