



### **Dr. Phillip Shoenfeld on “The Weekend Facelift”**

**Q: Dr. Shoenfeld, who would benefit from a Weekend Facelift?**

**Dr. Shoenfeld:** The "weekend facelift" is really a min-facelift designed for a slightly younger clientele that is looking to get rid of early signs of aging especially around the jowls. It is designed to lift the jowls but, is not appropriate for individuals with excessive neck skin or laxity.

**Q: Is it different from the traditional facelift?**

**Dr. Shoenfeld:** A traditional facelift involves incisions which extend into the hairline in the temple region, behind the ear, and into the scalp area behind your ear. The recovery period, depending upon the technique used and how much work is required can be several weeks. A weekend facelift involves an incision that is hidden in a crease around the front of your ear only, and the recovery period is generally about one week. Many sources will tell you that the recovery is in two or three days, but, I feel that patients are far better off after one week. The extent of surgery is significantly less in the weekend facelift, but you have to choose the appropriate candidate for the procedure so that the patient is pleased with the surgical result. I prefer to perform the procedure in an outpatient setting under mild sedation, but, it can be performed under local anesthesia in an office in select patients. General anesthesia is not required for the procedure.

**Q: What happens during surgery when you perform a Weekend Facelift?**

**Dr. Shoenfeld:** The technique involves elevation of the skin of the face in the area extending from the sideburn superiorly to the jaw bone inferiorly. The skin is only elevated a few centimeters in front of the ear. The surgery is actually performed on the layer of tissue beneath the skin. This layer, called the SMAS (subcutaneous muscular aponuerotic system), is actually the workhorse of the procedure. Two permanent sutures are placed in an "O" and "U" configuration grabbing several small "bites" of this SMAS tissue layer and suspending the tissue in an upward direction against the direction of sagging and gravity. This upward pull of the face avoids the wind swept look that has often plagued traditional facelift results by avoiding pulling the skin in a backwards direction. The excess skin is then trimmed and the incision is closed in a very precise

manner to avoid scarring. The pain is very minor and the patients are usually comfortable enough physically and socially, to return to work in about one week with a very refreshed appearance.

**Q: We've also heard about a procedure called a Contour Thread Lift—how would it compare with the Weekend Facelift?**

**Dr. Schoenfeld:** The weekend facelift is very different from the contour threadlift. I have had several people come to me to discuss the thread lift, and after I have gone over costs and expected surgical results, as well as longevity of the results, almost all of them have signed up for the mini facelift. The results of a weekend facelift should last about five years.

*Dr. Philip Schoenfeld is the founder and Medical Director of Renu Med Spa and the Washington Facial Cosmetic Surgery Center of Chevy Chase, Maryland. A board certified facial plastic surgeon, Dr. Schoenfeld has been practicing facial plastic and reconstructive surgery since 1994 and in Washington, D.C. and Maryland since 1998. His private practice includes the Feldman ENT Group (Washington, DC, Chevy Chase, Bethesda, and Germantown, MD). He also holds hospital privileges at Sibley Memorial Hospital, Georgetown University Hospital (Washington, DC), Children's National Medical Center (Washington, DC), and the Washington Hospital Center (Washington, DC).*

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