

## **Simple technique of dimple creation, our experience of 130 dimples creation**

Natural dimples usually occur on both sides of the face, and are generally present only when the face is animated. Cheek dimples are usually considered as an attractive feature of facial beauty. Unfortunately, not all beautiful girls have dimples. A natural dimple is usually 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 with smiling; it splits apart and allows the overlying skin to indent. We used a new and simple technique for dimple creation, passing a needle guided stitch to fix the dermis to underlying facial muscles. Our aim was to analyze the positive and negative findings of this technique. We used this procedure in creation of 130 dimples under local anesthesia as a daycare procedure and analyzed the results. This procedure is safe, reliable and easily reproducible. As no tissue is excised, chances of bleeding and hematoma formation are negligible. With this procedure, the patient satisfaction rate is very high.