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Use of Lipofilling, Plasma Rich Platelet and Fillers as augments to Standard Esthetic Surgical Operations

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What is it that makes a face look beautiful? Throughout **history each human culture** has defined the ideal beauty in its own way. This ideal has never been constant and is still subject to change. The process of ageing is a natural process, and we as surgeons often alter this natural process. This concept of facial image beauty is dependent on our senses and the development of tridimensional image that patients develop for themselves after an esthetic surgical intervention.

Methodology: We reviewed results from surgical interventions in 162 patients operated at our University Clinic for Plastic Reconstructive Surgery during 2013 to 2016 that underwent **rhinoplasty** (92 patients; 52 female, 40 male), **blepharoplasty** (54 patients, 35 female, 19 male), and **cheiloplasty** (16 patients, all female). Our patients were at an age between 30 and 65 years (mean age of 42.7 years). The majority of the patients were treated with **lipofilling** (113, 69.7%), use of **Plasma Rich Platelet Implant** in 9 patients (5.6%) and the use of **fillers** in 40 patients (24.7%). Lipofilling was performed with harvesting abdominal fat with liposuction and then reinjecting it at the target area. Plasma Rich Platelets were prepared locally in our laboratory, and the fillers used are those that are commercially available preparations. Our results have shown the with the use of fillers overcorrection has to be repeated every 9 months, With PRP overcorrection should be repeated after 4 months, and with lipofilling the first overcorrection is performed after 6 months and then after 1 and ½ year.

Conclusion: We feel that Lipofilling yields the best visual effect by providing best texture to the skin and a more lasting effect. This procedure also requires the use of most resources. Locally, PRP provides an inexpensive method for augmenting Standard Esthetic Surgical Operations, while the employment of fillers gives rise to an immediate visual effect. All methods will provide satisfactory augmentation of Esthetic Surgical Operations and their use should be individualized.