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Q: What procedure has made the biggest difference to your practice over recent years?

A: Unquestionably the preservation extended deep plane face and neck lift. This procedure has revolutionized facelifting and become the gold standard for informed patients. It has been popularized in social media by celebrities and socialites, and drawn the attention of prospective patients who want the most technically advanced facelift procedure. In my hands it allows me to achieve superb yet natural results that I can't reproduce with other facelifting techniques.

Q: The deep plane facelift had been described as the technical apex of the art. Have there been recent advances?

A: Definitely. The new buzzword among facial plastic surgeons who perform the deep plane technique is "preservation." The extended deep plane face and neck lift already achieved outstanding results especially in the midface and neck, but with the preservation approach the healing is even faster and I believe the results are even better. More recently, the addition of exosomes as part of our postoperative regimen has improved wound healing and reduced recovery time.

Q: Why is the preservation approach better?

A: The beauty of the deep plane approach is that it's all about release of deeper structures and natural elevation of soft tissue. With the preservation modification there is even less manipulation of the skin itself. Less skin is elevated and tension is minimized. This helps prevent the pulled, overtightened look that prospective patients fear. These advancements also result in less bruising and faster recovery. Results are amazing, and most patients can return to social activities in only two weeks!

Q: How does this compare to other facelift techniques?

A: The primary alternative approach involves separation of skin and the underlying soft tissue layer called the SMAS. Recent studies and my own experience suggest that the deep plane technique is more effective than a traditional SMAS procedure. However, talented surgeons can achieve excellent results for the right patient using multiple different approaches. Each patient needs a customized treatment plan.

Q: Can a deep plane facelift be performed at the same time as other procedures?

A: Absolutely. I routinely perform eyelid lifts, endoscopic browlifts, lip lifts and skin rejuvenation in conjunction with facelifts for appropriate patients. All procedures in our practice are performed under monitored sedation, avoiding the need for general anesthesia.