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Q: What is the “deep-plane” facelift and why are we hearing so much about it? **A:** The deep-plane facelift is a lifting technique that not only tightens the skin and underlying tissue, but actually releases the ligaments that hold the tissue in place. This allows for a better lift, at least in my hands and those who have helped popularize it, as we’re not just pulling, but releasing. After performing thousands of facelifts, I have found this achieves a more harmonious, effective yet natural lifting of the midface, jawline and neck. The deep-plane facelift has received a great deal of attention recently as celebrity patients have revealed the results of their deep-plane procedures on social media. It has become the “go-to” lift for those who have researched different facelifting techniques.

Q: If the deep-plane facelift is so good, why aren’t many surgeons performing it? **A:** It is a technically more demanding operation and a more difficult lift to perform. It takes a long time to master and most surgeons do not do enough facelifts to suffer through the sleepless nights that come with learning this procedure. However, the literature shows it is as safe as less technically advanced lifts when performed in skilled hands.

Q: Is the deep-plane facelift only for celebrities and socialites? **A:** Absolutely not! It is my “go-to” procedure for the vast majority of my patients. I find the results so superior because of the deep plane technique that I do not ever want to price it out of the range of my patient population. More and more frequently, prospective patients are asking if I perform the deep-plane procedure.

Q: Can a deep-plane facelift be performed at the same time as other procedures? **A:** I routinely perform a deep-plane facelift in conjunction with eyelid lifts, endoscopic brow lifts and skin rejuvenation for those patients whom it would benefit. All procedures can and are performed under monitored sedation, avoiding the need for general anesthesia.