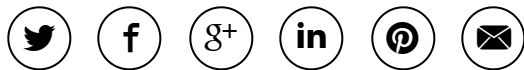


MilfordMD Cosmetic Surgeon Reveals Top Cosmetic Procedures to Look Great After 40

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Life starts to show up on the face after 30 and becomes more pronounced in the 40s. MilfordMD Cosmetic Surgeon Dr. Richard E. Buckley shares the combination of cosmetic procedures he uses to reduce the signs of aging for people over 40.

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“Genetics, sun habits, overall body health and skin care routine all contribute to how skin ages,” states Dr. Richard E. Buckley, cosmetic surgeon at MilfordMD Cosmetic Dermatology Surgery & Laser Center in Milford, PA. “It’s important to take care and guide how the years unfold. As we get into our 40s our facial skin really starts becoming visible proof of a person’s accumulated lifestyle. By combining healthy skin habits with specific cosmetic treatments, individuals in their 40s can slow down and even reverse some effects of aging.” Plenty of celebrities age gracefully over time, into well past their 40s. Reese Witherspoon, Eva Longoria and Charlize Theron are **all women in their 40s** who have aged beautifully. Dr. Richard E. Buckley reveals his most recommended cosmetic treatments for women in their 40s who want to reverse the signs of facial aging and age beautifully like a celebrity.

Life starts to show on the face in the 30s but in the 40s it becomes far more pronounced, according to Dr. Buckley. For women in their 40s, he recommends injectables, such as the relaxers (neuromodulators) Botox and Dysport, as well as the dermal fillers, such as Restylane, Juvederm, Radiesse, and Sculptra Aesthetic to address facial lines and wrinkles. The relaxers help smooth fine lines and reduce the development of additional lines and wrinkles by temporarily and artfully reducing muscle activity. Fillers help correct shallow and deep facial wrinkles by replacing lost hyaluronic acid and collagen.



Richard E. Buckley, MD

Combining healthy skin habits with cosmetic treatments can slow down or reverse the effects of aging. Cosmetic surgeon Dr. Richard E. Buckley reveals anti-aging secret weapons for people in their 40s.

“Thanks to advances in cosmetic treatments, men

“Facial volume loss can also be corrected with **facial fat rebalancing**, where one’s own living fat is used to rejuvenate the face. After 40, there is a greater loss of subcutaneous fat. This part of the facial structure provides youthful volume and as it diminishes, it makes the face look like it is falling but it is actually deflating. Facial fat rebalancing is an ideal option for facial rejuvenation in the 40s as extensive volume loss can be cost-effectively corrected. With this technique, larger volumes of fat in the face can be replaced using less or no synthetic material,” says Dr. Buckley. During a facial fat rebalancing procedure, fat transplants are used to help rebuild a more youthful shape to an aged face, while microfat and nanofat fill in the fine surface grooves and wrinkles to restore skin quality.

To address the increase in facial discoloration and pigmentation after 40, Dr. Buckley recommends laser treatments such as **FDA-approved Fraxel Skin Resurfacing**. “Ideally, laser treatments like Fraxel and IPL PhotoFacials should start in their 30’s and continue regularly to reduce sun damage, discoloration, and fine lines while stimulating collagen production in the face,” says Dr. Buckley. Fraxel Laser Skin Resurfacing uses fractional laser technology to restore your skin’s texture, reduce fine lines, improve skin tone, erase skin pigmentation and promote smoother, fresher, younger-looking skin.

“When facial sagging extends beyond the capabilities of non-invasive options, it’s time to consider some surgical options such as brow lifts, blepharoplasty, mini-facelifts, and neck lifts. Mini-facelifts are a good option for men and women in their 40s who are starting to notice the signs of aging such as skin laxity, the start of jowls, neck looseness, and platysmal banding, and want a nice, natural-looking improvement in their appearance,” says Dr. Buckley.

A **mini-facelift** has half the downtime of a traditional facelift and yet can give amazing results. Like a traditional facelift, the mini-facelift utilizes incisions placed in deeper facial tissues allowing lifting and repositioning of the skin, resulting in tightening and reduction in sagging. The lift also helps to “pull out” wrinkles and improve facial contours. Mini-facelifts are done under local anesthetic and deliver a more tightened, youthful looking face. Because this type of facelift only focuses on the lower 2/3 of the face, Dr. Buckley often recommends combining it with a brow lift and/or blepharoplasty, as well as a neck lift, for a more overall improvement in facial aging.

“As the facial skin starts to sag due to lose of elasticity, it typically causes the eye brows to move down. This lowered position can result in a tired, sad or angry appearance. Ultherapy can non-invasively lift the brows using microfocused ultrasonic energy. It delivers heat energy to activate your body’s own healing response to produce collagen to lift and tighten the skin or in this case, forehead and eye brows,” says Dr. Buckley.

Blepharoplasty or eyelid lift surgery can be performed as a single procedure but Dr. Buckley often recommends it in combination with a mini-facelift for clients over 40 to achieve the best results. “Like the rest of the face, eyelids age and lose elasticity. This results in a drooping and loose skin in the upper eyelids and crepiness and bagginess under the eyes which can make one appear older than they are. The eyes are often the first part of the face people notice and are an important aspect for facial attractiveness and youth. Following an eyelid lift surgery, the eyes appear more rested, refreshed and youthful,” says Dr. Buckley.

“While many areas of one’s life, such as career, hit their apex between 40 and 50, your skin is not one of those things. Even though you can’t stop facial aging altogether, combining a good skin care routine with the right cosmetic skin treatments on a regular basis will significantly slow it down,” says Dr. Buckley.

and women over 40 can take control of how the years unfold. By combining procedures, we achieve a more dramatic, natural-looking cosmetic outcome that can turn back time by a decade.”

About [MilfordMD Cosmetic Dermatology Surgery & Laser Center](#):

The MilfordMD Cosmetic Dermatology Surgery & Laser Center offers state-of-the-art highly specialized procedures in laser and cosmetic surgery and aesthetic skin care. In addition to its AAAHC nationally accredited surgical center and extensive laser surgery capabilities, MilfordMD offers physician designed skin care products for home use. Milford Pennsylvania's MilfordMD Cosmetic Dermatology Surgery & Laser Center is sought out by patients from around the world for expertise and innovation in cosmetic treatments performed by Board Certified Physicians, Richard E. Buckley, M.D. and Marina Buckley, M.D.

MilfordMD Cosmetic Dermatology Surgery & Laser Center is located at 303 W. Harford Street, Milford, PA 18337. Tel: (570) 491-1962. For real patient video testimonials, follow MilfordMD on [Instagram](#) and [Facebook](#), and visit our [MilfordMD YouTube channel](#).

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