

## Facelift without scars

by Manjula Ramakrishnan

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"Medical advances continue to offer hope and wonder to those in the quest of turning back the clock and maintaining a youthful look. Just when you thought that the long lost solution had arrived with the introduction of Rhytidectomy – more popularly known as facelift – here comes the most exciting breakthrough yet that might make you want to consider getting cosmetic surgery done: Endoscopic Facial Plastic Surgery," says Dr Nic Isse, plastic surgeon at the American Surgecentre in Abu Dhabi, who is certified by the American Board of Plastic Surgery.

With over 33 years of experience, Dr Isse is a pioneer in Endoscopic Facial Plastic Surgery, having founded the Endoscopic Plastic Surgery Educational Seminars (EPSES) in California, US, a specialised medical education for cosmetic surgeons on the use of endoscopy in facial tissue

reposition. In addition to being a published author, Dr Isse travels extensively teaching his world-famous technique to plastic and cosmetic surgeons around the world, concurrently serving as an Assistant Clinical Professor at the University of California, Irvine. Dr Isse specialises in aesthetic procedures for the entire body, including revision and corrective procedures. In an exclusive interview, Dr Isse offers a mine of information to the readers of Panorama.

### What is Endoscopic Facial Plastic Surgery?

In essence, Endoscopic Facial Plastic Surgery is a minimally invasive facial rejuvenation and remodelling procedure. It is an effective way to address common signs of aging on the face and neck. Compared to traditional facelift procedures, Endoscopic Facial Plastic Surgery requires small incisions made discreetly in the temporal hairline, or behind the ear, whichever is necessary.

These tiny cuts allow surgeons to access hard-to-reach areas that conventional face-lifting could not reach, such as frown lines between the brows, the folds adjacent to the nose and the lines around the mouth. Using the endoscope and the surgical devices, your surgeon will reshape facial muscles and tissue that have become loose over time.

This means that the relaxed skin and soft tissues in the face are tightened and lifted to its proper position, therefore resolving sagging or drooping in the face and regaining youthful natural facial contours.

### What are the main benefits of having Endoscopic Facial Plastic Surgery?

The procedure is aimed at providing the patient a natural, more youthful and refreshed face. Cheek fullness and elevation, reduced lower eye hollowness, smoothed nasolabial lines, also known as laugh lines, and elevated lip corners are just among the major improvements you can expect after the surgery.

So generally, it helps erase three to 10 years off your face.

On top of the aesthetic benefits, Endoscopic Facial Plastic Surgery has other advantages including: less visible scarring, quicker procedures, less risk of complications and in many cases, shorter recovery times.

### Who are the best candidates for this procedure?

Individuals who have facial imperfections caused by loose facial muscles, those with sagging cheeks, drooping forehead, visible lines around the nose, and thin, downturned lips can opt for this procedure. These are people in their late 20s to 50s, those who still have a good amount of skin relaxation.

### Are there any risks and complications that might occur with Endoscopic Face Lift?

As with any other type of surgery, possible complications can arise from the procedure. These include: adverse anaesthesia reaction, bleeding, haematoma, wound infection or nerve injury. There could also be a need for further surgery to treat complications.

### How is recovery after the operation?

Patients can experience swelling, bruising, numbness and tightness of the skin following the Endoscopic Facial Plastic Surgery. There can be minimal discomfort as well, but this can be easily managed with pain medication. In most cases, the recovery period is shorter as a few tiny incisions tend to produce less bleeding and swelling and requires fewer stitches. Sutures are typically removed within seven days after the procedure, while the swelling and bruising tend to fade within two weeks.

As there is the presence of surgical wounds, it is best to observe a good sense of post-operative care. It is suggested that the patient has someone to help for at least one or two days after undergoing the surgery. Patients are usually able to return to work within a week after the procedure (depending on the nature of their work). But regular workout routine can be undertaken only after two weeks. As for the scars from the incisions, they are typically hidden in the hairline so they are rather difficult to detect as they heal.