



Look And Feel Your Best At Every Age: Cosmetic Procedures For Each Decade Of Your Life

Here are our decade-by-decade recommendations of the best surgical and nonsurgical cosmetic procedures for every stage of your life.



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As we age, each passing decade presents us with new experiences, new opportunities, and new goals for the years ahead. Despite these changes, there's one thought that remains constant: We want to look and feel our best at every age.

You may have started early addressing the basics, such as cleansing your face every night before bed or using a daily moisturizer that includes an SPF, but it's not uncommon for people to be unaware of when they should begin addressing the forthcoming signs of aging.

This guide was designed to address every decade of your life, beginning with the 20s and progressing to the 60s-70s and beyond. We'll break down some of the common issues patients experience as they age, along with the surgical and nonsurgical cosmetic procedures that are recommended to combat those areas of concern. So whether you're a young 20-something who's just starting out or you're already living a fun, fabulous life in your 50s, here's our definitive guide to the cosmetic procedures that can help you look and feel your best throughout your life.

20s



The Roaring 20s

If you're in your 20s, you might not be concerned about the early signs of aging. However, the truth is that you can begin setting the foundation for lifelong health and wellness during this decade. Taking proactive measures early on to protect and care for your skin is the key to looking your best in the years to come.



Here are some of our recommended steps you can take to get started:

Skincare Regimen

Taking proper care of your skin slows the aging process, prevents premature dark spots and wrinkles, and maintains a long-term youthful appearance. Your daily skincare regimen should include cleansing and moisturizing your face to keep skin healthy. If you wear makeup, remember to remove it at the end of each day to prevent and minimize breakouts.

Sun Protection

Who doesn't love the sun? During our 20s, summer goals often include tanning to get a beautiful, sun-kissed appearance. Sun damage is the primary reason for most signs of aging—but you can prevent it by taking the proper precautions now and throughout your lifetime. We recommend using a broad-spectrum sunscreen with an SPF of at least 30, a minimum 10 percent zinc oxide, and a moisturizing formula. Apply sunscreen on a daily basis (whether you're outside for minutes or hours) to protect your skin from the sun's damaging rays.

Lip Augmentation

If you have always wished for fuller lips, dermal fillers such as [Juvederm](#) and [Restylane](#) are great nonsurgical options for seeing noticeable improvements after just one treatment. Lip fillers can also help with asymmetry. Juvederm and Restylane are hyaluronic acids that are often used to enhance the lips and smooth lines around the mouth, with results lasting up to a year. Another option is a [lip lift](#), which is a surgical procedure that permanently enhances thin lips for a more voluptuous pout.

Breast Augmentation

[Breast augmentation](#), commonly known as a “boob job,” is one of the most popular plastic surgery choices for women. Breast implants enhance the size of your breasts by increasing volume. Additionally, implants can correct asymmetry.

Surgical Nose Job (Rhinoplasty)

Patients often choose to have [rhinoplasty](#), or a nose job, to improve the look of their nose as well as their breathing and sinus function. Recovery takes about a week, so students can schedule their surgical procedure during a school holiday or summer break. This cosmetic procedure is often combined with a chin implant for optimal results to improve proportions and facial harmony.

Nonsurgical Nose Job (Liquid Rhinoplasty)

Created by facial plastic surgeon and rhinoplasty expert Ross A. Clevens, MD, FACS, the [Clevens Instant Liquid Rhinoplasty](#) is a cosmetic treatment option that's a great nonsurgical alternative to the traditional rhinoplasty procedure. Nonsurgical rhinoplasty involves using injectable fillers to modify the nose without surgery. As with all procedures, a consultation is important to determine if you are a candidate.



Ear Pinning (Otoplasty)

[Otoplasty](#) can improve the position or proportion of your ears. It can also correct defects in the appearance of the ear that are present at birth, such as protruding or prominent ears, and it can treat misshapen ears caused by injury. Though the surgery is common for children as young as 6 years old, plenty of adults opt to have this procedure as well. Dr. Clevens is an expert with [incisionless “no scar” otoplasty](#), a minimally invasive alternative to traditional otoplasty.

Laser Hair Removal

Say goodbye to unwanted hair! [Laser hair removal](#) is a popular cosmetic treatment for both men and women. Easy and effective, this series of short, pain-free sessions can reduce hair on almost any area of the body. The most commonly treated areas include the face, arms, neck, back, bikini area, buttocks, and legs.

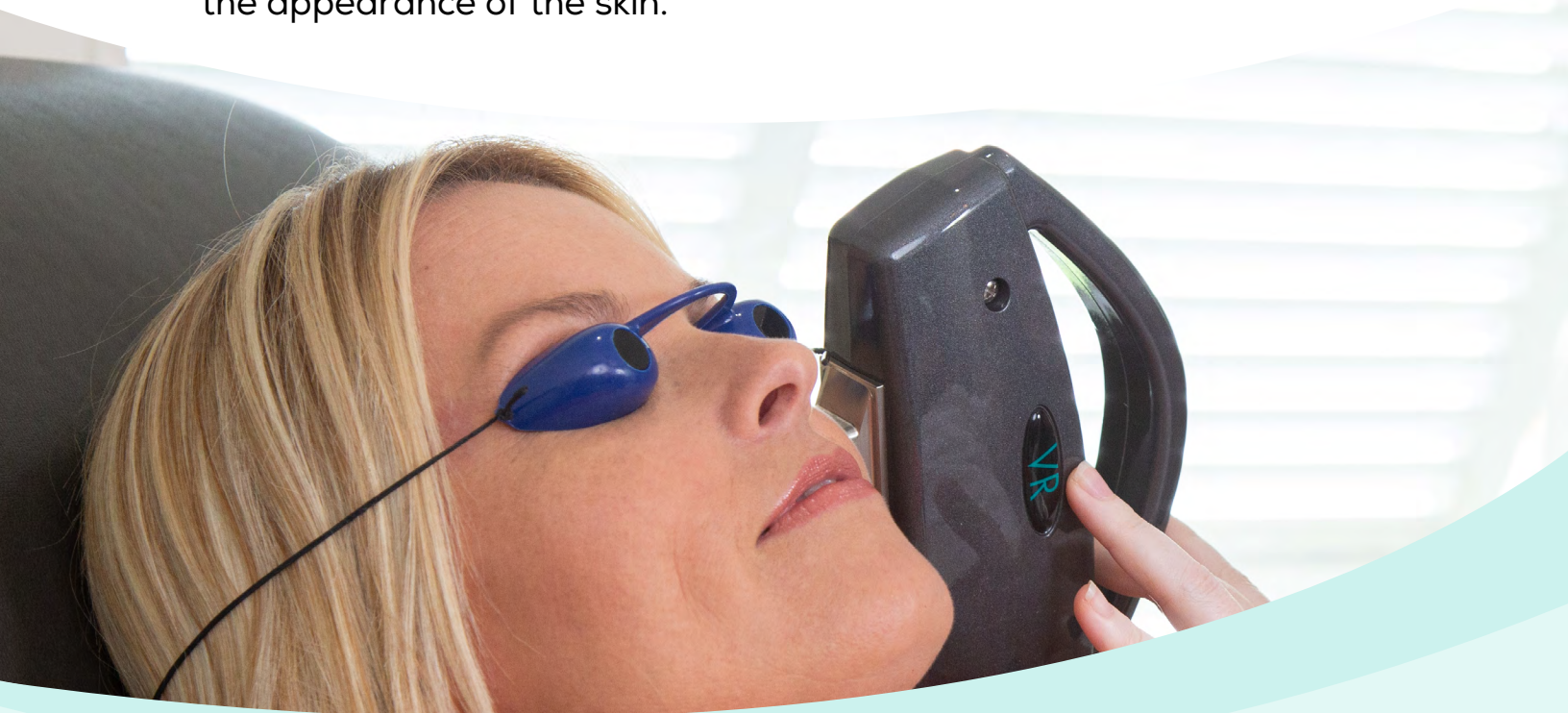


Injectable Fillers and Relaxers

Believe it or not, fine lines and wrinkles start to develop in your 20s, and many patients choose to address them early as a preventative measure. Injectable fillers and relaxers are excellent, noninvasive solutions for reducing fine lines on the forehead, brows, and around the eyes. [Dermal fillers](#) can also be used to diminish the appearance of smile lines around the mouth or to create more definition around the jawline.

Acne Scar Treatment

Those who suffered from acne during their teenage years sometimes struggle with acne scars that appear as textured or indented skin. [Laser skin resurfacing](#), dermabrasion, or [Bellafill](#) treatments can help smooth and even out your skin, effectively eliminating any existing facial scarring and improving the appearance of the skin.





30s

The Timeless 30s

Once you hit your 30s, you may start to see lines and wrinkles that you've never noticed before. That's why it's so important to explore new ways of protecting and caring for your skin.

Some of the best cosmetic procedures to start exploring around this age are:

Skincare Regimen

Your 30s are the decade to develop (and stick to) a skincare routine. By taking proper care of your skin, you can slow the aging process and prevent dark spots, wrinkles, and other imperfections from developing prematurely. Your regimen should include cleansing and moisturizing your face on a daily basis to ensure your skin stays healthy and youthful. It's also important to remember to remove your makeup at the end of each day to prevent and minimize breakouts.

Sun Protection

Everyone loves to have fun in the sun, but that doesn't stop damaging rays from causing most signs of aging, as well as skin cancers and conditions like melasma. Fortunately, you can prevent sun damage by taking proactive steps to protect your skin, both now and in the future. Apply sunscreen on a daily basis (whether you're outside for minutes or inside near a window for hours) to protect your skin from harmful UV rays. For adequate protection, we recommend using a broad-spectrum sunscreen with an SPF of at least 30, a minimum 10 percent zinc oxide, and a moisturizing formula.

Botox and Fillers

[Botox](#) is a popular treatment for diminishing and preventing fine lines on the forehead, between the brows, and around the eyes. [Restylane](#), [Juvederm](#), and other [dermal fillers](#) can also help minimize smile lines. [Sculptra](#) filler builds collagen and restores volume, filling in sunken areas caused by the aging process. Botox lasts for around three months, and dermal fillers last for up to a year or more.

Facials and Peels

[Medical-grade skincare products](#), calming facials, and chemical peels help to combat the signs of aging, improve skin texture, and address uneven pigmentation. If you're in your 30s and looking for ways to improve your skincare regimen, our signature skincare solutions are the perfect additions to help you maintain healthy skin long-term.

Lip Augmentation

If you want to enhance your lips for a fuller pout, dermal fillers such as [Juvederm](#) and [Restylane](#) are great nonsurgical options for seeing noticeable improvements after just one treatment. Lip fillers can also help with asymmetry. Juvederm and Restylane contain naturally occurring hyaluronic acids that are often used to enhance the lips and smooth lines around the mouth, with results lasting up to a year. Another option is a [lip lift](#), which is a surgical procedure that permanently enhances thin lips for a more voluptuous look.



CoolSculpting and CoolTone

Both men and women have stubborn areas of fat they'd love to get rid of—and the good news is that [CoolSculpting](#) is a minimally invasive, nonsurgical treatment option for reducing isolated areas of fat on the face and body. One CoolSculpting session alone can offer a 20–25 percent permanent reduction of fat in treated areas.

Whereas CoolSculpting freezes away fat cells, [CoolTone](#) uses magnetic muscle stimulation to build muscle. Treatment can help you tone, firm, and strengthen your muscles in hard-to-sculpt areas such as the abdomen, thighs, and buttocks. Often, they're used together to eliminate fat and build muscle.



Liponique Body Contouring

Available exclusively at Clevens Face and Body Specialists, [Liponique](#) is a custom body contouring procedure that uses the latest laser and power-assisted liposuction technologies to help patients achieve their goals. Instead of the usual “one size fits all” approach, Liponique offers a refreshing level of individual customization, designed to help each and every patient get the best possible results. During this procedure, an experienced plastic surgeon who specializes in body contouring combines different liposuction and sculpting techniques depending on the patient’s specific needs.

Breast Augmentation and Breast Lift

If you've always considered [breast augmentation](#), your 30s are a great time to explore your options and learn more about the procedure. Many 30-something women get breast implants to enhance the size of their breasts and correct any issues with asymmetry. It's also very common for breast augmentation to be combined with a [breast lift](#) to achieve an ideal aesthetic result.

Laser Skin Rejuvenation

Along with a dedicated [skincare](#) routine, [laser skin rejuvenation](#) can improve imperfections in the skin and complement other nonsurgical treatments, such as [dermal fillers](#), [Botox](#), [Bellafill](#), and [Kybella](#) for optimal cosmetic results.

Many 30-something women get breast implants to enhance the size of their breasts and correct any issues with asymmetry.

40s



The Oh-So-Fun 40s

Our 40s are an excellent time to get really serious about skin care—and to take proactive steps to create a routine focused on anti-aging. Developing and sticking to a great skincare routine is just one step to slowing signs of aging and preserving your youthful features.

There are many cosmetic procedures available to 40-somethings to help combat the signs of aging, such as:

Injectables and Fillers

In addition to [Botox](#), patients can explore other nonsurgical options, including dermal fillers such as [Voluma](#), [Restylane](#), [Lyft](#), [Sculptra](#), and [Bellafill](#). These fillers achieve a youthful look by correcting facial volume loss, sagging features, and deep lines. Many patients also love [Kybella](#), which is the nonsurgical solution to submental fullness or “double chin.”

SculpSure, CoolSculpting, and CoolTone

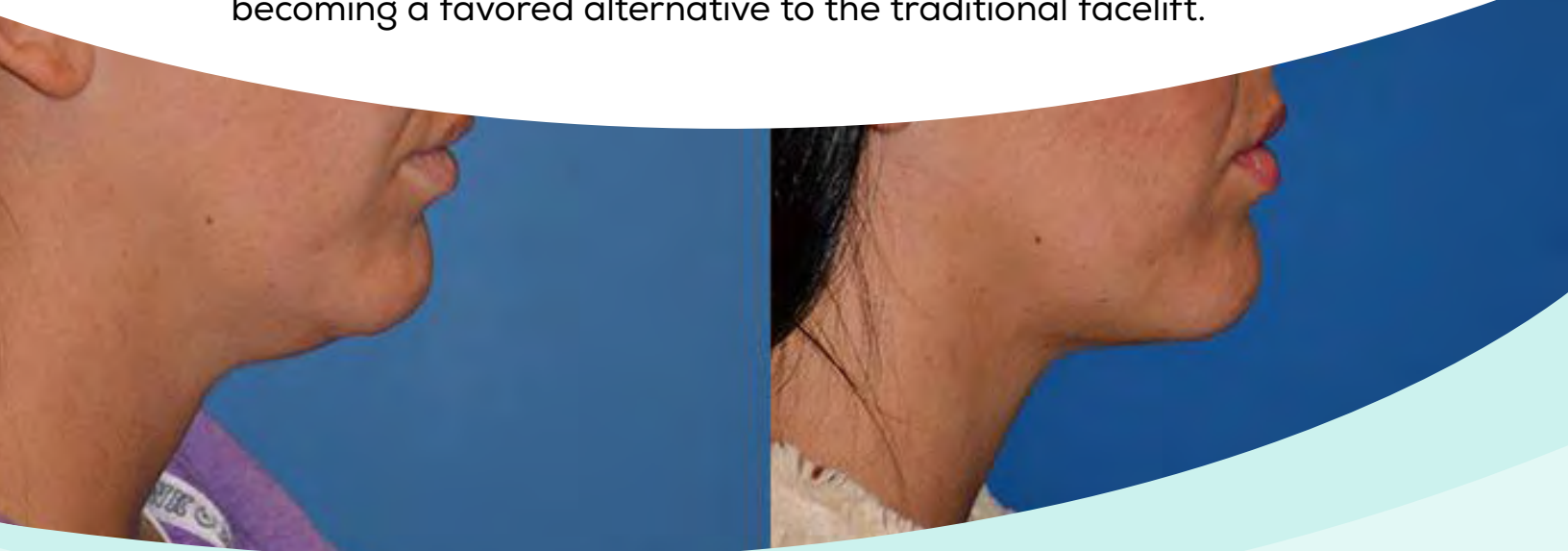
There’s no reason why you can’t have your dream body well into your 40s and beyond. [SculpSure](#), or “WarmSculpting,” is a nonsurgical laser treatment for reducing unwanted fat by up to 25 percent in treated areas, such as the tummy, love handles, arms, back, and thighs. [CoolSculpting](#) is the world’s leading nonsurgical fat reduction procedure and uses “cryolipolysis” to freeze away fat cells, including those that contribute to the appearance of a double chin. It’s also very common for our patients to combine CoolSculpting results with [CoolTone](#), which uses magnetic muscle stimulation to strengthen and tone muscles for a firmer look.

C-Lift

If you're in your 40s and beginning to notice little signs of aging, the Clevens Lift, or [C-Lift](#), is a great alternative to a surgical facelift. The C-Lift is a nonsurgical, liquid facelift that can be customized to meet each patient's goals for their appearance. Using a combination of injectable fillers and relaxers, the C-Lift improves common signs of aging, including lines, wrinkles, and volume loss, and adds definition back to the facial structure.

Laser-Assisted Weekend Neck Lift™

Do you wish there was a way to improve the appearance of your neck and jawline now that you're in your 40s? Good news: The [Laser-Assisted Weekend Neck Lift™](#), a minimally invasive procedure pioneered by Dr. Clevens, might be the perfect solution. It contours the jawline and tightens the skin, effectively achieving a more youthful look with minimal downtime. Because the procedure uses twilight or local anesthesia and barely perceptible incisions, it's quickly becoming a favored alternative to the traditional facelift.



Permanent Hair Restoration

In their 40s, many patients pursue hair restoration treatments such as [NeoGraft “MaxGraft”](#) to permanently restore hair with little to no downtime. Our NeoGraft “MaxGraft” procedure ensures that we are able to harvest as many strands of hair as possible to ensure thick, natural, luxurious hair for men and women alike.

Eyelid Lift (Blepharoplasty)

Do your eyelids droop, sag, and make you appear tired, regardless of your energy level? If so, your 40s might be the perfect opportunity to consider [blepharoplasty](#), a popular procedure for smoothing out the excess skin above the eye and the bags below. An eyelid lift rejuvenates the appearance and helps achieve a refreshed, youthful look.



Skin Cancer Check and Treatment

Your 40s are a great time to have a thorough skin cancer check to look for damage caused by harmful UV rays from the sun. Clevens Face and Body Specialists partners with board-certified dermatopathologists to ensure the best cure rates. If basal cell carcinoma, squamous cell carcinoma, or melanoma is detected, our [MOHS](#) technique is a minor surgical procedure designed to remove cancerous cells while preserving as much healthy tissue as possible.

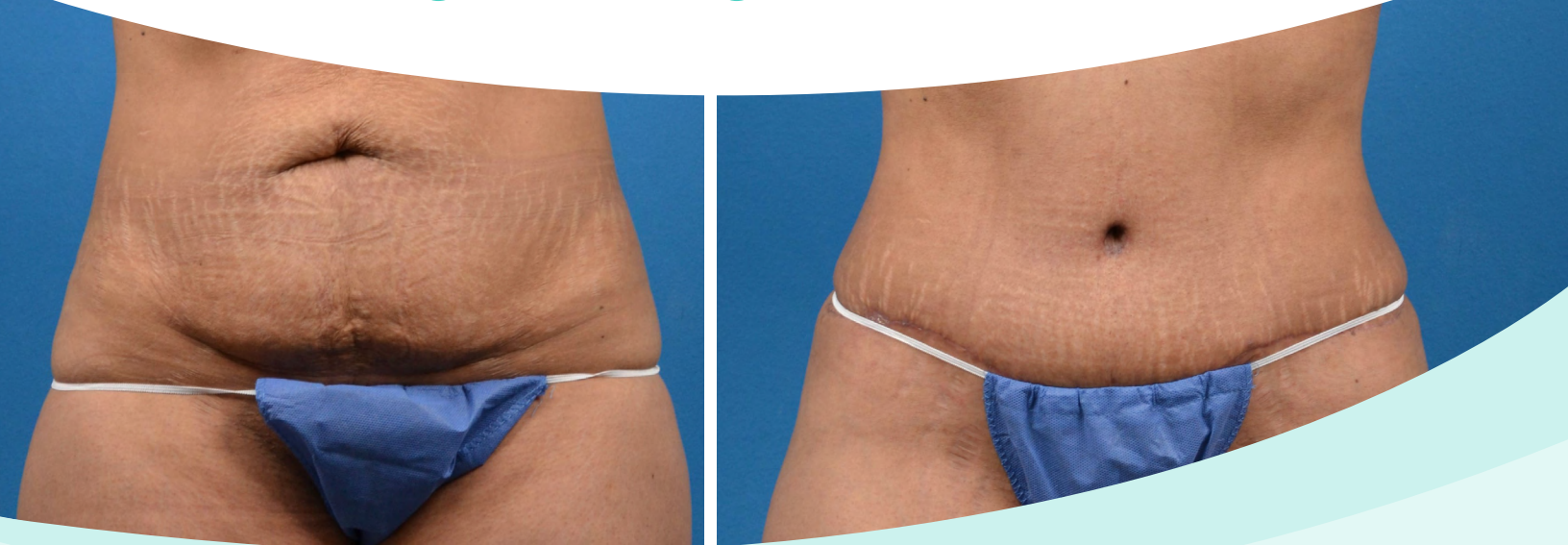
Liponique Body Contouring

Now that you're in your 40s, are you on a mission to combat stubborn areas of fat that are resistant to diet and exercise? [Liponique](#), which is available exclusively at Clevens Face and Body Specialists, is a custom body contouring procedure that can accomplish just that. The procedure uses advanced laser and power-assisted liposuction technologies to help patients achieve their aesthetic goals. During Liponique, an experienced plastic surgeon who specializes in body contouring combines different liposuction and sculpting techniques to deliver each person's desired outcome.

Mommy Makeover

Having children is hands down one of the greatest joys in life, but pregnancy can take its toll on a woman's body. Our [Mommy Makeovers](#) are the perfect solution and very common for women in their 40s following pregnancy or weight changes. This procedure is completely customizable based on your unique goals and can include a breast augmentation, breast lift, tummy tuck, and liposuction to achieve dramatic results our patients love. Plus, by having multiple procedures at once, you have the added benefit of one recovery time.

Mommy Makeovers are the perfect solution and very common for women in their 40s following pregnancy or weight changes.



A photograph of a middle-aged couple sitting at a table. The woman on the left has blonde hair and is wearing a light-colored cardigan over a beige top. The man on the right has a grey beard and is wearing a grey V-neck sweater. They are both smiling at the camera. In the background, there is a fireplace with a fire burning, and a window with greenery outside. The text '50s' is overlaid in large white font on the top left of the image.

50s

The Fabulous 50s

There are so many fabulous things about being in our 50s, and nowadays, those in their fifth decade have never looked healthier. At this age, it's natural for collagen levels to decline, and there may be signs of laxity in your face and neck.

Luckily, there are multiple cosmetic procedures to address these concerns:

Laser Skin Resurfacing

[Laser skin resurfacing](#) can significantly improve your skin quality by reducing wrinkles and reversing sun damage, discoloration, uneven texture, and scarring. The treatment also tightens underlying skin and encourages collagen growth, with minimal to no downtime and dramatic results. Clevens Face and Body Specialists boasts the most extensive and advanced collection of lasers in Central Florida, so you can rest assured that we have a laser to fit your skin type and available downtime.

Nonsurgical Hand Lift

In your 50s, some signs of aging you might see include dark spots and volume loss on your hands. After all, your hands are a telltale sign of how old you are. A [nonsurgical hand lift](#) combines filler treatment with skin resurfacing to restore volume and diminish dark spots.

Permanent Hair Restoration

Both men and women begin to experience thinning hair once they're in their 50s—which is why many pursue hair restoration treatments such as [NeoGraft "MaxGraft"](#) to permanently restore hair with little to no downtime. Our NeoGraft "MaxGraft" procedure ensures that we are able to harvest as many strands of hair as possible to help both our men and women patients get thick and natural luxurious hair.

MOHS Skin Cancer Treatment

One in five Americans will develop skin cancer at some point in their lifetime. This often occurs as a result of damage caused by harmful UV rays from the sun. The [MOHS](#) technique is a minor surgical procedure designed to remove cancerous cells while preserving as much healthy tissue as possible. Minimizing tissue damage provides better cosmetic results and reduces the chance of tumor recurrence in the same area. MOHS surgery is used for treating basal cell carcinoma, squamous cell carcinoma, and melanoma. Clevens Face and Body Specialists partners with board-certified dermatopathologists to ensure the best cure rates while preserving as much normal skin and tissue as possible.

Facelift

A [facelift](#) is one of the most popular cosmetic procedures sought out by both men and women in their 50s looking to correct signs of aging and restore a youthful appearance. Dr. Clevens specializes in the deep plane facelift, an advanced technique that ensures natural, long-lasting results. Facelifts are often combined with brow lifts and eyelid lifts to set the clock back decades.

Eyelid Lift (Blepharoplasty)

Say goodbye to droopy, sagging eyelids! An eyelid lift, which is medically referred to as [blepharoplasty](#), is a popular procedure for smoothing out the excess skin above the eye and lower bags below. In your 50s, an eyelid lift is a highly effective option for achieving a refreshed, youthful look.

Brow Lift

If you're sick of dealing with sagging brows in your 50s, a [brow lift](#) is a great solution for addressing and correcting them. Having a brow lift can help your face appear youthful and refreshed, reducing lines and wrinkles and restoring a happy, rejuvenated look that you love.



Breast Implant Exchange

Maybe you've had breast augmentation in the past and loved the results, but now you're ready to swap your implants out for a more modern option. [Breast implant exchange](#) is an excellent choice for women who are having issues with implants from a previous surgery, such as implants that have become firm and no longer look natural. This procedure is also ideal for women who want to change the size of their implants, or who simply want to replace saline with silicone gel implants. The procedure is often combined with a breast lift for optimal results.

Breast Implant Removal

Whether because of a change in aesthetic preferences or large implants causing back pain, many women elect to have breast implant removal surgery during their 50s. [Breast implant removal](#) can be combined with other related procedures, such as a breast lift or smaller implants, to achieve ideal results for each patient.

60s-70s

A photograph of a middle-aged couple smiling and embracing. The woman is wearing a light-colored, patterned jacket and sunglasses on her head. The man is wearing a light blue shirt and a white shawl. They are standing next to a blue convertible car with a top down. The background shows a bright blue ocean and a clear sky.

The Sweet 60s–70s (and Beyond)

Our 60s and beyond allow us the time to pursue our passions and gives us a new lease on life. It's a time to feel healthy and invigorated, and as you actively enjoy your pursuits, you can look great too!

The Sweet 60s-70s (and Beyond)

Here are some popular cosmetic procedures to explore in your 60s and beyond:

Corner of the Lip Lift

As we age, the corners of the lip often become downturned. Some patients feel that this creates an angry or bitter appearance. Even when you're happy, you may look mad. The corner of the [lip lift](#) is a procedure that corrects the downturned corner of the mouth, creating a natural and rested appearance with very little risk and a fast recovery period.

Eyelid Lift (Blepharoplasty)

In your 60s, you might notice that your eyelids are drooping, saggy, and make you appear tired, regardless of your energy level. [Blepharoplasty](#), or an eyelid lift, is a popular procedure for smoothing out the excess skin above the eye and lower bags below, achieving a refreshed, youthful look.



Radiesse, Restylane, and Botox

[Radiesse](#) is a dermal filler used in facial contouring that smooths deep facial folds and creases, such as the nasolabial folds that extend from the nose to the mouth area. This filler provides lasting correction for 12-18 months. [Restylane](#) is another type of filler that works best for fine lines and to enhance the lip line, lasting 6-12 months as compared with collagen that lasts about 3-4 months.

Both Radiesse and Restylane treatments are performed in-office and take less than a half hour. There is no downtime, and you will see the effects immediately. Lastly, [Botox](#) is the classic nonsurgical solution for lines and wrinkles in the upper third of the face. This treatment can be performed in just 10 minutes or so with a few tiny injections, and within days, patients experience a visible improvement.

Bellafill

If you like your filler, you may love [Bellafill](#), known as “the five-year filler.” Many patients are pleased with the results achieved with [Juvederm](#), [Restylane](#), or [Radiesse](#), but these fillers last only 6-18 months for most patients. Bellafill can be placed in many of the same places as Juvederm, Restylane, and Radiesse, achieving the same restorative effects. The advantage of Bellafill is that it lasts five years or more rather than only 6-18 months.

Profile Neck Lift™

The Profile Neck Lift™ is a procedure that removes the turkey wattle. Perfected by Dr. Clevens, this treatment improves the contour of your neck and chin, creating a natural and long-lasting youthful profile. This procedure is commonly performed under local anesthesia and offers a fast recovery. Sometimes patients choose to combine this with their eyelid, facelift, or brow lift surgery.

Breast Surgery Procedures

[Breast implant exchange](#) is a great choice for women who want to correct implant issues from a previous surgery or replace saline with silicone gel implants. Usually, this procedure is combined with a [breast lift](#) for optimal results. [Breast implant removal](#) is another popular procedure that many women elect to have later in life. Whether it's because of an aesthetic preference change or because of back pain caused by large implants, this procedure is often combined with a breast lift or smaller implants to achieve ideal results for each patient.

Brow Lift

Sagging brows can cause a stern facial expression that doesn't reflect your true feelings. A [brow lift](#) is a great solution to help address this issue head-on. A brow lift can help your face appear happy, youthful, and refreshed by reducing lines and wrinkles, and may be combined with eyelid surgery for optimal results.

The Sweet 60s-70s (and Beyond)



Facelift

Although aging may be inevitable, if you make every effort to take care of yourself, maintain a healthy lifestyle, and choose the right procedure, you can reverse the signs of aging (such as jowls, wrinkles, and sagging skin due to loss of bone density.) A [facelift](#) is the gold standard option to correct these problems and restore a youthful appearance. Dr. Clevens and Dr. Khelemsky specialize in the deep plane facelift. This advanced technique ensures a long-lasting facelift that is also most natural in appearance. Both men and women who want to look their best choose a facelift procedure for facial rejuvenation. Facelifts are often combined with brow lifts and blepharoplasty to achieve optimal results that set the clock back decades.

Arm Lift (Brachioplasty)

Brachioplasty, also known as an arm lift, is a surgical procedure designed to tighten the skin above the elbow to give the arm a more well-defined look. An arm lift restores structure to the upper arm by removing deposits of excess skin and localized fat and is sometimes combined with liposuction to achieve each patient's preferred result. The arm lift is an outpatient procedure and most patients return to work in less than a week.

Although aging may be inevitable, if you make every effort to take care of yourself, maintain a healthy lifestyle, and choose the right procedure, you can reverse the signs of aging.



Look Healthy At Every Decade

Age may only be a number—but when it comes to taking care of ourselves, the age group you're in matters. Each decade comes with new challenges and requires different solutions to treat them effectively. [Schedule your consultation](#) at Clevens Face and Body Specialists to learn more about the cosmetic procedures that can help you look and feel your best at every age.



Meet the Face and Body Specialists

Clevens Face and Body Specialists is a comprehensive plastic surgery group and medspa serving Melbourne, Merritt Island, Orlando, Vero Beach, and the Central Florida area. All of our providers are specialists in their areas of expertise, meaning they each spend all of their time focused on treatments in their specialty areas. If you choose Clevens Face and Body Specialists for a cosmetic procedure, you can have complete confidence knowing you're in the hands of the most experienced providers around.

If you have questions about the costs of plastic surgery or any of the procedures we offer at Clevens Face and Body Specialists, we'd love to answer them.

[Schedule Your Consultation To Learn More](#)



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