Cheek Dimples
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About
Dimples are small natural indentations on some people’s cheeks which become more pronounced on smiling.

Cheek dimples are thought to be genetically inherited and have always been considered to be a “cute” factor and a sign of charm.

Anatomically, dimples are caused by variations of the facial muscle known as zygomaticus major, especially when the muscle is bifid or forked forming a small natural defect that pulls on the overlying skin. It is very common in babies due to their short muscles but in most cases dimples either disappear or become less noticeable with age.

Dimple creation surgery is a minor procedure and is usually performed under local anaesthetic as an outpatient procedure. During surgery the skin and the cheek muscle are connected so that when the muscle contracts, it pulls the skin inwards to form a dimple, in exactly the same way as a natural dimple.

Indications
If you have always wanted that cute look of a cheek dimple then you may be a good candidate for a dimple creation surgery.

It is now possible to create a dimple by a minor plastic surgical procedure under local anaesthesia. The results are long lasting and you could choose from a variety of depths and sizes.

During your first consultation your surgeon will take a detailed history and carefully examine your facial muscles and the inside of your mouth. You should inform your surgeon of any allergies, all medical conditions, and any medication that you may be taking (both prescription and over the counter). He will then explain to you what the procedure entails and discuss with you the limitations of the surgery and all possible complications.

Surgery Explained
A dimple creation surgery needs anything between thirty to sixty minutes to complete and is carried out under local anaesthetic. The surgeon places a punch biopsy instrument against the buccal mucosa (inner cheek) cutting through the inner cheek, sub-mucosal fat and cheek muscle by rotating the instrument. The created cylinder-shaped piece of soft tissue core is then removed leaving behind a “defect” of missing tissue which needs to be closed in a specific way in order to create your desired dimple.

Your surgeon will use an absorbable suture which is placed through the cheek muscle on one side of the defect then through the deep layer of the skin and finally back through the cheek muscle on the opposite side of the cylinder-shaped defect.

Initially you may notice that the created dimple is present even when not smiling. However over the first two weeks the suture will dissolve and the cheek skin will flatten out.
Finally as internal scarring takes place within the defect, the muscle will connect to the skin and create a dimple when you smile.

This procedure can be performed on all types of cheeks however the best results are seen when the cheeks are not overly chubby. Larger dimples can be created using a bigger punch biopsy to remove a larger circle of tissue.

**Aftercare**

There is usually minimal swelling or discomfort following the procedure. People can resume their normal activities including work on the very same day of the procedure. However strenuous exercise or contact sports should be avoided for about a week post operatively.

It takes approximately ten to fourteen days for the created defect to heal and during this period regular mouth rinsing with an oral antiseptic solution and a course of antibiotics are strongly advised.

If you are a smoker you should stop smoking for two weeks prior to and another two weeks after surgery as smoking can precipitate infections and slow down the healing process.

After a few weeks the operated cheek will start taking shape and the dimple(s) will become apparent on smiling.

There is very little risk associated with this procedure. However, as in any surgery, there are some potential post-op complications such as bleeding, asymmetry, or muscle weakness. We will make sure that we take all precautions to minimise any risk and give you the best possible result. Our patients, in their vast majority, describe their results as very good or excellent and would recommend it to anyone who is interested in acquiring that little extra cute factor on their cheeks.