

## Mid-Face Rejuvenation

Youthful faces have full cheeks and smooth junctions with surrounding areas such as the eyelids and mouth. With age there is both a volume loss and a descent of the cheeks. This is mainly due to gravity, as well as less elastic and thinner skin. Supportive structures under the skin, such as the ligaments that attach the skin above the cheek to the bone under the eye, also stretch over time allowing the cheeks to descend downwards and towards the mouth. This exposes the bony ridge beneath the eye and makes the lower eyelid appear large. There is also loss of fat in the cheeks and some loss of bone. All of these changes create an aged appearance. Each person ages differently and any treatment must be individualized to give an optimal result.

Fillers such as Juvederm, Restylane, and Radiesse, can be used to create volume in the contours between the eyelids and the cheeks (including the tear trough area). Similarly, augmenting the deep smile lines from the nose to the corner of the mouth tend to provide a fuller and more youthful look.

When fillers are insufficient, a mid-facelift can be considered. This procedure essentially lifts the cheek to a more youthful position and simultaneously rejuvenates the appearance of the lower eyelid. One approach to the cheek is through a small incision in the temple behind the hairline or through a lower eyelid incision. Sometimes a small additional incision is made inside the mouth. Through these incisions the cheek is elevated to a higher and more youthful position. Healing is complete in a few weeks.

The mid-facelift can provide a subtle but significant facial rejuvenation. It does not improve the jowls or neck significantly, but can be combined with a jowl/necklift if desired. It is also a useful treatment for patients with lid retraction (pull down of the lower eyelids).

Complications are uncommon but can include nerve weakness or decreased sensation in the face, as well as swelling and asymmetries. We evaluate each patient as an individual, during which a careful facial analysis helps formulate our recommendations for the best combination of skincare, injectables, non-surgical treatments, and surgical procedures. The mid-facelift is a successful and safe procedure that benefits many.