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Insights into Upper Blepharoplasty: Conservative Volume-Preserving Techniques

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Abstract

This editorial commentary critically examines the systematic review by Miotti *et al.*, which discusses the evolving trends in upper lid blepharoplasty towards a conservative, volume-preserving approach. The review emphasizes the shift from traditional tissue resection to techniques that maintain anatomical integrity, paralleling broader trends in panfacial rejuvenation. Miotti *et al.* delve into the nuances of fat pad management, advocating for conservation over reduction to sustain natural contours and improve long-term aesthetic outcomes. This perspective is supported by comparative studies and empirical data, such as those from Massry and Alghoul *et al.*, highlighting the benefits of conservative approaches in terms of patient satisfaction and aesthetic longevity. The review also stresses the importance of surgeon discretion in adapting procedures to diverse patient demographics, particularly in addressing distinct features such as the Asian upper eyelid. However, it identifies a significant gap in long-term comparative research, underscoring the need for future studies to substantiate the safety and efficacy of these minimalist techniques. Overall, Miotti *et al.*'s work contributes profoundly to the discourse on personalized, conservative cosmetic surgery, urging ongoing research to refine and validate surgical best practices in upper eyelid blepharoplasty.

TO THE EDITOR

In the landscape of aesthetic surgery, the pursuit of youthful restoration through upper lid blepharoplasty has taken a conservative shift, much in line with the holistic approach of panfacial rejuvenation. The comprehensive systematic review by Miotti *et al.* brings to light the nuanced balance between addition and subtraction in blepharoplasty, paralleling the current inclination towards volume conservation.

Miotti *et al.* take a granular approach in dissecting trends in upper eyelid surgery, advocating for a conservative paradigm that prioritizes anatomical preservation over tissue reduction[1]. Echoing the sentiments of Tonnard *et al.*[2], Miotti *et al.*'s review upholds augmentation over resection, delving into the implications such techniques have on the patient's functional and aesthetic satisfaction.

The discussion on fat pad management by Miotti *et al.* is especially relevant, as it aligns with the dynamic nature of cosmetic surgery demands. The discourse around whether to carve or conserve during blepharoplasty reflects a broader, more personalized vision of patient care, with Massry's controlled trials[3] lending empirical support to this ideology. The interplay of function and aesthetic—of contouring without compromising the natural visage—becomes the cornerstone of contemporary plastic surgery.

Notably, Miotti *et al.* accentuate the importance of surgeon discretion in tailoring techniques to specific demographics. They advocate for a nuanced understanding of diverse patient groups, be it in addressing the unique anatomical attributes of the Asian upper eyelid.

Despite the advances in surgical techniques, the review identifies a dearth of long-term comparative studies, which are crucial for validating the efficacy and safety of these conservative approaches. A similar study by Alghoul *et al.*[4] explored the long-term outcomes of conservative *vs* traditional blepharoplasty techniques, adding to Miotti's findings by confirming the benefits of conservative approaches in enhancing aesthetic longevity and patient satisfaction[3].

The systematic review by Miotti *et al.* effectively brings to light the evolution of upper eyelid blepharoplasty towards a conservative approach that respects the patient's

natural anatomy and seeks to enhance rather than alter. The current inclination towards volume preservation aligns with a more holistic perception of facial aesthetics. However, the need for long-term, prospective studies is evident to establish a clear direction for future surgical practices and to ensure outcomes that are not only aesthetically pleasing but also sustainable and aligned with patient expectations. The commentary underscores the significance of personalized care in the realm of cosmetic surgery and advocates for continued research to refine and validate the best practices in upper eyelid blepharoplasty. Overall, this systematic review provides valuable insights for plastic surgeons and practitioners involved in upper lid blepharoplasty. It underscores the importance of tailoring surgical techniques to individual patient needs and highlights the ongoing evolution in aesthetic surgery practices.

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