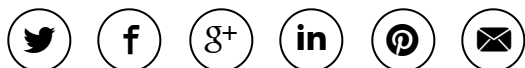


MilfordMD Medical Director Releases Top Cosmetic Treatments for Millennials in Their 20s

Share Article



Why wait until your 40s to start thinking about anti-aging treatments? Medical Director at MilfordMD Cosmetic Dermatology Surgery & Laser Center and Cosmetic surgeon Dr. Richard E. Buckley outlines the best treatments to start in your 20s to keep your skin looking healthy, fresh and young.

MILFORD, PA. (PRWEB) FEBRUARY 13, 2020

72% of facial plastic surgeons are seeing an increase in cosmetic surgery or injectables in patients under age 30, according to the annual survey by The American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS). “Millennials in their 20s aren’t waiting until they are older to start getting dermal fillers and Botox,” says Dr. Richard E. Buckley, Medical Director at MilfordMD Cosmetic Dermatology Surgery & Laser Center and Cosmetic surgeon. “In fact, we’re seeing a significant increase in 20-something year old clients who want to know how to proactively retain their youthful appearance instead of waiting until their 40s when they will have to reverse the signs of aging.” Proactive cosmetic treatments are called ‘prejuvenation’ and when kept up can help forestall the need for rejuvenation.

In your 20s, not much is happening in the way your appearance showing signs of aging so the secret to maintaining the youthful look is a good skincare routine, including **quality at-home skin care products** and preventative cosmetic skin care treatments, such as facials, chemical peels, micro-needling, microdermabrasion, dermal fillers and Botox or Dysport, according to Dr. Buckley.

Preventative skin care treatments such as facials, chemical peels, microneedling, microdermabrasion, and injectables are ideal for individuals in their 20s to help with sun damage, pigmentation issues, general exfoliation, and smoothing out fine lines and wrinkles. “These



Richard E. Buckley, MD

It’s easier to maintain a youthful appearance than try to reverse the signs of aging. MilfordMD Cosmetic surgeon, Dr. Richard E. Buckley shares the best treatments for millennials in their 20’s.

“People in their 20s proactively turning to cosmetic treatments to prevent the signs of

preventative and rejuvenating treatments are gentle but powerful anti-aging treatments that refresh and renew the skin. A key benefit to starting these treatments in your 20s is their ability to non-invasively erase barely visible signs of aging from the skin,” says Dr. Buckley. “Combined with a good at-home skin care routine including a daily SPF and moisturizer, these treatments help the skin maintain a youthful, glowing appearance.”

The AAFPRS Annual Survey also revealed that compared to 2013, there has been a 22% increase in Botox injections. “For clients in their 20s, [Botox Cosmetic](#) or Dysport injections help ‘train’ muscles not to make the facial expressions which lead to wrinkles. This helps reduce the formation of fine lines and wrinkles for these clients,” says Dr. Buckley. FDA-approved Botox Cosmetic, Dysport, Xeomin, and Jeuveau temporarily reduce muscle activity in the treated areas, which creates a noticeable smoothing of any existing wrinkles and, since the facial muscles are unable to contract as much, acts as a preventative measure against the creation of deeper or additional more prominent facial lines and wrinkles.

While the filler trends are shifting away from overly-enhanced looks like Kylie’s infamous pout to natural-looking enhancements, achieving fuller, beautifully detailed lips are still a popular request from MilfordMD clients in their 20s. “Even though most clients in their 20s are wanting fuller lips for a more Instagram-worthy smile, fuller lips also help you look younger,” states Dr. Buckley. According to an international study by David Gunn, a researcher at Uniliver, women with firm, plump lips look younger than their age. At MilfordMD, Dr. Buckley has multiple options for [lip augmentation](#) including hyaluronic acid fillers such as Perlane, Juvederm and Restylane Silk.

For clients in their 20s, lips are not the only area on the face that Dr. Buckley recommends hyaluronic acid dermal filler. “Hyaluronic acid fillers like the Juvederm and Restylane family of dermal fillers also help prolong a youthful appearance by stimulating the body’s production of collagen. While most people don’t start to lose collagen until they are around age 25, injecting small doses of hyaluronic acid in cheeks, jawline, and in developing folds, such as nasolabial folds, helps add volume, fill in existing wrinkles and encourage the body to produce more collagen which maintains a youthful look,” says Dr. Buckley.

Collagen, the most abundant protein in the body, works together with elastin to strengthen the skin and hyaluronic acid, a naturally occurring molecule in the body, keeps your skin youthfully plump, smooth and hydrated. “Dermal fillers, such as Juvederm and Restylane are ideal for proactively treating the effects of aging as they address two of the main causes. Both replenish hyaluronic acid and encourage collagen production which helps the skin retain elasticity, [youthful fullness](#) and diminish the appearance of any existing fine lines and wrinkles,” states Dr. Buckley. “My goal is to always achieve amazing, ultra-natural looking results which is why the amount of injectable used is significantly different for a client in their 20s compared to a client in their 40s who has more signs of aging to address and more facial volume loss requiring more filler.”

For individuals in their 20s who want to maintain their youthful appearance, it is all about treatments that address any existing signs of aging, such as sun damage to the skin, combined with treatments that proactively replenish collagen and hyaluronic acid – the building blocks of youthful skin. “It’s helpful to start as early as possible when it comes to anti-aging,” says Dr. Buckley. “If you think of it like the air in a tire, it’s much easier to keep your tire in good condition by checking it regularly and keeping it topped up. If you wait until the air pressure is half what it should be, you’ll end up wearing your tire out much faster. By starting with skin rejuvenating procedures in your 20s, it’s much easier to have firm, plump, youthful-looking skin into your 40s.”

aging is like regular maintenance on a new car.

Maintaining regular oil changes keeps the car in good condition. The same holds true for facial aging. It’s ideal to start maintenance type treatments in early 20s.”

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](#).

Share article on social media or email:



View article via:



Contact Author

RICHARD E. BUCKLEY

MilfordMD Cosmetic Dermatology Surgery & Laser Center
(570) 491-1962
[Email >](#)

[VISIT WEBSITE](#)



 > [News Center](#) >



CISION
PRWeb



Questions about a news article you've read?

Reach out to the author: contact and available social following information is listed in the top-right of all news releases.

Questions about your PRWeb account or interested in learning more about our news services?

Call PRWeb: 1-866-640-6397