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P.L. Tonnard, A.M. Verpaele: The MACS-Lift: Short Scar Thytidectomy

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Patrick Tonnard and Alexis Verpaele are to be congratulated on developing a concept which has simplified facial rejuvenation and, perhaps more important than that, they have increased safety in face lifting. They, together with some of their colleagues and with K. Berger of Quality Medical Publishing, have produced a beautiful and well-organized book on the minimal access cranial suspension lift (MACS) lift. The first chapter provides a concise but comprehensive history of face lifting from superficial methods to complex—and in some hands dangerous—methods. They then present their method based on safer and more logical principles.

The MACS lift is such a procedure. The basic concept is that sufficient exposure can be obtained through a short scar to allow the non-undermined SMAS to be plicated and suspended with permanent purse-string sutures; the latter are anchored to the temporal fascia.

From personal experience of a significant number of patients treated in this way, this is a technique that fulfills many of both surgeon and patient requirements. It is quick, secure, and has a short recovery time. Perhaps even more importantly is that it can be very easily modified at a later date.

The concepts of volume shift and vertical skin tightening are emphasized—very important in all face-lifting procedures. The method for placement of sutures and the essential positioning in relation to the facial nerve are presented clearly with excellent illustrations. The essential part of the technique is plication of the SMAS, and again this is well explained and illustrated.

The management of the incisions has evolved from straight lines to zigzags. This is well explained with diagrams and illustrations.

The chapter on indications for the simple and extended MACS lift has been researched carefully. Here, the au-

thors point out that smoking is not a contraindication to this procedure. In this section an excellent information brochure for patients is reproduced.

In the third chapter, the procedure is comprehensively described, including sedation and administration of local anesthesia. Markings and raising of the facial flap are well illustrated. The most important part of the procedure is well explained, that is how and where to place the suspension sutures. Finally, their technique of excess skin resection is carefully explained. Many useful tips are discussed and shown in a series of illustrations. The authors postoperative management is then well illustrated and described.

The fourth chapter provides a series of cases which have consistently good results. The important aspect of these patients is that they are greatly improved and still remain within the range of normality.

Chapter five consists of a selection of cases presenting for secondary surgery. These cases are well presented, analyzed, the treatment is proposed and illustrated, and the end result is shown. This is a very useful chapter and bears careful reading.

The final chapter is that all-important one of “Problems and Complications.” This is honestly presented and is “required reading.”

The bibliography is modest. I enjoyed the quotations at the beginning of each chapter, and the “surgical pearls” at the end of the book.

Even after having used this technique in many cases, I learned a lot of subtle techniques which will improve my results. If you wish to learn a relatively quick, nontraumatic, and safe method of face lifting which can be revised easily, this is the book for you.