

Foreword

It is my great privilege to write the foreword for Drs. Patrick Tonnard and Alexis Verpaele's new book, *Short-Scar Face Lift: Operative Strategies and Techniques, Volume II*. This work serves as a companion text to their first volume on the MACS-lift, published in 2004. In contemplating what to write, the question I first asked was why a second volume? The answer obviously lies in their desire to report personal progress as well as a response to heightened interest in these procedures. Short-scar face lifts and the MACS-lift technique in particular have grown in popularity and are now widely adopted by surgeons performing facial rejuvenation.

To reflect the widespread interest in these procedures, Drs. Tonnard and Verpaele have expanded the scope of this second volume to include not only their own approach to facial rejuvenation, but also that of other well-known authors who present their short-scar face-lift techniques. The reader is the beneficiary of this broadened perspective, gaining an enhanced understanding of the MACS-lift approach for facial rejuvenation, while learning about other surgical approaches, including lateral SMASectomy, formal sub-SMAS dissection, temporal lift by fasciapexy, and platysma suspension. The technical variations illustrated by expert surgeons utilizing short-scar techniques thereby offer the reader a plethora of choices for improving the appearance of the aging face—all with the advantages of shorter incisions, the potential for less scarring, and a quicker recovery. The authors also devote more attention to aesthetic analysis, operative strategies, and technical refinements with special emphasis on patient evaluation and how to vary operative techniques to accomplish the desired aesthetic outcome for each patient.

It is interesting to note that these minimal-incision procedures are part of a historical continuum representing the ongoing cycle of innovation that is synonymous with our specialty. From a personal perspective, I find the study of the first 100 years of face-lifting techniques a fascinating subject. In the early 1900s, when face lifting was first described, it consisted of basically limited incision approaches (as originally described by Joseph and Lexer). As greater experience was acquired, the incisions for these procedures became longer, extending into the postauricular region, as well as transcoronally across the scalp. As we approach a second century of facial rejuvenation, we find ourselves in some respects returning to where we started, utilizing limited and minimal-incisional techniques as described in this text. Not only has our incisional approach to facial rejuvenation changed, but also our approach to repositioning

facial fat has undergone similar redefinition in the 30 years following the work of Mitz and Peyronie. Our improved understanding of facial soft tissue anatomy has shaped facial rejuvenation techniques into what are commonly considered multiplane operations, consisting not only of skin envelope tightening, but also often formal sub-SMAS dissection as well as procedures that include subperiosteal dissection of the midface.

As can be seen in both of these volumes, the pendulum for repositioning of facial fat has again swung back and we are now tending toward more minimally invasive techniques, with a goal of limiting morbidity and increasing patient safety without compromising outcome. The many excellent results demonstrated by Drs. Tonnard and Verpaele as well as the other contributors in this volume illustrate that optimal results that are natural in appearance can be obtained through a variety of surgical and nonsurgical approaches, which work in synergy.

I would like to congratulate Drs. Tonnard and Verpaele on their significant contribution to the field of facial rejuvenation and specifically this excellent compilation of innovative approaches to facial aging. Surgeons today have multiple approaches to choose from for improving the facial appearance of their patients; these surgical techniques and cosmetic treatments share a common goal of enhancing facial contour while minimizing the visible signs of surgical correction. All surgical techniques have advantages, disadvantages, and limitations. What is important is to stay focused on the goal: the surgical solution must remain subservient to the aesthetic destination. Good surgeons can get good results through a variety of approaches as long as there is an understanding of how to vary the technique according to the aesthetic needs of the patient. Toward this aim, this book offers surgeons committed to excellence in facial rejuvenation many alternatives to help them reach their aesthetic goals.

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