The Aging Face: A Multidisciplinary Corrective Procedure

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Abstract. Observations of worldwide attitudes toward the increasing problems of aging are presented. In a brief preliminary summary report on the postoperative clinical, physical, and psychological results in a group of 86 individuals who came for consultation for a regional or total rhytidectomy, it is emphasized that the patients not only obtained improvements in their external appearance as well as their expressions and functional activity, but soon came to request a full “health and appearance program.” From the psychologic standpoint, plastic surgeons are now challenging their patients to help themselves in such an overall program to forestall the effects of aging.

Key words: Rhytidectomy — Gerontology — Effects of aging — Psychological benefits

Up to now, the prolongation of a youthful face and body has been in the domain of the aesthetic plastic surgeon. Yet, while the excellent results obtained by rhytidectomy are constantly reliable in the middle- and late-middle-aged patient in whom organic youth and a normal psychology are present (Fig. 1), the results obtained in the older individual are not proportional to the efforts of the surgeon to help decrease the marks of age, because internal youth has suffered a process of real entropy (Fig. 2). This article discusses the ways in which we can help to retard or even reverse this organic fatigue.

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Fig. 1. Patient in middle age in whom organic youth and normal psychology are present, results obtained by rhytidectomy are consistently reliable.

Fig. 2. In the older individual, the results obtained by rhytidectomy should be sustained by a multidisciplinary team approach procedure to restore the normal body functions as much as possible.
Correcting the Aging Face

Fig. 3. The changes observed in the relationship of soft tissues and the skeleton are many. Facial rejuvenation must be a trend in restoring this relationship.

Fig. 6. The young elderly are what Triner calls the “marketer’s dream”: they hold 75% of the financial assets and represent 50% of the spending market.

Fig. 4. See legend to Fig. 3.

Fig. 7. Understanding and exploring the skin functions at different ages, are improving our possibilities for dealing with a greater scope in the problems of the aging skin. Amount and distribution of adipose tissue in the process of aging has been well understood. It allows the endocrinologist to reproduce a younger contour in these patients. Cosmetology has developed into a full range of possibilities. It is truly helpful in preserving the skin in good condition and in enhancing the facial features and/or erasing or hiding any facial imperfections.

Fig. 5. In the aging individual, several specialties should undertake the task in upgrading the patient to a state of organic fitness.