

New Beauty Magazine - Face Lift in Younger Women



Traditional facelifts used to be reserved for the aged population—women in their 60s and 70s with sagging skin that had exhausted injectable and noninvasive treatments. However today, facelifts are being embraced by younger women in their 40s and 50s hoping to stay younger-looking longer.

Newport Beach, CA, plastic surgeon Boris Ackerman, MD, says he sees many more patients in their 40s undergoing facelifts instead of the previously sought after injectables. "The result of a well-planned and well-executed facelift in a younger woman is spectacular," he says. "How do we define what spectacular is? A youthful, but natural looking face. That's what patients in their mid to late 40s are looking for these days. They want to look younger, longer—and getting a facelift at this time allows for that."

New York facial plastic surgeon Jon Turk, MD, says, "Patients used to wait until their faces started to fall before we would lift it. Doing surgery early may help preserve the structure before it falls." By altering the foundation of the face, so the muscles and tissues act as a support mechanism as you start to see the signs of aging, "you can change the lane of aging you're pre-destined to follow," says Chicago plastic surgeon Julius Few, MD.

So how do you know when a facelift is right for you? "Weighing the expected or anticipated results, recovery and cost" should be considered, says Dr. Ackerman. "Patients should know the limits of nonsurgical corrections and know all options before proceeding