



TEF – The Temporal Endoscopic – no scar- Facelift

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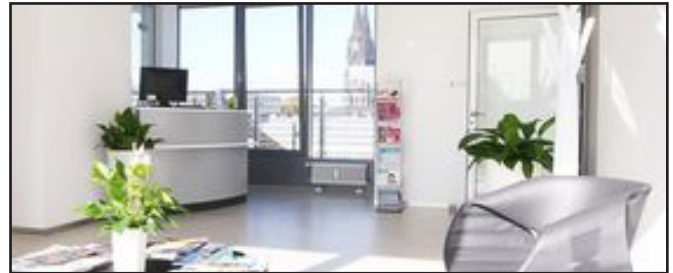
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Abstract:

Aim: To present a scar sparing endoscopic facelift as a further development of the already published Temporal Endoscopic Midface (TEM) lift presented already in 2014 in Germany.

Methods: A case note study of 8 patients who underwent a new temporal endoscopic face lift by a single surgeon over a period of 4-years (2014-2019) was undertaken. All patients were female, the average age at the time of surgery 38 years of age (range, 25-46 years). The average follow up was after 1 year. All procedures were operated in local anaesthesia under an outpatient setting. The procedure involves a 5-6 cm small endoscopic temporal approach, than a special two plane dissection by changing the dissection plane at the hairline. The facial dissection plane included the temple, midface and lateral face just above the SMAS layer. Direct anchoring of the “malar SMAS” - high malar SMAS lifting - as such a high fixation of the lateral facial SMAS was made under endoscopic controll using a special suture technique by the author.

Results: We got high patients satisfaction and pleasing results in all cases with evident strong lifting effect despite of the small hidden incision without a facial scar. Side effects as bruising were minimal, all wounds healed primarily, without infection. A temporary injury of the frontal nerv was detected for six month in one case, no alopecia developed in the temporal region, a zigzag form scar was inconspicuous under the growing hair. A common facial scar of a facelift with a wound length between 20-25 cm could be spared with the TEF in every case. The reduced access reduces also the time of the operation of about 2,5-3 hour and minimizes facial trauma. The temporal access also allowed a proper vertical vector correction of all sagging facial structures. An improvement even a jawling was noticed in every case, however the TEF is



not designed for excessive jaw and neck ptosis.

Conclusion: Endoscopic temporal facelift is a scar free facelift especially for younger patients, who can´t afford a facial scar, though who want an effective, no scar facelift with longevity instead of thread lift. The longevity of the procedure is given by a strong midface elevation and by the endoscopic assisted imbrication of the SMAS. The procedure is best suited for younger men and women with little neck and jow laxity by early aging in the midface.

Biography:

Thomas Haffner M.D. was trained since 1979 in the surgery-plastic-aesthetic intimate and vascular surgery in Hungary and Germany a board certified vascular and reconstructive-cosmetic surgeon with Hungarian, German and Cambridge (UK) examen. His main field is the vascular-intimate and aesthetic surgery working about two decades in own day-clinic in Germany. Dr. Haffner is a member of the editorial board of the Journal of Plastic and Aesthetic Research (PAR), editor of the special issue on Blerpharoplasty and Peri-Orbicular Rejuvenations. He is a keynote speaker and Organizing Committee Member of prestigious international congresses of plastic-aesthetic surgery and dermatology in Milan, Budapest, Berlin, Amsterdam etc. Focus and innovations of Dr.Haffner are endoscopic, scar sparing procedures such as the 3d Haffner-Uplift of the breast without vertical scar, the Endoscopic Facelift and Plastic Intimate Laser Surgery.

Current and Future Trends in Surgery, April 27-28, 2020, New York, USA

Citation: Thomas Haffner; TEF – The Temporal Endoscopic – no scar- Facelift, Germany; Future surgery 2020; April 27-28, 2020; New York, USA.