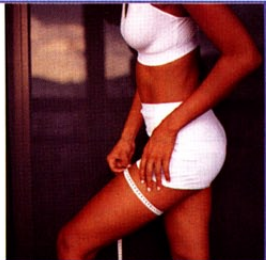


Beauty and the Knife

Dr Patrick Briggs



Facelift alternative - The MACS Lift

Most middle age patients who consult a plastic surgeon about advice on facial aging want to look younger without looking like they've had a facelift.

Once the magnitude of a traditional facelift is explained, some patients shy away because of the possible complications. But there is another alternative to consider.

In 1999, Patrick Tonnard, a Belgian plastic surgeon described a modified S-Lift Facelift which he named the minimal access cranial suspension lift (MACS Lift).

The technique achieved the results of traditional face lifting surgery with a much smaller incision and a much lower rate of potential complications. The MACS Lift is a procedure that can be done under local anaesthetic as a day case and patients can return to work within a few days.

There have many attempts in recent years to minimize the surgery of face lifting and as such the S-Lift and contour threads have been invented. Both the S-Lift and the contour thread have not stood the test of time and indeed most thread operations last a matter of weeks, or months at best.

The minimal access cranial suspension lift (MACS Lift) has stood the test of time and is undoubtedly a procedure of choice for patients seeking to enhance their facial appearance which has been ravaged by ageing.

The advantages of the MACS Lift are primarily:

- **Less invasive**
- **No overnight stay required**
- **No neck dissection: liposuction only**
- **Quicker recovery**
- **Less bruising and swelling**
- **Can be done under local anaesthetic**
- **Few and less onerous complications**

The MACS Lift is done with a small incision from the ear lobe up to the top of the ear which then runs forward in a slightly wavy pattern at the hairline in the temple. This incision undermining is done for a distance of approximately 3cm and then three sutures are placed: one down into the neck, one over the cheek and one high over the cheek bone. These sutures are all suspended on the zygomatic bone which is about three quarters of the way up the ear.

These sutures reposition tissues - skin, fat and muscle - in the position that they were in during youth. The sutures are dissolving and disappear in about three months. After the sutures dissolve the tissues stay in their new position because of internal rearrangements and "sticking down" of the tissues in this position.

Dr Tonnard's results have stood the test of time for six years and his follow-ups show the procedure lasts for at least this time.

The benefits of a MACS Lift are substantial. In addition to just a small incision there is no incision behind the ear and patients - especially female - are able to wear their hair up without the incision being visible. While any surgery carries risks, the risks of a MACS Lift are present to a much lesser degree than a traditional face lift.

**For more information: email: admin@drbriggs.com.au
or visit www.cosmetic-plastic-surgery.com.au**