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## DIMPLE CREATION SURGERY

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### **Introduction**

Dimples on the cheeks are becoming increasingly popular even in the western world in the recent time. It is quite likely to be the 'celebrity effect' of Cheryl Cole as well as Kate Middleton.

Dimples are considered by the majority as an attractive facial feature. In traditional Asian folklore, the presence of a dimple suggests good fortune and fertility, while in the West it is simply viewed as cute and unique.

Natural dimples occur either on one or both sides of the face, and are generally present only when the face is animated, often to an unnaturally exaggerated degree. A natural dimple is believed to be formed when there is a small defect in the cheek musculature. The skin overlying this small defect is stuck down to the underlying connective tissue when the muscle contracts while smiling.

It is possible to create a dimple by a minor plastic surgical procedure under local anaesthetic as an office procedure (day case). As such, there is a huge demand for surgical cheek dimple creation both in men and women. The results of this aesthetic procedure are long lasting. Patients have a wide variation in the choice of depth, size, sight and shape of dimple on their cheek/cheeks.

### **Initial Consultation:**

It is very essential to have a detailed consultation with the prospective patient, this includes: history, motivation for dimple creation, intra-oral examination, followed by detailed discussion regarding possible complications, limitations, possibility of revisional procedures and emphasis on realistic expectations.

### **Technique.**

The dimple surgery under local anesthetic takes approximately 20 minutes to perform as an office procedure. Usually normal activities can be resumed straight after the procedure.

A punch biopsy instrument is placed against the buccal mucosa (inner cheek) and circular motions are made to cut through the mucosa, submucosal fat, and cheek muscle. A circular core composed of these tissues is removed, leaving the skin intact, which will create a shallow cylindrical-shaped defect under the skin.

This 'defect' then is closed by placing a suture through the inner skin of cheek (Buccal mucosa) on one side of the defect, then through the dermis layer of the skin and finally through the inner skin of cheek (mucosa) on the other side of the defect. A surgical knot is tied, which in turn will result in dimpling of the skin even without smiling. This suture will need to be removed 6-8 days later. (Sometimes the suture is absorbable and will not need to be removed) We have observed persistence of cheek dimple/dimples even in repose without smile up to a period of 3 months following the procedure.

The skin usually flattens out in due course following the procedure

The internal scarring which takes place will connect the muscle to the skin, creating a dimple when one smiles.

### **Recovery and Post operative care**

There is usually minimal swelling or discomfort following the procedure. The after care involves regular mouth rinsing with Corsadyl antiseptic solution and a course of antibiotics.

Most of our patients resume their work on the same or following day however we advise them to avoid strenuous activities like contact sports and exercise that can injure your face. The healing period is between 7 to 10 days. After a few weeks, the operated cheek/cheeks start taking shape and the dimples or the 'cleft' chin is becoming more apparent during smile (during active animation of facial muscles). The Final result is assessed within 3 months.

### **Risks and complications**

As in any surgery, there are risks involved following cheek dimple creation in the form of infection, bleeding, scarring, under/over correction, asymmetry, revisional surgery and weakness of the involved muscles, there is also a possibility of injury to the branches of the facial nerve, parotid duct and its opening.

### **Long term effects**

The outcome of almost all the aesthetic procedures are known to be affected by maturity of age, it is fair to say that cheek dimple creation is not an exception of the list.