

D11-DIMPLE



D.11. DIMPLE

Dimple surgery, also known as **dimpleplasty**, is a cosmetic procedure that creates dimples on the cheeks or chin for aesthetic purposes. Dimples are often considered attractive and can enhance facial expressions, making some individuals seek this surgical option to achieve the desired look. Here's a comprehensive overview of dimple surgery, including the procedure, benefits, recovery, and considerations.

Types of Dimples

1. Cheek Dimples:

- **Description:** Located on the cheeks, cheek dimples are the most common type. They can be present when a person smiles or at rest.

- **Genetics:** Often inherited, cheek dimples occur due to a variation in the structure of the facial muscles.

2. Chin Dimples (or Chin Folds):

- **Description:** Found on the chin, chin dimples create a small indentation and can add character to the facial profile.

- **Formation:** They can be congenital or may form as a result of specific muscle structures in the chin.

Formation of Dimples

- **Genetic Factors:** Dimples are usually genetic and result from a shorter or divided zygomaticus major muscle, which affects how the skin folds when a person smiles.
- **Muscle Structure:** The variation in muscle structure leads to the characteristic indentation when a person smiles or moves their face.

Dimple Creation Procedure

For those who desire dimples but do not have them naturally, a surgical procedure known as **dimpleplasty** can be performed.

Dimpleplasty Procedure

1. Consultation:

- A careful consultation with a qualified plastic surgeon to discuss the desired location and size of the dimples, as well as any potential risks and benefits.

2. Anesthesia:

- The procedure is typically performed under local anesthesia or local anesthesia with sedation, depending on patient preference and the surgeon's recommendation.

3. Incision:

- The surgeon makes a small incision on the inside of the cheek, where the dimple will be created.

4. Suturing:

- A small portion of the buccal fat pad is attached to the skin at the incision site, creating the dimple. The incision is then closed with dissolvable sutures.

5. Recovery:

- The procedure usually takes about 30 minutes to an hour.

Swelling and discomfort are common but typically subside within a few days.

Recovery and Aftercare

- **Initial Recovery:** Patients may experience swelling and tenderness for a few days. Pain can be managed with over-the-counter pain relievers.
- **Dietary Restrictions:** Soft foods may be recommended for the first few days to minimize irritation to the incision site.
- **Follow-Up:** Regular follow-up appointments with the surgeon may be necessary to monitor healing and ensure the desired results.

Risks and Considerations

- **Infection**
- **Scarring**
- **Asymmetry**
- **Permanent Change**