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Covas-Lift: A new plastic surgery technique for facial contouring

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This article describes a new technique for facial contouring and support system of the third midface, which uses an innovative technique for it. This procedure is a minimally invasive facial enhancement that has been increasing in the last few years. Aging of the face involves alterations in the appearance, variations in the tone of the outer layers of the skin, ptosis of the malar and cheek pads and most importantly the atrophy of the fat pads of the cheek and this leads to the loss of contour in the malar area, nasolabial folds and the marionette lines etc. Repositioning of the tissue is the key part of the rejuvenation. This procedure is ideal for patients with heavy faces and early aging process. When there is a main issue like ptosis involves, a sub-periosteal mid facelift doing it through an intraoral incision (Caldwell Luk) is done. A suture is placed in the temporal area to lift the malar tissue, with an innovative 18 cm long curved double-beveled needle (Covas Needle) bearing a tiny sliding carriage to which 2/0 Non Absorbable suture may be anchored, this create suspension loops, that are anchored to the deep galea in the temporal region and this provide more tissue support. Fat grafts are used to increase volume. Vivification peel and botulism toxin is main ingredients used in the Covas-Lift procedure and can be combine with other modalities, like TCA peel 30%, blepharoplasty, rhinoplasty, liposuction of the double chin, otoplasty and much more procedures. This is to have a more natural look and the satisfaction of both the doctor and patient. In 6 years, 575 patients, we only had 4 complications; 3 tenderness cases in the temporal area and one infection of a suture because of hair. This procedure can be done at any age.

Biography

Jose L. Covarrubias has 26 years of experience as a Plastic Surgeon and is the creator of the Covas-Lift procedure.

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