

## ‘Mini Face Lifts’ -- an Option When Time is of Essence

### *Bride-to-be among recent patients*

FREDERICKSBURG, VA., May 18, 2006 – “Mini face lifts” can erase years from a person’s appearance in a relatively short amount of time – an option for patients striving to look their best for an upcoming event or minimize time away from work, report doctors with Plastic Surgery Services of Fredericksburg.

One recent patient was even a bride-to-be preparing for her wedding.

A full face lift still produces the most dramatic results because it tightens skin in the cheeks, chin, jowls and neck. It is often performed in conjunction with forehead and eyelid surgery, according to surgeons at Plastic Surgery Services of Fredericksburg. But partial facial procedures can be undertaken incrementally or in combination to achieve significant yet natural-looking improvements.

Partial facial procedures can include: mini face lifts (also known as short-scar face lifts, S-lifts and by various marketing terms); mid face lifts (cheek lifts); forehead lifts (brow lifts); neck lifts; eyelid surgery; and the Contour ThreadLift™, which tightens moderate facial and neck sagging with the help of tiny threads inserted under the skin.

One major advantage of partial facial procedures is their shorter at-home recovery period. Mini face lift patients can return to work sooner than the one to two weeks required after a full face lift. Since everyone heals differently, however, the doctors recommend scheduling partial facial procedures at least six to eight weeks, or three months optimally, before a special event.

**Judy Grant, 54, of Ashburn in Loudoun County, Virginia** took the step less than two weeks before remarrying Feb. 14, 2006. Dr. Howard Heppe performed a mini face lift and lower eyelid “pinch” surgery to tighten her sagging jowls and under eye skin. A contracting officer for the federal government, Ms. Grant underwent the procedures on a Friday and was back at work by Monday. She says there has been a “dramatic difference” in her appearance, adding, “My 31-year-old daughter thinks it’s great. My husband thinks it’s great, too—though he didn’t put any pressure on me to have it done. I did it for me.” In addition, Ms. Grant has received BOTOX® Cosmetic treatments for many years from Plastic Surgery Services of Fredericksburg, whose board certified surgeons are among the few professionals in the area referenced at the maker’s Web site, [www.botoxcosmetic.com](http://www.botoxcosmetic.com). She also uses the group’s prescription skin care products.

**Cheryl Daniels, 46, of King George County, Virginia** opted for partial facial procedures to turn back the aging process while minimizing downtime from work. Dr. L. Thomas Albert performed upper and lower eyelid surgery on Ms. Daniels in 2004. She was so pleased that she asked Dr. Albert to perform a mini face lift with neck liposuction in March 2006 to eliminate sagging jowls. Ms. Daniels says the recent procedures took 10 years off her appearance. “I felt it was better to do it now than wait for it to get

worse,” notes Ms. Daniels, who was inspired to take action after watching the aging process in older family members. After each of her procedures, she returned within two days to her administrative post for a defense contractor in Dahlgren, Virginia. Ms. Daniels also receives BOTOX® Cosmetic treatments from the plastic surgery group and uses its prescription products to refine her skin.

**Cathy Morris-Manke, 54, of Spotsylvania County** decided to take more comprehensive measures to improve her self-confidence. Dr. Harold Bautista performed a full face lift with lower eyelid surgery on Ms. Manke in March 2006 to eliminate a hereditary double chin and tighten her facial skin. She took seven days off work and her recuperation spanned two weekends. But the results, she says, were worth it. A local REALTOR®, Ms. Manke was self-conscious about her appearance in all aspects of her life. “I felt so poorly about myself,” Ms. Manke explains. “Now, I can’t believe the difference. I feel so much better.” So much so, she no longer uses her hand to cover her chin when stopping at red lights in her convertible. Ms. Manke says she is telling her story to encourage others. “You’d be surprised how many people I have told who confide, ‘I have been wanting to have plastic surgery.’”

The American Society of Plastic Surgeons reported earlier this year that the use of BOTOX® treatments, injectible wrinkle fillers and other minimally invasive procedures reduced face lift procedures an average 19% between 2000 and 2005. But Plastic Surgery Services of Fredericksburg has witnessed steady demand for facial surgical procedures since many patients have needs that these treatments cannot correct, according to Lesi Beamon Mackey, the group’s practice administrator. Eyelid surgery and mini face lifts, she adds, are among the most popular facial surgery procedures locally.

### **About Plastic Surgery Services of Fredericksburg**

Since 1983, Plastic Surgery Services of Fredericksburg (PSSF) has been the premier provider of cosmetic surgery in the Fredericksburg, Virginia, area, south of Washington, D.C. Its surgeons are board certified and dedicated to achieving superior, natural-looking results through their team approach to patient care. They employ state-of-the-art equipment and proven techniques in their accredited medical facility located at 3312 Fall Hill Avenue. For more information, please call (540) 371-7730 or visit [www.plasticsurgeryservices.com](http://www.plasticsurgeryservices.com).

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