Simplified Facial Rejuvenation
Melvin A. Shiffman · Sid J. Mirrafati
Samuel M. Lam (Editors)
Chelso G. Cueteaux (Associate Editor)

Simplified Facial Rejuvenation

With 884 Figures and 40 Tables
Dedication

This book is dedicated to a family that has put up with my years of practicing medicine 7 days a week, 18 h per day, as well as taking on almost everything that has been asked of me by individuals and societies. As Editor of three different cosmetic surgery journals over 10 years, Chief of Surgery at one hospital, and now Chairman of the Surgical Section of another hospital, teaching internationally for the past 20 years, completely writing and formatting the International Board of Surgery examination and running these examinations over the past 3 years, writing over 350 papers, and authoring or editing over six books, including this seventh book, I have rarely been at home or “too busy when I am home.” I am now on the Board of Governors of the American College of Legal Medicine as Treasurer and destined to be President in 2 years. My wife, Pearl, has taken all of this without complaint and my children, Scott, Karen, and Denise, have missed my presence to support their activities. Now three grandchildren, Ben, Greg, and Evan, have to put up with my infrequent presence at a variety of their events (sports, etc). At my age it is hard to change, I enjoy what I do and I only hope that all of them will continue to understand.

Melvin A. Shiffman
Foreword

It is a great pleasure for me to provide a foreword for this new book *Simplified Facial Rejuvenation*. I congratulate the editors, who selected a great number of aesthetic surgeons, working in different parts of the world, all of them with great experience in the art and science of aesthetic surgery. Such a book is needed at the present time.

Aesthetic surgery and especially facial aesthetic surgery is requested today by many. We already have plenty of books about aesthetic surgery. Most of them are excellent, but not all of them describe simple procedures for embellishment or rejuvenation. Major procedures are developed in detail but are not for all the patients of the present time.

Today, many patients who want to improve their facial appearance are young or mature. They want to stay young and are asking us to correct the first “weak point” of facial ageing, to treat a minor defect, or to enhance the beauty of a normal feature. Also, we have many senior citizens who do not want to have a major operation and who wish only for a mild improvement of their face. Many senior citizens do not want to change; they want to stay as they are and such simple procedures may be very helpful for them. Older patients very often want to have several simple procedures together instead of a major one. The satisfaction of the patient may be the same as that which he or she should have with a major procedure. Simple techniques alone or associated with other techniques give a natural look and not a postsurgical look, which is sometimes the result of a major procedure. *Beauty has no age.*

It is the aim of this book to inform aesthetic surgeons about conventional, new, or improved techniques, all of them reliable and simple and recommended by the authors. This group of aesthetic surgeons have great experience of such techniques and also of their indications. Prevention is better than cure and mini invasive techniques are frequently indicated.

In aesthetic surgery as in other surgical specialities, it is necessary to know how and also why a procedure has to be selected. All the problems of patient selection are discussed as well as minor surgical details about all the procedures used on the face, neck, and scalp (threads, section of muscles, superficial peelings, artificial fillers as well as biological fillers, suture lift, short access facial elevation, mesotherapy technique, partial removal of the buccal fat, etc.). A patient said once: “Why go under the knife when you can go through the needle?”

All of the procedures are reliable but should be done only by experienced aesthetic surgeons. A simple procedure does not mean an easy procedure and complications may happen in inexperienced hands. Simple does not mean minimal results. The results are often as good as those for a major procedure. We should not forget that the face is the public relations organ by excellence, the clock of age, the barometer of feelings. The face, in surface area, is very small compared with the body. A defect on the body can be easily concealed. On the face, it is not possible. This remark underlines how important is the work of the aesthetic surgeon on the face.

Everybody at any age would like to have a pleasant face or at least a normal one, without any blemish due to nature, to an accident, to a disease, or to ageing. It is well known that minor imperfections of the skin or aesthetic anomalies can cause much distress.

As Mario Gonzales Ulloa, the famous Mexican plastic surgeon, used to say: “A defect of 1 mm on the face is 1 km in the heart and in the mind.” Since the beginning of humanity, man has tried to improve his condition and his appearance. Today, human cul-
ture is at its highest level in all fields, and aesthetic medicine and aesthetic surgery have made tremendous advances technically as well as in reliability. All over the world men and women are aware of such advances thanks to the media and the desire to improve one's appearance is strong. If health is the first thing that is indispensable in life, the second one is a pleasant appearance. Having a good look is not being vain, it is a culture and it is even a need in many professions.

Aesthetic surgery today is not only rejuvenation but it is also embellishment and maintenance of youth—face maintenance rather than radical surgery is the way to beat facial ageing. Simple procedures are very often enough. Aesthetic surgery as it has been said can put back what Father Time took away or what Mother Nature forgot.

Aesthetic surgery today is more accessible to many. A lot of very valuable improvements of the face can be achieved by simple techniques and they are described in detail in this book.

It is well known that a simple procedure on one element of the face can embellish or rejuvenate a whole face and it will also improve the mind.

All the simple techniques described in this book will allow the aesthetic surgeon to democratize even more beauty, which is as necessary as health. We live in a world which is refined in all fields. Being clean is not enough; today having a good look is a duty towards oneself as well as for the other individuals sharing our environment. It is a culture.

A good book is the best university and I congratulate the authors for their excellent contributions. Mel Shiffman, the main editor, deserves special gratitude. He decided to produce this book and tackled the hard work indispensable for this unusual and very useful tool to be published (he is also the father of several other books on aesthetic surgery) and he spent many hours at his computer when at home but also when travelling to teach, to attend meetings, and to discuss with his co-authors all over the world like an evangelist to spread generously his wide knowledge and collect the most recent and reliable techniques or ideas making possible the publication of this very useful book. He knows that the transmission of knowledge is a duty of the present towards the future.

He is a fountain of knowledge and a not cistern and is the living proof of a sentence used by Mario Gonzales Ulloa in his book Man:

The essential lies:
not in having but in giving,
not in knowing but in teaching,
not in being able but in accomplishing.

Thank you again, Mel.

Pierre F. Fournier
Preface

Facial rejuvenation is the art and science of improving the aesthetics of the face, scalp, and neck areas to give a more youthful appearance. For many years the standard has been a full facelift with various methods of superficial musculoaponeurotic system tightening as well as chemical peels or laser. More recently deep-plane facelift has been utilized to improve the results. However, some of these procedures have been associated with some significant risks and complications as well as prolonged recovery time.

There is a growing tendency for physicians to use less invasive procedures that reduce the risks and complications. Patients are more likely to select a less aggressive procedure not only for the reduced risks of injury but also because of reduced time of disability with early return to work and social activities. Patients wish to look younger but also want fewer scars and a less painful recovery. Newer less aggressive procedures, such as suture facelifts, are being developed to decrease complications and recovery time.

This book is an attempt to bring together some of the simpler procedures in facial, scalp, and neck rejuvenation. Some of these procedures are reinventions of older procedures with some variations and some are newer procedures.

The contributors to this book are international experts with extensive experience in facial cosmetic surgery and bring to the reader a variety of advances. Students as well as experienced surgeons can benefit from the information imparted for possible use in their own practices.

Melvin A. Shiffman
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List of Contributors

Manoj T. Abraham, M.D.
Department of Otolaryngology—Head & Neck Surgery, New York Medical College
Valhalla, NY 10595, USA, and Facial Plastic, Reconstructive & Laser Surgery PLLC
P.O. Box 2179, Poughkeepsie, NY 12601
USA
E-mail: info@nyfacemd.com

Natale Fereira Gontijo de Amorim, M.D.
Pontifical Catholic University of Rio de Janeiro and the Carlos Chagas Institute
of Post-Graduate Medical Studies, Rio de Janeiro, Brazil, and Rua Dona Mariana 65
Rio de Janeiro 22280-020
Brazil
E-mail: ceip@visualnet.com.br

Patricio Andrades, M.D.
University of Alabama, Birmingham,
510 20th Street South, FOT 1102, Birmingham, AL 35294
USA

David Armstrong, M.D.
University of Tennessee Health Science Center, Memphis, TN 38163
USA

Pier Antonio Bacci, M.D.
Surgery School of the University of Siena, Siena, Italy, and Via Monte Falco 31, 52100
Arezzo
Italy
E-mail: baccipa@ntc.it

Benjamin A. Bassichis, M.D.
Department of Otolaryngology—Head and Neck Surgery, University of Texas
Southwestern Medical Center, Dallas, TX 75390, USA, and Advanced Facial Plastic
Surgery Center, Suite 110, 14755 Preston Road, Dallas, TX 75254
USA
E-mail: drbassichis@advancedfacialplastic.com
Kenneth Beer, M.D.
The Palm Beach Esthetic Center
Suite 303, 1500 North Dixie Highway, West Palm Beach, FL 33401
USA
E-mail: kenbeer@aol.com

Gary Dean Bennett, M.D.
7 Pelican Hill Circle, Newport Coast, CA 92657
USA
E-mail: dasseen@cox.net

George Bitar, M.D.
Suite 500, 8501 Arlington Blvd., VA 22031
USA
E-mail: gbitar007@aol.com

Dominic A. Brandy, M.D.
The Skin Center, Suite 2400, 2275 Swallow Hill Road, Pittsburgh, PA 15220
USA
E-mail: kym412@aol.com

David S. Chrzanowski, M.D.
Suite 201, 55 Highland Avenue, Salem, MA 01970
USA
E-mail: davidchrzanowski@yahoo.com

Ross A. Clevens, M.D.
Center for Facial Cosmetic Surgery
1344 South Apollo Blvd., Melbourne, FL 32901
USA
E-mail: info@drclevens.com

George Commons, M.D.
Suite C, 1515 El Camino Real, Palo Alto, CA 94306
USA
E-mail: georgecmd@aol.com

Chelso G. Cueteaux, M.D.
412 Santa Ana, Rancho Viejo, TX 78575
USA
E-mail: chelso@anme.com.mx

Jorge de la Torre, M.D.
University of Alabama, Birmingham
510 20th Street South, FOT 1102, Birmingham, AL 35294
USA
Alberto Di Giuseppe, M.D.
Institute of Plastic and Reconstructive Surgery, School of Medicine
University of Ancona, Italy, and Via Simeoni 6, 60122 Ancona
Italy
E-mail: adgplasticsurg@atlavia.it

Zoe Diana Draelos, M.D.
Department of Dermatology, Wake Forest University School of Medicine
Winston-Salem, NC 27157, USA, and 2444 North Main Street, High Point, NC 27262
USA
E-mail: zdraelos@northstate.net

Giorgio Fischer, M.D.
Via della Camiluccia 643, 00135 Rome
Italy
E-mail: giorgiofischer@flashnet.it

Pierre F. Fournier, M.D.
55 Boulevard de Strasbourg, 75010 Paris
France
E-mail: pierre.fournier27@wanadoo.fr

James E. Fulton Jr., M.D., Ph.D.
Vivant Skin Care, Suite 300, 1801 Coral Way, Miami, FL 33145
USA
E-mail: dr.fulton@vivantskincare.com

Vincent Giampapa, M.D., F.A.C.S.
Department of Surgery, University of Medicine and Dentistry of New Jersey
Newark NJ 07103-2714, USA, and Plastic Surgery Center Internationale
89 Valley Rd., Montclair, NJ 07042
USA
E-mail: giampapamd@aol.com

Alvin I. Glasgold, M.D.
Robert Wood Johnson Medical School, University of Medicine & Dentistry of New Jersey, Piscataway, NJ 08854-5635, USA, and 31 River Road, Highland, Park, NJ 08904
USA
E-mail: dralvin@glasgoldgroup.com

Mark J. Glasgold, M.D.
Robert Wood Johnson Medical School, University of Medicine & Dentistry of New Jersey, Piscataway, NJ 08854-5635, USA, and 31 River Road, Highland, Park, NJ 08904
USA
E-mail: drmark@glasgoldgroup.com
Robert A. Glasgold, M.D.
Robert Wood Johnson Medical School, University of Medicine & Dentistry of New Jersey, Piscataway, NJ 08854-5635, USA, and 31 River Road, Highland, Park, NJ 08904 USA
E-mail: rglasgold@hotmail.com

Mitchell P. Goldman, M.D.
Volunteer Professor of Dermatology/Medicine, University of California, San Diego Medical Director, La Jolla Spa MD
7630 Fay Avenue, La Jolla, California 92037 USA
E-Mail: mgoldman@Spa-MD.com

Jorge Orlando Guerrissi, M.D.
Service of Plastic Surgery, Argerich Hospital, Buenos Aires, Argentina, and Medicine Faculty and Plastic Surgery Unit, Buenos Aires University, Buenos Aires Argentina
E-mail: guerrisi@speedy.com.ar

Charles D. Hasse, M.D., D.D.S.
Center for Oral Facial Reconstruction
Suite 711, 16300 Sand Canyon Avenue, Irvine, CA 92618 USA
E-mail: osurgn@cox.net

Enrique Hernández-Pérez, M.D.
Club VIP No. 369, 7801 NW 37th Street, Miami, FL 33166-6559 USA
E-mail: enrimar@vip.telesal.net

Mitchell V. Kaminsky, M.D.
369 Northwest Highway, Palatine, IL 60016 USA

Emina Karamanovski, M.D.
Lam Institute for Hair Restoration
6101 Chapel Hill Boulevard, Suite 101, Plano, TX 75093 USA
E-mail: emina@hairtx.com

Hassan Abbas Khawaja, M.D.
Cosmetic Surgery and Skin Center, 53 B II, Gulberg III, Lahore Pakistan
E-mail: drhassan@nexlinx.net.pk

Yang-Che Kim, M.D.
192-3 Puchun2-dong Busanjin-gu, Busan 614-845 South Korea
E-mail: kimlaser@yahoo.co.kr
Young-Kyoon Kim, M.D.
5050 Clinic, 306 Megaplus, 541-1 Sangdong, Wonmigu, Bucheon 420-030
South Korea
E-mail: clinic5050@hotmail.com

Donald W. Kress, M.D.
1560 Opposumtown Pike, Frederick, MD 21702
USA
E-mail: info@plasticsurgeryone.com

Oh Sook Kwon, M.D.
2nd Floor, DongGung Town Building, ChungDam-dong, KangNam-gu, Seoul
Korea
E-mail: drnature5@hanmail.net

Samuel M. Lam, M.D., F.A.C.S.
Lam Facial Plastic Surgery Center & Hair Restoration Institute, Willow Bend Wellness Center, 6101 Chapel Hill Boulevard, Suite 101, Plano, TX 75093
USA
E-mail: drlam@lamfacialplastics.com

Phillip R. Langsdon, M.D., F.A.C.S.
Chief, Division of Facial Plastic Surgery, University of Tennessee Health Science Center Memphis, TN 38163, USA, and The Langsdon Clinic 7499 Poplar Pike, Germantown, TN 38138
USA
E-mail: langsdon@bellsouth.net

Héctor Leal Silva, M.D.
Centro de Dermatología y Cirugía Cosmetica, Belisario Dominguez 2309, Obispado Monterrey, Nuevo Leon, 64060 Mexico
E-mail: hleal@ultralaser.com.mx

Jean-Paul Lintilhac, M.D.
10450 Wilshire Blvd., Los Angeles, CA 90024
USA
E-mail: simonelintilhac@adelfia.net

Mary P. Lupo, M.D.
Lupo Center for Aesthetic and General Dermatology
Suite 302, New Orleans, LA 70124
USA
E-mail: drlupo@drmarylupo.com

Pier Francesco Mancini, M.D.
Aesthetic Plastic Surgery, Clinica Mancini, C/ Padilla 40, 28006 Madrid
Spain
E-mail: fmancini@terra.es
Sergio Mancini, M.D.
Surgical Department and Surgery School of Siena University, Siena
Italy

Guy G. Massry, M.D.
Ophthalmic Plastic and Reconstructive Surgery, Spalding Dr. Cosmetic Surgery
and Dermatology, Suite 315, 120 South Spalding Dr., Beverly Hills, CA 90212
USA
E-mail: massrymd@aol.com

Sid J. Mirrafati, M.D.
Mira Aesthetics, Suite G, 1101 Bryan Avenue, Tustin, CA 92780
USA
E-mail: drmirrafati@youngerlook.com

Harry Mittelman, M.D.
Stanford University Medical Center, 795 Altos Oaks Drive, Los Altos, CA 94024
USA
E-mail: hmittelman@yahoo.com

David J. Narins, M.D.
222 Westchester Avenue, White Plains, NY 10604
USA
E-mail: dnarins@mac.com

Rhoda S. Narins, M.D.
School of Medicine, New York University, New York, NY 10016, USA, and 222
Westchester Avenue, White Plains, NY 10604
USA
E-mail: rsnmd@worldnet.att.net

Joseph Niamtu III, M.D.
Cosmetic Facial Surgery, 10230 Cherokee Rd., Richmond, VA 23235
USA
E-mail: niamtu@niamtu.com

Susanna Nikitina, M.D.
15-1-108 Sikeirosa, 194000 St. Petersburg
Russian Federation
E-mail: nikiya@mail.wplus.net

Omer Refik Ozerdem, M.D.
Baskent University, Ankara
Turkey
E-mail: omerozerdem@yahoo.com
Eugenio Pacelli Chapa, M.D.
Plastika Surgery Center
Belisario Dominguez No. 2485 Pte., Col. Obispado, Monterrey, Nuevo Leon
Mexico
E-mail: epacelli.plastika@gmail.com

Djenane Pamplona, Ph.D.
Pontifical Catholic University of Rio de Janeiro, Rio de Janeiro
Brazil
E-mail: djenane@civ.puc-rio.br

Dae-Hwan Park, M.D.
Plastic and Reconstructive Surgery, Catholic University of Daegu, Daegu Catholic Medical Center, 3056-6 Daemyung 4-dong, Namgu, Daegu, 705-034
Korea
E-mail: dhpark@cu.ac.kr

Bhupendra C.K. Patel, M.D.
Division of Facial Plastic Reconstructive and Cosmetic Surgery, University of Utah Salt Lake City, UT 84132, USA, and 50 North Medical Drive; Salt Lake City, UT 84103 USA
E-mail: bhupendra.patel@hsc.utah.edu

Curtis Perry, M.D.
Tufts University School of Medicine, Boston , MA 02111, USA, and Artist Surgical Center, 1567 South County Trail, East Greenwich, RI 02818 USA
E-mail: curtisperrymd@cox.net

Ivo Pitanguy, M.D.
Plastic Surgery Departments, Pontifical Catholic University of Rio de Janeiro and the Carlos Chagas Institute of Post-Graduate Medical Studies, Rio de Janeiro, Brazil, and Rua Dona Mariana 65, Rio de Janeiro
Brazil
E-mail: pitanguy@visualnet.com.br

Henrique N. Radwanski, M.D.
Plastic Surgery Departments, Pontifical Catholic University of Rio de Janeiro and the Carlos Chagas Institute of Post-Graduate Medical Studies, Rio de Janeiro, Brazil, and Pilos Botafogo Medical Center, Rua Dona Mariana 143 s. F22, Rio de Janeiro 22280-020 Brazil

Oscar M. Ramírez, M.D.
Johns Hopkins University School of Medicine, Baltimore, MA 21205-2196, USA, and Esthétique Internationale, Suite 100, 2219 York Road,Timonium, MA 21093 USA
E-mail: drramirez@ramirezmd.com
Adam D. Schaffner, M.D.
Suite 311, 25 LeRoy Place, New Rochelle, NY 10805-2863
USA
E-mail: adamdavidschaffner@yahoo.com

Melvin A. Shiffman, M.D.
Surgery Section, Tustin Hospital and Medical Center, Tustin, CA, USA, and 17501 Chatham Drive, Tustin, CA 92780-2302
USA
E-mail: shiffmanmdjd@yahoo.com

Michel Siegel, M.D.
Facial Center for Plastic Surgery, Suite 420, 7700 San Felipe, Houston, TX 77063
USA
E-mail: drsiegel@houstonfaces.com

Jared Spencer, M.D.
Stanford University Medical Center, 795 Altos Oaks Drive, Los Altos, CA 94024
USA
E-mail: jared.spencer@yahoo.com

Matthew R. Stumpe, M.D.
University of Tennesse Health Science Center, Memphis, TN 38163, USA, and 956 Court Avenue, B 226, Memphis, TN 38163
USA

Edward O. Terino, M.D.
Plastic Surgery Institute of Southern California
327 S Moorpark Rd, Thousand Oaks, CA 91361
USA
E-mail: terino@pixelgate.net

Thomas L. Tzikas, M.D.
Suite 160, 190 Congress Park Drive, Delray Beach, FL 33445
USA
E-mail: tzikasfps@aol.com

Luis Vasconez, M.D.
University of Alabama, Birmingham
510 20th Street South, FOT 1102, Birmingham, AL 35294
USA
E-mail: luis.vasconez@ccc.uab.edu

Longin Zurek, M.D.
St. George Private Hospital, 1, South Street, Kogareh, Sydney, NSW 2217
Australia
E-mail: zurek@ozemail.com.au