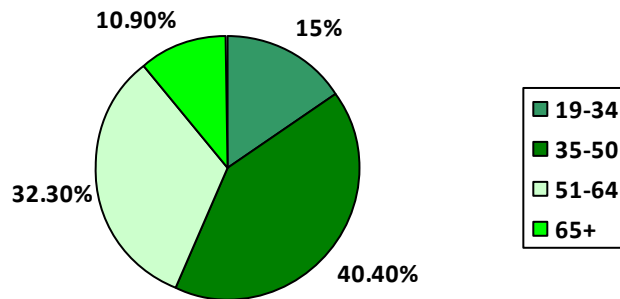


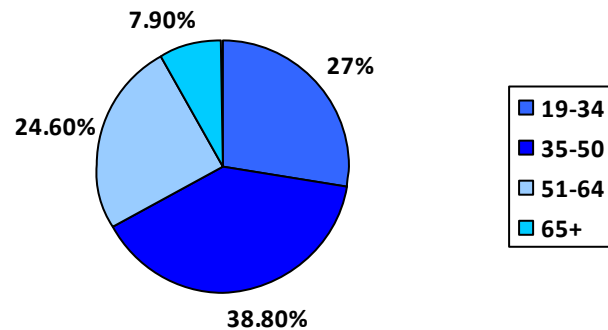
How To: Aging Gracefully in Your 40's, 50's and 60's

As we age, we experience different changes in our expectations about how we look. At the same time our bodies begin to show the signs of aging. Over time, we notice a little drooping and a little sagging. This is just a part of life, but fortunately, there are many solutions to age gracefully through the decades not only for women but men as well. Whether you'd like to restore definition and volume to your face or rejuvenate your skin, you can be beautiful at any age with the help of non-surgical and surgical cosmetic options.

Cosmetic Non-Surgical Procedures by Age



Cosmetic Surgical Procedures by Age



Ages 35-50

Between the ages of 35 and 50, your goal is to slow down the hands of time. This is also a time when most people have established their families and tend to have more time to think about their own looks. This is also the largest age group for plastic surgery and makes up 40% of the cosmetic surgical procedures performed in 2014.

Goal: Stay fresh and revitalized.

Surgical Treatments:

- [Eyelid Surgery](#) - Removes and/or repositions:
 - Excess skin and fatty tissue on upper, lower, or both eyelids
 - Lifts eyelids for a more refreshed, rejuvenated, awake look

That tired look that you see in your eyes after a certain age can be easily and discreetly corrected. Restoring your eyes through eyelid surgery can help you capture a bit of that youthful, healthy look. You will appear fresher and younger. Your eyes will be more vibrant and alert without changing their natural shape. –Dr. Hernandez

- [Mini Facelift](#) can:
 - Restore and recapture your youthful vitality
 - Reduce minor sagging in the cheeks, jawline and neck
 - Be combined with fat grafting or non-surgical treatments to produce the most youthful outcome

Non-Surgical Treatments:

- [Botox](#) (Botulinum Toxin Type A) treats:
 - Moderate to severe crow's feet
 - Moderate to severe frown lines between eyebrows
 - Forehead lines or frown lines
- [Skin Resurfacing](#) - Laser treatments, chemical peels, light treatments improve the appearance of:
 - Fine lines
 - Facial wrinkles
 - Sun spots
 - Acne scars

Ages 51-64

At this age, most of us are still working hard and want to continue to be competitive in the job market. Regrettably we begin to show the signs of stress and tiredness as a result of our working lives. Our faces mirror the stressfulness of our lives.

Goal: Reverse the hands of time

Surgical Treatments:

59.3% of Facelift procedures performed in 2011 were within the 51-64 age group

- [Facelift](#) improves:
 - Youthfulness of the face by improving facial contour
 - The cheek area giving the patient a fuller, more robust cheek
 - The contour of the lower jaw
 - Definition of the neck

- [Brow/Forehead Lift](#) can:
 - Minimize forehead creases
 - Improve frown lines
 - Reposition a low brow

Non-Surgical Treatments

- [Juvederm Voluma](#) can:
 - Restore volume and contour to the cheeks for a fuller, fresher appearance
 - Last up to 2 years

Ages 65+

Mature women and men in this age group may now want to enhance the results of previous cosmetic procedures. Others may be ready to address the effects of aging for the first time in their lives. Some may wish to reduce wrinkles and sagging they may not have worried about previously.

Goal: Improve previous cosmetic treatments and reduce sagging around the neck/face

Surgical Treatments:

- [Neck Lift](#) (which is normally combined with a facelift) can:
 - Reduce/Resolve a “Turkey neck”
 - Reduce the amount of skin hanging beneath their chin
 - Smooth out any prominent ‘cords’ in the neck, producing a more elegant contour

The procedures outlined in this article do not necessarily need to be performed in a specific age range. A consultation with a board certified plastic surgeon will determine the procedures for which you might be a candidate.

If you are considering a cosmetic surgical or non-surgical procedure and would like to discuss your options for looking youthful and beautiful at any age, please contact the Offices of Dr. Vivian Hernandez, at (561) 750-8600 or visit <http://www.drhernandez.com/>.