

SUMMARY AND CONCLUSIONS

The face is the window of the human emotion and self image to the world, and it is here that the first signs of aging appear. Facial rejuvenation surgery attempts to erase the visible signs of aging, thereby turning back the clock. Surgical rejuvenation of the aging face has evolved into one of the most frequently performed surgical procedures in the world. Face lifting, initially performed as a skin tightening procedure since the early 1900.

The MACS lift is a short scar face lift that elevates the deep tissues and skin using a vertical vector only. Sagging facial soft tissues are suspended with permanent or slowly resorbable purse-string sutures strongly anchored to deep temporal fascia through a preauricular and temporal prehairline incision.

The aim of this study was to evaluate the aesthetic and clinical results of the MACS lift and the need for additional procedures to improve these results.

This study was carried out on 20 cases suffering from various degrees of aging face admitted to the **Plastic and Reconstructive Surgery Unit of the Main Alexandria University Hospital** in the period from January 2012 to December 2013.

These 20 patients were suspected to pre-operative clinical and photographic assessment, followed by MACS-lift procedure of either one of its variants;

1. The simple MACS lift(S-MACS), where two purse-string sutures are placed for correction of the neck and the lower third of the face.

2. The extended MACS lift (E-MACS), where a supplementary third purse-string suture is placed to suspend the malar fat pad. This suture will have an extra effect on the nasolabial groove, the midface and the lower eyelid.

Other procedures including suction lipectomy of the neck, posterior cervicoplasty, and platysma-mastoid suture were done according to the patient clinical requirements.

The following results were obtained from this study:

All of the 20 patients included in this study were females. The mean age of the patients was 53 years, and ranging from 44-65 years.

The operative time in this study ranged from 2 to 3.15 hours with an average of 2.30 hours.

The hospital stay in this study ranged from 1 to 2 days with an average of 1.15 days.

The results of one-year post-operative follow up show;

- In the middle face region the overall mean improvement of the middle facial region of the 20 cases was about 70%.
- In the lower face region the overall mean improvement of the middle facial region of the 20 cases was about 84%.
- In the upper neck region the overall mean improvement of the middle facial region of the 20 cases was about 65%.

The results of scar assessment by both patients and doctors in our study shows that the scar in 95% of cases was found of excellent quality leaving no obvious sign that the patient underwent a face lifting procedure.

The results also show two patients suffered from complications; one patient suffered a small hematoma that was managed without sequel, and the other complication encounter by us was obvious or unsightly scar in another patient.

In conclusion the MACS-lift as a short-scar rhytidectomy technique can produce very pleasing and natural facial rejuvenation results through pure vertical shifting of facial deep tissues and skin. Morbidity and complication rate are very low, and the results seem to be stable over time. Both patient and surgeon satisfaction are high. On this basis, MACS-lifting with or without other procedures can be a valuable tool in a modern face-lift practice.

RECOMMENDATIONS

1. The facial rejuvenation should be patient oriented, tailored to the individual's problems, wishes, and needs.
2. Extension of follow up period of our cases for at least 5 years, together with increasing the number of patients would give us more data that could be helpful in improving our practice.
3. Future studies are needed to assess different procedures available for forehead correction, ranging from open forehead-plasty to endoscopic brow lift or limited incision temporal lifting techniques.
4. More studies are recommended to assess different periocular correction procedures.
5. Further research in the field of non-invasive facial rejuvenation techniques.

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لوجه هو نافذة المشاعر الإنسانية و الصورة الذاتية للعالم الخارجي و فيه تظهر و ال علامات الشيوخه. تحال جراحات تجديد الوجه ان تمحي العلامات الوثيه للشيوخه و بتالي إلي راجع الساعه إلي الوراء. التجديد الجراحي للوجه قد تطور إلي واحد من اكثر الجراحات تكررا في العالم و هي جراحه شد الوجه التي اجريت ابتدا من وائل القرن العشرين علي هيئة اجراء جراحي لشد جلد الوجه.

شد الوجه المحدود المدخل ذو التعليق القحفي هو شد وجه ذو ندبه قصيره يقوم برفع الأنسجه العميقه و الجلد باستخدام وجه افقي فقط. حيث يتم تعليق انسجة الوجه المزهله بواسطة غزوة سلسلة المحفظه الدائمه او بطيئة الزبان المسبته بقوة في الوقه الصدغيه العميقه من خلال جرح امام صوان الاذن و امام شعر الصدغ.

الهدف من هذه الراسه هو التقييم التجميلي و الاكلينيكي لشد الوجه المحدود المدخل ذو التعليق القحفي و مدى الحاجة إلي اجرائه جراحيه مكمله لتحسين النتائج.

هذه الراسه اجريت علي 20 مريض يعانون من درجات مختلفه من شيخوخه الوجه تم تم فحصهم و معالجتهم ، و متابعتهم في قسم جراحة التجميل و اعاده البناء في المستشفى الرئيسي لجامعة الاسكندرية في الفترة من يناير 2012 إلي ديسمبر 2013.

تم فحص المرضى في فطرة ما قبل الجراحه بواسطة الفحص الاكلينيكي و الفو جرافي ثم اجراء جراحه شد الوجه المحدود المدخل ذو التعليق القحفي بواسطة واحدة من زعيها:

1. شد الوجه المحدود المدخل ذو التعليق القحفي البسيطو فيه يستخدم غزوتين سلسلة المحفظه لتصحيح لإقبه و الجزء السفلي من الوجه.

2. شد الوجه المحدود المدخل ذو التعليق القحفي الممتدو فيه يستخدم غزوة سلسلة المحفظه ثالته لتعليق و سادة الدون لإقبه. هذه الغزوة لها تأثير إضافي علي الاخدود الانفي-القمري و منتصف الوجه و جفن العين السفلي.

الإجراءات الجراحيه الاخرى شملت شفث لدون لإقبه و شد لإقبه الخلفي و غزوة العَصَلَةُ الجَدِيدَةُ للعُنُقُ إلي الخشاء و تم استخدامهمو فقا لإحتياجات المرضى الأكلينيكيه.

النتائج التاليه تم الحصول عليها بواسطة هذه الراسه:

جميع المرضى بهذه الراسه من الأناث. مَ سَط اعمار المرضى هو 53 عاما و يتراوح بين 44-65 عاما. و قت العمليات في هذه الراسه يتراوح بين 2 إلى 3.15 ساعة و بمؤ سَط 2.30 ساعة.

مدة الإقامه بالمستشفى تتراوح بين 1 إلى 2 يوم و بمؤ سَط 1.15 يوم.

تظهر نتائج عام واحد من متابعة مابعد الجراحه التالي:

- في منطقة منتصف الوجه بلغ مَ سَط التحسن إلي 70%.
- في منطقة اسفل الوجه بلغ مَ سَط التحسن إلي 84%.

• في منطقة اعلى لوقبه بلغ مَسط التحسن إلى 65%.

نتائج تقييم الندبه بواسطه الوضى و الأطباء في هذه الراسه اظهرت ان في 95% من الحالات تتمتع بندبه ذات جوده ممثلة بون علامات واضحه ان الويضع قد اجرى جراحه شدوجه.

النتائج ايدا اظهرت عدد 2 وضى عانو من مضاعفات وهي: ويضع واحد عانى من تجمع دموي صغيرو تم علاجه بون اثار دائمه، و ويضع الاخرى عانه من ندبه ظاهره.

في الخاتمه فان شد لوجه المحرود المدخل ذو التعليق القحفي كانتقيه لشد لوجه ذات ندبه قصيره يمكن ان يحقق نتائج ورضيه جدا و طبيعيه لتجديد لوجه من خلال نقل الانسجه العميقه و جلد لوجه في اتجاه افقي محض. الراسه اسبتت سبات النتائج مع مورر لوقت و ان معدل المضاعفات قليل للغاية، و نسبه الاضاء عاليه بنسبه للوضى و الأطباء. و بناء عليه فان شد لوجه المحرود المدخل ذو التعليق القحفي مع او بون اجراءات اخرى يستطيع ان يكون اداه قيمه في ممارسه شد لوجه الحديث.