

## A Guide to Facial Rejuvenation Procedures (Surgical and Non-Surgical)

As spring arrives, maybe you're looking in the mirror and pondering a renewal of your own. Maybe you can't quite achieve the results you want simply with makeup any more. But you still want to look — and feel — like yourself; perhaps the thought of looking like you've "had work done" makes you shudder. If you're trying to decide between having plastic surgery or having less invasive aesthetic treatments, here's a brief guide to the details of each.

A [facelift](#) is the tried-and-true gold standard of facial rejuvenation, and with good reason; over the last one hundred years, this procedure has become steadily more refined so that it now requires no overnight hospital stay or visible scarring (since sutures are usually hidden in the hairline). Within a few days of the procedure, the skin of the lower face and neck is visibly tighter and less wrinkled; the cheekbones often appear slightly more pronounced, and the jawline smoother. Since a facelift only rejuvenates the lower half of the face, many patients choose to combine it with [blepharoplasty](#) and/or a [forehead lift](#) (also called a brow lift) in order to reduce wrinkles on the forehead and around the eyes.

Sometimes moderate [facial liposuction](#) and [fat transfer](#) (also called fat grafting) is performed at the same time as a facelift. The patient's own fat is used create natural-looking facial contours. [Soft tissue fillers](#) (also called dermal fillers) are also popular, either in combination with facelifts (to minimize the few wrinkles that remain), or on their own. Other injectables, such as [Botox](#), correct expression lines, providing immediate results that typically last for three months. [Laser skin rejuvenation](#) also treats wrinkles, scars and discoloration while stimulating the production of new collagen in the skin. Recovery time depends on the type and strength of the laser, and may require up to two weeks, but effects can last for years.

There's also a wide range of less invasive rejuvenation treatments, which you can incorporate into your regular skincare routine. Microdermabrasion (not to be confused with dermabrasion, which is a surgical procedure) gently sands the outer layer of skin, revealing younger, more radiant layers beneath. [Chemical peels](#) use trichloroacetic (TCA) or phenol acid solution to restore wrinkled, blemished, unevenly pigmented or sun-damaged facial skin, improving its appearance and texture. You'll look — and feel — years younger when you make the investment in discovering and maintaining your best self.

With so many options, it's important to consult with a board-certified plastic surgeon to determine which procedure is best for you, or if multiple procedures might be best. All ISAPS member surgeons are held to the highest standards of the international medical community, and practice in accredited facilities. Choosing a surgeon who is [listed as an ISAPS member](#) allows you to feel confident that you're in the hands of a caring and committed professional. Imagine a younger-looking, more confident you; there's no time like spring for renewal and invigoration! You can have the facial rejuvenation of your dreams, often with only a few weeks between your initial consultation and your final results. By the time summer is here, you'll be ready to show off your newly rejuvenated self.