

Beauty for Life

beauty at every age



*A*s we age, our bodies change—and so do our expectations about how we look. Teens may wish to reshape or balance physical features; young adults may seek ways to enhance their appearance; and more mature adults may focus on rejuvenating their skin and restoring definition to their faces or bodies.

Whatever goals you have, you can be beautiful at any age!

Exercising, eating a healthy diet, using plenty of sunscreen, and avoiding tobacco all help you look and feel your best. And a wide variety of popular plastic surgery procedures can enhance your appearance throughout your lifetime.

Your plastic surgeon, an expert on the effects of aging on the entire body, will help you define and achieve your beauty goals for every stage of life.





“ I am sixteen years old and I wore a size 36G bra. I weigh 122 pounds, so you can image how much pain the size of my breasts caused me. I had neck, back, shoulder and even head problems. I was unsure at first about getting a breast reduction, but I sat down with my doctor to talk about it and we decided that since I am so involved in sports it would be best for me, and even my coaches supported my decision. I mainly want to say...it was the best move I ever made. ”

-Amanda (16)

teens

In our teens, peer acceptance and a positive image are more important to us than they have ever been before—or probably will ever be again. Many teens are self-conscious about their physical differences, whether it's a large nose, protruding ears, uneven breasts, or skin problems. Some of them develop a poor self-image or even suffer teasing and bullying by their peers.

Plastic surgery can shape the nose, reset the ears, and balance the chest, so that teens can focus on school, sports, socializing, and fun. And certain minimally invasive treatments, such as laser hair removal and medical skin care, can improve the appearance and health of skin. These procedures help boost confidence during these critical years of development.

Combined with good teen health—based on a balanced diet, lots of exercise, using sunscreen, and avoiding smoking—cosmetic procedures help many teens feel more comfortable and confident in their own skin.

Most Common Procedures

The most popular teenage plastic surgery procedures include:

- Laser hair removal
- Microdermabrasion
- Breast reduction
- Ear surgery
- Nose reshaping



“ I never developed properly during puberty, and due to that I developed ‘cone’ breasts – and since I lost 35 pounds they were sagging. My plastic surgeon took all my hate towards them away, and now has created high self-esteem towards my body, and esteem which I have not felt for a very long time. ”

-Evenlyn (24)

twenties

In our twenties, we want to make a great impression as we enter the adult social and working world. Yet we may begin to notice the effects of skin damage from acne or too much sun, the development of unsightly hair or spider veins, or the first signs of wrinkles. And as we enjoy the freedom of adulthood, some of us decide it's time to improve the appearance of our nose, breasts, or body contours.

Cosmetic procedures and plastic surgery can soften these first signs of aging and improve the physical characteristics you've always wanted to change. People in their twenties choose among a wide array of procedures; click any one on the right to find out how it can help you look your best and view before and after photos.

Your appearance always improves with a healthy lifestyle: a balanced diet, plenty of exercise, avoiding smoking, and using sunscreen every day. But these procedures—from cosmetic treatments to plastic surgery—can enhance your natural beauty and help you feel and look your best.

Most Common Procedures

The most popular plastic surgery procedures for those in their twenties include:

- Medical Skin Care
- Laser hair removal
- Laser treatment of leg veins
- Microdermabrasion
- Botox
- Injectable fillers
- Laser skin resurfacing
- Abdominoplasty
- Body contouring
- Breast augmentation
- Breast lift
- Breast reduction
- Liposuction
- Nose reshaping



AMERICAN SOCIETY OF
PLASTIC SURGEONS



THE AMERICAN SOCIETY FOR
AESTHETIC PLASTIC SURGERY, INC.



“My reasons for surgery basically stemmed from being unhappy with... parts of my body that never seemed to improve, regardless of the amount or type of exercise and regardless of my diet...I am extremely happy with my choice in surgeons and am extremely happy with my results!”

-Laurie (33)

thirties

By our thirties we're hitting our stride, raising families and building careers with our confidence and assertiveness on full display. Even though we may feel as young as ever, our bodies may tell another story. Our faces show more lines and creases. We gain weight more easily and take longer to work it off. For thirty-something women, especially mothers, we notice some stretching and drooping of our skin and breasts.

To maintain our body confidence, it's important now to heed tips for staying healthy—especially focusing on personal fitness and preventing excessive weight gain. It's also a great time to explore injection therapies to treat forehead frown lines and laugh lines; consider post-pregnancy plastic surgery procedures for women over thirty to lift or enhance the breasts and tighten the tummy; or find out how cosmetic surgery can contour the hips and thighs. Especially after pregnancy, many women find a “mommy makeover” restores their body confidence.

Most Common Procedures

The most popular plastic surgery procedures for those in their thirties include:

- Medical Skin Care
- Injectable fillers
- Laser hair removal
- Laser treatment of leg veins
- Lasers Light based treatments
- Microdermabrasion
- Botox
- Chemical peel
- Laser skin resurfacing
- Abdominoplasty
- Breast augmentation
- Breast lift
- Breast reduction
- Brow lift
- Eyelid surgery
- Face Lift
- Nose reshaping



“ I am a 49-year-old woman who always took pride in her appearance and was dedicated to a healthy eating and exercise routine—but was not happy with the visible signs of aging of the face such as jowls, wrinkly neck, sagging cheeks, and lines in the forehead. I had my eyes done a few years earlier so I decided on surgery to ‘fix’ the rest. ”

-Sharon (49)

Forties

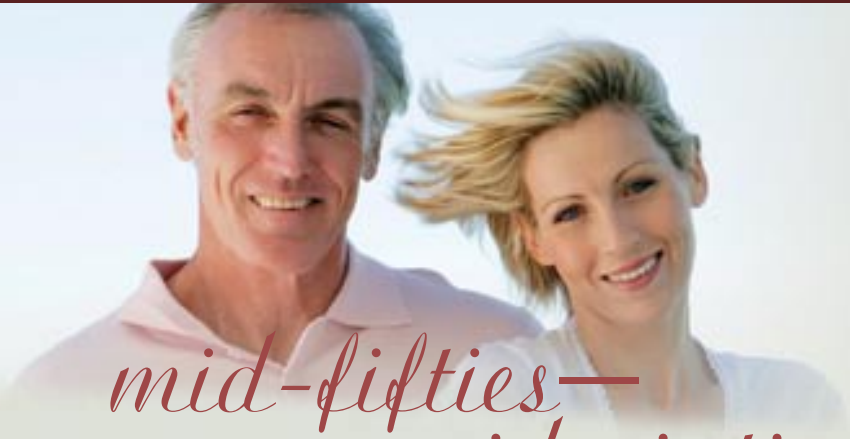
As we approach middle age, we’re enjoying our families and career success while maintaining our health and appearance. It’s a bit more challenging at this stage of life; we can see more wrinkles and sagging skin around our eyes, chins, and necks, and we’re losing volume in our lips and cheeks. We also struggle with stubborn new pockets of fat that collect in undesirable places.

By making healthy choices about exercise and lifestyle, middle age women and men can get more energy and enhance our best features. In addition to staying healthy as you age, you can enjoy the benefits of plastic surgery. Injection therapy at the forehead and plastic surgery to lift the eyelids or brow can reduce the signs of aging around your eyes and brighten your expression. Injectable fillers can improve the contour of your lips and fill in the facial areas where you’re starting to lose volume. And liposuction or a tummy tuck can enhance the results of your fitness regime.

Most Common Procedures

The most popular plastic surgery procedures for those in their forties include:

- Medical Skin Care
- Laser hair removal
- Lasers Light based treatments
- Microdermabrasion
- Botox
- Chemical peel
- Injectable fillers
- Laser skin resurfacing
- Abdominoplasty
- Breast augmentation
- Breast lift
- Breast reduction
- Brow lift
- Eyelid surgery
- Facial rejuvenation
- Liposuction
- Nose reshaping



mid-fifties— mid-sixties

In our fifties and sixties we're still working hard, and many of us are putting kids through college—while enjoying more free time now that they're grown up. It's no time to slow down, or look run down either. But the effects of aging are accelerating now, and even the most youthful among us may notice deeper wrinkles, a sagging jaw line, folds in the neck, or sinking cheeks, while gravity takes its toll on the rest of the body too.

At this stage, aging gracefully is easier with the help of popular plastic surgery procedures. Surgical facial rejuvenation can restore your natural jaw line; a combination of surgical procedures and fillers can restore the fullness of your cheeks; chemical peels or laser-based treatments can bring the glow back to your skin. Nose reshaping can refine your profile, while skin tightening and contouring procedures return other parts of your body to a more familiar appearance.

Remember, healthy aging means continuing your exercise routine, eating right, and avoiding smoking and excess sun exposure. Plastic surgery procedures can further restore and enhance your natural beauty.

Most Common Procedures

The most popular plastic surgery procedures for those in their mid-fifties to mid-sixties include:

- Medical Skin Care
- Laser hair removal
- Lasers Light based treatments
- Microdermabrasion
- Botox
- Chemical peel
- Dermabrasion
- Injectable fillers
- Laser skin resurfacing
- Abdominoplasty
- Breast augmentation
- Breast lift
- Breast reduction
- Brow lift
- Eyelid surgery
- Facial rejuvenation
- Liposuction
- Neck Lift
- Nose reshaping

mid-sixties & looking ahead

These days life doesn't grind to a halt when we hit 65—far from it. Many of us keep working well into our seventies, while retirees volunteer, travel, and enjoy an active lifestyle our parents never imagined. We still feel great, and we want to look great too. Mature women and men may be ready to reduce the wrinkles and sagging of age for the first time, or we may want to enhance the results of cosmetic medical procedures we've already had.

Many beautiful older women and handsome mature men know the benefits of plastic surgery at any age. You may consider liposuction and other contouring procedures, such as a tummy tuck, to reduce excess skin and restore definition and tone to your body. Or you may augment previous cosmetic surgery, rejuvenating your face with a second facelift combined with a brow lift, forehead lift, and neck lift that refreshes and brightens your expression.

To keep looking great at any age, you'll need to follow key tips for staying healthy: keep up your exercise plan, maintain a healthy diet, and avoid smoking and too much sun. Then your plastic surgery will just reflect your inner vitality, helping you look good as you age by restoring your natural glow and shape.

Most Common Procedures

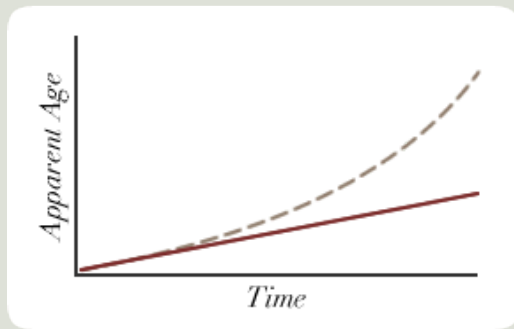
The most popular plastic surgery procedures for those in their mid-sixties and beyond include:

- Laser hair removal
- Microdermabrasion
- Botox
- Chemical peel
- Dermabrasion
- Injectable fillers
- Laser skin resurfacing
- Breast lift
- Breast reduction
- Brow lift
- Eyelid surgery
- Face Lift
- Facial rejuvenation
- Liposuction
- Neck lift

Beauty for Life

changing with aging

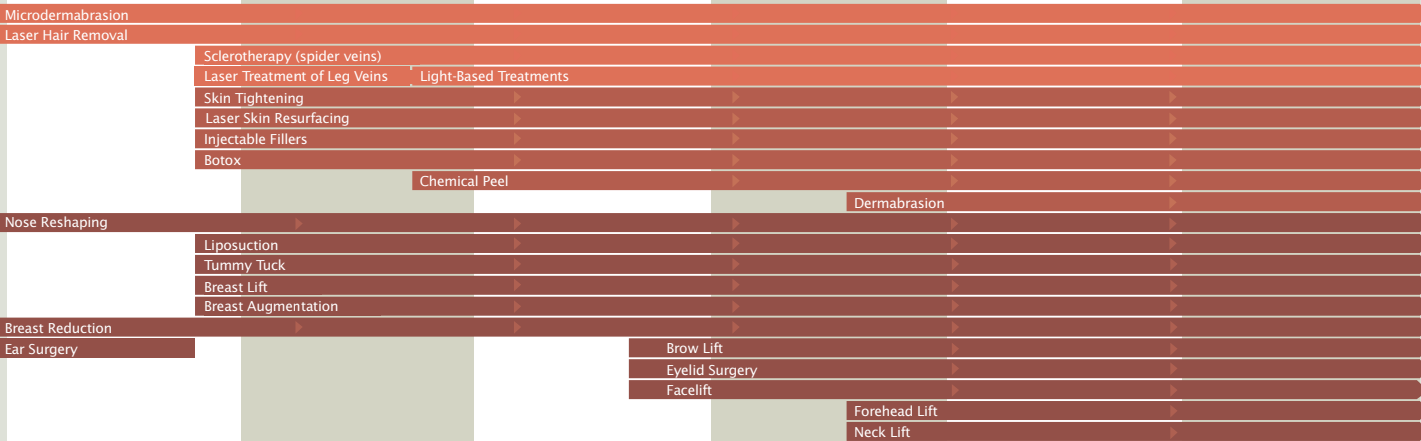
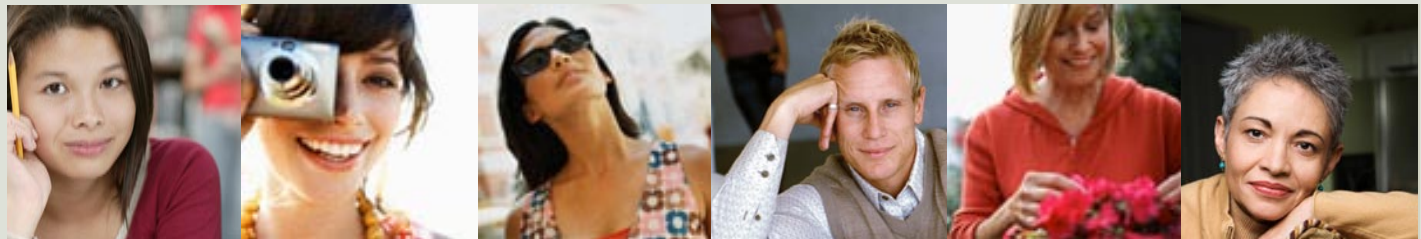
As the graph below illustrates, cosmetic medicine and surgery can't stop the aging process, but it can slow down the rate at which it affects our bodies.



--- without cosmetic medical procedures
 — with cosmetic medical procedures





Plastic surgeons rely on their in-depth medical knowledge of the entire human body—its changes over time and its response to our environment and lifestyle—to accurately define our health and beauty goals at the appropriate life stages. They also help us understand our options and manage our expectations about cosmetic surgery results.

As our beauty needs evolve, the types of beauty and plastic surgery procedures we choose to meet those needs change too.



The best way to view Beauty for Life is as a group of procedures in four levels listed to the right.

Plastic surgeons are uniquely qualified to provide you with a continuum of care, helping to evaluate your cosmetic procedures—from the least invasive to the most comprehensive.

-  Surgical
-  Moderately Invasive
-  Minimally Invasive
-  Non-invasive

the four levels of cosmetic care

While these general levels are based on the outcomes and relative risks of certain treatments, there are important relationships among the levels, which explain why we should consider them as a continuum. Here is some general information to consider about each level, including what the procedures can and cannot do, who's best able to provide each type of treatment, the realistic outcomes of the most common treatments and procedures, and their similarities and differences.



Surgical

Surgical or invasive procedures reposition our tissue and restore lost volume to rejuvenate our faces. Body contouring can reduce fat deposits, lift sagging skin, and shape our arms, hips, and thighs. The most common surgical procedures can be grouped in three categories:

- Face — surgical repositioning and volume restoration
- Breast — breast lifts, augmentations, and reductions
 - ✓ Facial rejuvenation — eyelid surgery, forehead lift, facelift, and neck lift
 - ✓ Facial implants
 - ✓ Ear surgery
- Body Contouring — liposuction, tummy tucks, and arm, thigh, and body lifts



Beauty for Life

Moderately Invasive

Moderately invasive procedures, while nonsurgical, are neither risk-free nor a substitute for plastic surgery. This level includes injection therapy with Botox®, soft tissue fillers, laser skin resurfacing, deep chemical peels, nonsurgical skin tightening, and cellulite treatments.

The longevity of these treatments varies—from a few months to a few years. For a time, they reduce the appearance of lines and creases, plump thin lips, enhance shallow contours, and soften wrinkles. But we don't achieve the same results as we would with surgery or surgery combined with moderately invasive procedures, which produce more noticeable and longer lasting results.

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Minimally Invasive

Minimally invasive treatments even out our skin tone, increase cell turnover, promote cell growth, remove unsightly veins or abnormal hair growth, and stimulate collagen production to help the skin retain its softness and reduce the appearance of lines and wrinkles.

Common procedures include light-based treatments to remove sunspots (e.g., Intense Pulsed Light, or IPL®), microdermabrasion, light skin peels, spider vein treatment, hair removal, and treatment of leg veins. These treatments—usually undertaken in a series—are not without risk and should be performed by a trained provider overseen by a plastic surgeon.

Medical skin care can produce pleasing outcomes for patients by reducing the effects of sun damage and discolorations and improving skin texture.

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Non-invasive

Noninvasive cosmetic procedures—or spa treatments—are therapeutic and relaxing, designed primarily to reduce blemishes and revitalize and protect the skin. The results are temporary.

These techniques and treatments—such as cellulite wraps, facials, and deep tissue massages—are used by people of all ages, from younger people who want to improve skin tone to older adults looking to relieve muscle tension or back pain.

Cosmetic Medical Care

Plastic surgeons work with patients at all stages of life, evaluating health, medical, psychological history, and body type to provide comprehensive advice according to their personal cosmetic medicine goals. They help explain the specific results a procedure can and cannot deliver and its associated risks; how to choose the right course of action depending on our age, needs, and wishes; and what we can expect to look like after the procedure.

Unlike others who may be trained in only a few cosmetic procedures, plastic surgeons are educated in the full spectrum of cosmetic surgical and nonsurgical care. They hone their skills and techniques through one of the lengthiest and most comprehensive training programs in all of medicine.

Besides delivering great results for patients through comprehensive cosmetic procedures, our focus as plastic surgeons is on patient safety. We believe that patients deserve the highest quality of care and safety, which is delivered in our accredited facilities.

Plastic surgeons are actively involved in research to develop new techniques and improve existing procedures that will deliver scientifically proven outcomes for patients undergoing cosmetic or reconstructive procedures. Plastic surgeons are directing cutting-edge advances in the field, based on research using stem cells, biomaterials, and biomechanical engineering.

Board-certified plastic surgeons have comprehensive understanding of the aging process: the ways our skin and bodies change over time, the impact of the environment and lifestyle, and the best ways to enhance and maintain our natural appearance at any age. They work with patients at every stage of life to evaluate their body type and their health, medical, and psychological history; and then offer expert advice based on each patient's personal beauty goals.

how to choose a surgeon

Your plastic surgeon has the in-depth medical knowledge of the entire human body to accurately map your health and beauty goals throughout your lifetime—explaining your options and managing your expectations as well.

Choose a board-certified plastic surgeon you can trust. Anyone with a medical license can claim to be qualified to perform cosmetic procedures. But members of the American Society for Aesthetic Plastic Surgery and the American Society of Plastic Surgeons (ASPS Member Surgeons) meet the highest standards of experience, education, and ethics.

Members of these organizations:

- Are board-certified by the American Board of Plastic Surgery® or The Royal College of Physicians and Surgeons of Canada® after passing rigorous written and oral exams
- Has at least six years of training and experience in surgery, with three years specifically in plastic surgery
- Annually complete continuing medical education, including patient safety training
- Perform surgery only in accredited, state-licensed, or Medicare-certified surgical facilities
- Adhere to a strict code of ethics

How to find a plastic surgeon

Before undertaking any cosmetic procedure, be sure you have satisfactory answers to these important plastic surgery questions.

Questions to Ask Your Plastic Surgeon

1. Are you an ASPS Member Surgeon or member of ASAPS? (If the answer is “yes,” rest assured that your surgeon is board-certified in plastic surgery and performs surgery only in accredited facilities.)
2. Are you board-certified by The American Board of Plastic Surgery or The Royal College of Physicians and Surgeons of Canada?
3. Do you have hospital privileges to perform this procedure? If so, at which hospitals?
4. Is the surgical facility accredited by a nationally or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
5. How many procedures of this type have you performed?



Beauty for Life

Plastic surgery is real surgery. Yet any licensed physician can claim to be a cosmetic surgeon. How will you know if your doctor meets the highest standards for education, experience, and ethics?

Choosing a doctor who's a member of the American Society for Aesthetic Plastic Surgery (ASAPS) or an American Society of Plastic Surgeons (ASPS) Member Surgeon is the first step to ensuring that your plastic surgery is safe plastic surgery, with quality care and outcomes.

patient safety

American Society of Plastic Surgeons and American Society for Aesthetic Plastic Surgery member surgeons:

- Are board-certified by the American Board of Plastic Surgery® or The Royal College of Physicians and Surgeons of Canada® after passing rigorous written and oral exams
- Have at least six years of training and experience in surgery, with three years specifically in plastic surgery
- Annually complete continuing medical education, including patient safety training
- Perform surgery only in accredited, state-licensed, or Medicare-certified surgical facilities
- Adhere to a strict code of ethics

Questions to Ask Your Plastic Surgeon

To explore the safety issues of cosmetic surgery and be sure your physician can provide the best care and results, ask your plastic surgeon the following questions:

- Are you a member of the American Society of Plastic Surgeons or the American Society for Aesthetic Plastic Surgery?
- Are you certified by the American Board of Plastic Surgery?
- Where and how will you perform my procedure?
- Do you have hospital privileges to perform my procedure? If so, at which hospitals?
- Is the surgical facility accredited by a nationally or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- What is the length of the recovery period, and what kind of recovery help will I need?
- Will I need to take time off work for my recovery? If so, for how long?
- Are there alternative procedures I could consider? What are their pros and cons?
- Who on your staff will be performing my procedure and what are their qualifications?
- What risks and complications are associated with my procedure and how are they handled?
- What are my options if I am dissatisfied with the outcome?
- Do you have before and after photos that illustrate this procedure and show results that are reasonable for me to expect?



Beauty for Life

Questions About Injectables

You should be fully informed about injectable procedures as well. Ask your plastic surgeon the following questions:

- Is the injectable procedure I have chosen sufficient for the result I am trying to achieve?
- What can I expect in terms of swelling, discomfort, and recovery time following the injectable treatment?
- Is the cosmetic injectable approved by the FDA?
- If my injector is a nurse or physician's assistant, will my plastic surgeon be on site and supervising the procedure?
- Am I aware that injectable procedures do not provide permanent results?

Questions to Yourself

Finally, you need to ask: Is surgery right for you? The following questions will help you determine if you're ready for plastic surgery:

- Am I physically healthy, eating right, and not smoking?
- Am I prepared to make necessary lifestyle changes, such as quitting smoking, in order to have my surgery?
- Do I have realistic expectations for the results of my procedure?
- Am I exploring plastic surgery for myself or to fit someone else's ideals?
- Have I spent time testing my knowledge about plastic surgery and exploring the qualifications of plastic surgeons?
- Have I told my plastic surgeon about medical conditions, drug allergies, and medical treatments (including those that involve fillers, facial shaping, and Botox)?
- Have I reviewed with my plastic surgeon my current use of medicines, vitamins, herbal supplements, alcohol, and drugs?
- Am I ready to do my part to ensure the success of my procedure?
- Do I know the procedure's after-effects and recovery time?
- Do I have a responsible adult to care for me for at least 24 hours (or as long as recommended) after my procedure?
- Have all my questions been thoroughly addressed by my plastic surgeon?
- Have I read, understood, and signed informed consent documents for my procedure?

