

Instructions for MACS LIFT and Information Sheet

OVERVIEW

The MACS-Lift is a minimal incision, "lower facelift" and is ideal for the patient with sagging of the cheeks and mid-face and early changes of the neck. Traditional facelifts provide a lift that sweeps back towards the ears, whereas the MACS-Lift is directed vertically, for a more natural look. The MACS-Lift tightens the neck and jawline as well as elevating the cheek tissues. This type of lift produces a more youthful appearance with less downtime than a traditional facelift. The MACS-Lift can be combined with liposuction of the neck, brow lift, blepharoplasty, skin resurfacing or lip augmentation.

MACS-Lift vs. S LIFT (a.k.a. the Lifestyle Lift) vs. Traditional Facelift

MACS-LIFT

Tightens cheeks, jowls and neck- YES
Softens deep smile lines and jowls- YES
Minimal swelling and bruising- YES
Minimal pain during recovery- YES
Presence of drains after surgery- NO
Pt awake and comfortable during surgery- YES
Pt can resume normal activities in a few days- YES
Incisions in front of ear only- YES
Natural appearance- YES
Long lasting results- YES

S-LIFT/LIFESTYLE LIFT

Tightens cheeks, jowls and neck- No
Softens deep smile lines and jowls- YES
Minimal swelling and bruising- YES
Minimal pain during recovery- YES
Presence of drains after surgery- NO
Pt awake and comfortable during surgery- YES
Pt can resume normal activities in a few days- YES
Incisions in front of ear only- NO
Natural appearance- YES
Long lasting results- NO

TRADITIONAL FACELIFT

Tightens cheeks, jowls and neck- YES
Softens deep smile lines and jowls- YES
Minimal swelling and bruising- NO
Minimal pain during recovery- NO
Presence of drains after surgery- YES
Pt awake and comfortable during surgery- NO
Pt can resume normal activities in a few days- NO
Incisions in front of ear only- NO
Natural appearance- NO
Long lasting results- YES

MACS-Lift Advantages

- The incisions are limited to the crease in front of the ears and the hairline above the ears.
- Since the area of skin freed from its underlying tissue is much smaller, the probability of post-operative bleeding and circulatory disturbances is also much smaller.
- It has long-lasting results because the soft tissue from upper neck, jowls, and cheeks is elevated and then firmly anchored to the deep strong structures of the temples.
- Because there is less trauma and manipulation of tissue, there is also less swelling and bruising, resulting in a more comfortable and faster recovery period.
- Because the cheeks are elevated and they no longer pull down on the lower eyelids, the eyes recover their youthful appearance.
- The results of the MACS-Lift are comparable to those achieved with more aggressive procedures.
- The procedures can be performed under twilight sedation on an outpatient basis.
- MACS-Lift is suitable for almost all candidates for facial rejuvenation and is an excellent option for young patients with early facial aging changes.

WHAT TO EXPECT

Compared to standard facelift techniques, the MACS-Lift is quicker to perform, has smaller and shorter incisions and a much shorter recovery period (1-2 weeks vs. 3+ weeks for a standard facelift).

PRE-PROCEDURE

The operation is performed with local anesthesia and twilight sedation. It is an outpatient procedure that takes about two hours. Patients with a great deal of fat and/or heavy, loose skin may require additional work on the neck.

POST PROCEDURE

Dressings are removed approximately 24 hours after the procedure and the patient is able to shower and shampoo at that time. Sutures will be removed 5-7 days post procedure. Most patients return to work 7 days postoperatively with the use of camouflage makeup. Normal activities, without the use of camouflage makeup, can be resumed approximately 2 weeks after the procedure.