

# Tragal Contouring During Facelift Surgery: A Novel Technique for Prevention of Postoperative Tragal Distortion

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## INTRODUCTION

- Post-tragal incisions avoid a visible scar in this region but can lead to tragal deformity (Figure 1).
- To minimize tragal distortion, the authors present a method for cartilage manipulation to supplement the well described techniques to maintain preoperative tragal contour.



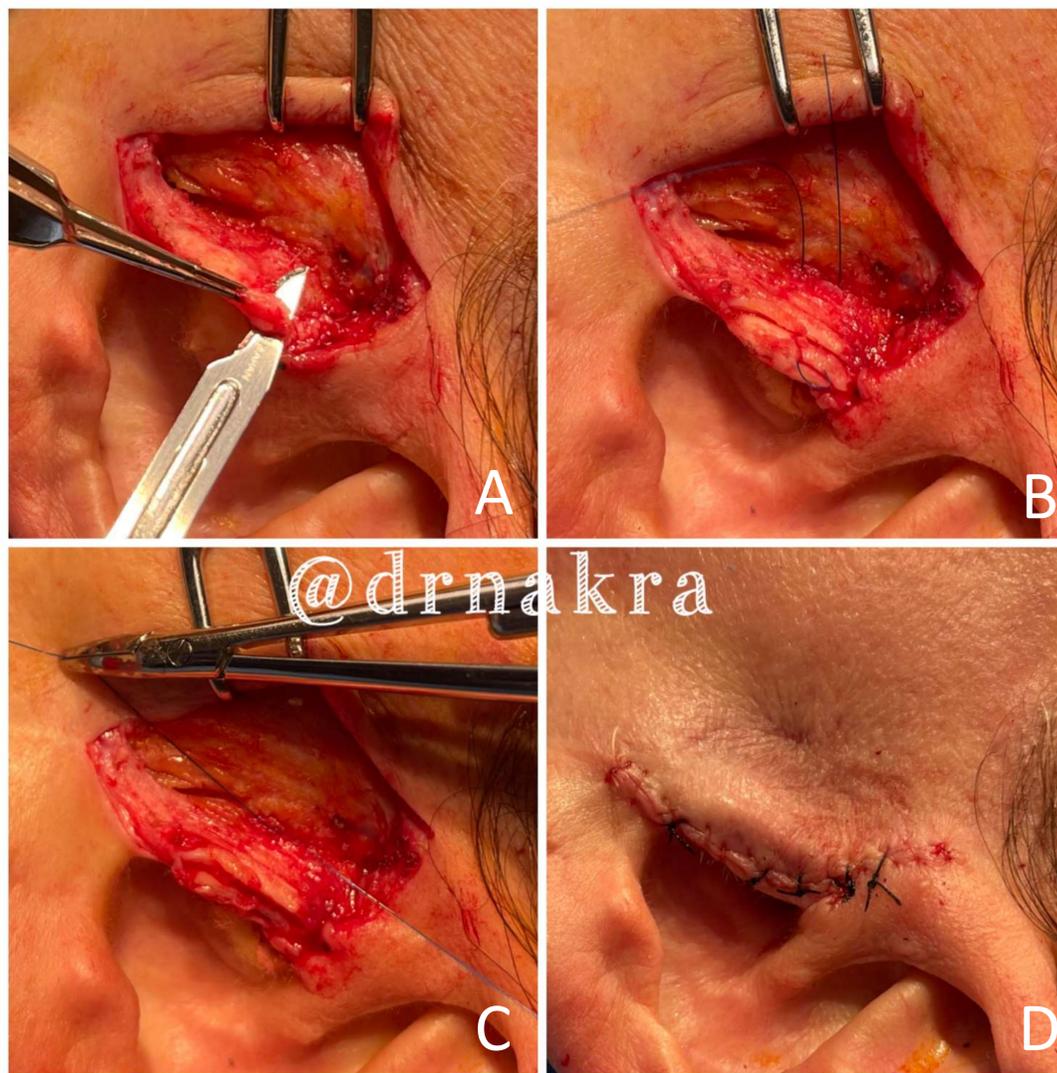
Figure 1 (left). Typical complication of post-facelift tragal contour deformity, demonstrating blunting of the tragal contour, blunting of the anterior incisure and/or intertragal incisure, a visible external auditory meatus, loss of the preauricular sulcus, skeletonization of the superior tragal-skin junction, and diminished tragal height.

## METHODS

- Retrospective review of a single surgeon's cases of tragal contouring during facelifting.
- During closure of the facelift, the following technique was performed (Figure 2):
  - **1. The anterior mucopericondrium of the tragal cartilage was stripped**
  - **2. The superior pole of the tragal cartilage was trimmed. (A)**

- **3. The tragal cartilage was scored with vertically partial thickness (~80%) incisions. (B)**
- **4. A horizontal mattress 4-0 polypropylene suture was placed to create a convex anterior face. (C)**
- **5. Deep skin sutures were placed anterior to the tragus, secured to the immobile SMAS. (D)**

Figure 2 (below). Intraoperative photograph of the described technique for tragal contouring.



## RESULTS

- 28 patients underwent this modified tragal contour technique. All patients were noted to have excellent tragal aesthetic outcomes (Figure 3) at at least 3 months postoperatively.
- There were no cases of clinical scarring or infection.



Figure 3. Preserved tragal contour and preauricular sulcus 10 months (left) and 8 months (right) after lower facelift with tragal contouring.

## CONCLUSION

- Tragal contouring during facelift surgery is a novel technique that is safe and effective for prevention of postoperative tragal distortion and can be easily incorporated into routine facelift surgery.

## DISCLOSURES

Tanuj Nakra, MD is a shareholder of AVYA Skincare, LLC. The authors have no other financial disclosures.

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