

# Foreword

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Numerous books and articles have been written in recent years in testimony to the ongoing interest in the art of rhytidectomy. The debate over which approach produces the best results continues with no sign of abating. SMAS, deep plane, volumetric reshaping, endoscopic, and short-scar procedures as well as various suspension techniques are advocated by different schools of thought. New and evolving concepts have contributed to improving results and have challenged surgeons to innovate. Although no one operation is considered the definitive procedure for face lift, it is clear that there is an increasing trend toward simpler procedures with shorter scars, less morbidity, and shorter recoveries. All of the current nonsurgical cosmetic treatments speak to this trend, and it is only natural that patients would desire the same simplicity when they seek surgical intervention for facial rejuvenation. In fact, the trend towards less invasive procedures, quicker recovery, and less morbidity is now patient driven. Our patients are demanding good results with minimal risk and even less down time. Obviously, we cannot deliver this to every single patient, but for those who qualify, the MACS-lift short-scar technique is an excellent option, and one that is becoming increasingly popular worldwide.

*The MACS-Lift Short-Scar Rhytidectomy* by Drs. Patrick Tonnard and Alexis Verpaele is the latest contribution to the growing literature on rhytidectomy. The name of the technique, minimal access cranial suspension lift (MACS), summarizes this innovative face-lift approach described by these authors, which offers the advantages of shorter scars, reduced operative time, and less morbidity. This beautifully illustrated Atlas/CD combination successfully elucidates this simpler approach with exciting insights and lessons for all students of rhytidectomy.

The book begins with an historical overview of the evolution of facelift techniques, acknowledging the debt owed to the many contributors that have come before and placing this procedure in proper perspective. The general principles of the MACS-lift are then clearly outlined with attention to explaining how this procedure differs from traditional approaches. The majority of the book is devoted to step-by-step descriptions of the simple and extended procedures with information on ancillary procedures, secondary surgery, and potential problems and complications. Accompanying the print descriptions is a very helpful CD which contains an operative video with the addition of animations to complement descriptions and emphasize key concepts contained in

the book. The video shows the entire procedure from preoperative markings to final suturing of the skin flap with preoperative and postoperative results.

The atlas that Drs. Tonnard and Verpaele have written provides the reader with a beautifully illustrated, practical guide to the MACS-lift technique and its variations. Their approach to tightening the SMAS is not only effective but essentially eliminates the risk involved in incising and mobilizing the SMAS. This book is a thoughtful presentation of their technique that is reflected in the excellence of their results. Their explanations, combined with detailed operative sequences and graphic illustrations, assist the reader to understand the nuances of the procedure. Numerous clinical cases are presented to show the results to be expected from this technique with special emphasis on patient selection and the appropriate indications and contraindications for use. Clearly, these two innovative young surgeons have developed a procedure that, when used in the appropriate patients, will yield results similar to those achieved with our “standard” and more invasive procedures, with a quicker recovery time and lower morbidity. The authors are to be commended for the creation of this excellent work that is destined to become an invaluable addition to every aesthetic surgeon’s library.

**Foad Nahai, MD**