

Is 50 Years Too Old for A Facelift?



Aging is a natural process. However, with modern medicine, you can stop, slow, reverse, and even control aging. One common way to restore youthfulness and fight signs of aging at 50 is a facelift.

According to a study released by the American Society of Plastic Surgeons, the majority of people believe they appear [12 years more youthful following a facelift procedure](#).

Because of developments in plastic surgery and the acceptance of non-surgical and other cosmetic procedures, it is easier for most men and women to enhance their beauty and restore confidence through facelifts.

So, is 50 years too old for a facelift? And how is a facelift before and after 50 years old? Let's find out!

Understanding Facelifts in Your 50s



[A facelift](#), also known as rhytidectomy, is a surgery that targets signs of aging on the face or neck.

So, facelift procedures help to:

- Smooth wrinkles and creases
- Lift sagging facial skin
- Smooth fold lines between your mouth and nose
- Corrects jowls
- Improve loose skin and excess fat around neck

And that's why undergoing a facelift before and after 50 year old turns back the clock on your appearance.

Also, if you're seeking a less invasive way to enhance the appearance of your skin, you may want to consider non-surgical facelifts.

Non-surgical facelifts are a minimally invasive method to improve the appearance of your facial skin. A skin care professional uses treatments such as dermal fillers to rejuvenate the skin enhancing a smoother and youthful look.

Although non-surgical facelifts temporarily rejuvenates, plumps up, and firms the skin on your face, the procedure does not necessarily involve large incisions, and you don't have to stay overnight at the hospital. Why? It combines both less invasive and non-surgical methods.

The Difference Between Non-surgical and Surgical Facelifts

Surgical facelifts involve cuts on your face or neck to tighten up the skin. During this facelift surgery, the practitioner uses a general anesthesia and you will stay overnight at the hospital.

On the other hand, non-surgical facelifts are less invasive with minimal downtime. Furthermore, they are relatively painless.

Well, there are different types of facelift techniques, with each differing in terms of invasiveness and the outcome they provide. They include full facelift and mini facelift treatments.

Full facelifts involve removing excess skin on your face or neck and lifting its muscles. This cosmetic treatment [has been common since the 1990s](#).

With mini facelifts, the method involves minimal incisions around the specific target areas of your face or neck. They are suitable for people who want moderate rejuvenation without extensive surgery.

50 is Not Too Old for a Facelift

One of your biggest life decisions is whether or not to get a facelift. A common question you might want to answer is if you're too old or young for a facelift. If this is something you've been pondering over, then you're in the right place.

The good news is that there is no cut off age for a facelift. Getting a facelift depends on two things; your skin's elasticity and your health.

Your skin laxity is simply the ability of your skin to stretch and return to its original shape. So, if your skin is too loose, it will not respond well to a facelift and if it still has some elasticity, the procedure will tighten up and rejuvenate your appearance.

Also, you should be in good overall health as the procedure involves anesthesia and time to recover from the facelift. Heart condition, blood pressure, and chronic conditions such as diabetes, are some of the factors that may affect the procedure and recovery time.

If you have good skin laxity and of perfect health, you may only need [a mini facelift](#). It is more affordable and minimally invasive. And that's why having a facelift before and after 50 years old is a wise decision.

Signs You Are Ready for a Facelift at 50

One of the best things about aging is that it comes with wisdom and experience. However, the disadvantage is that it robs off your skin its resilience. Yet sagging skin and wrinkles is a great concern for many.

Now, take a look at yourself in the mirror. Do you feel self-conscious of your aging appearance? A facelift will help you to slow or control these signs of aging by smoothing and tightening up the skin.

So, let's look at 7 ways to tell if you're ready for a facelift before and after 50 years old:

1. You Don't Like What You See When You Look in the Mirror



Look at yourself in the mirror. What do you see? You likely do not approve of your reflection in the mirror.

At the age of 50, undergoing a facelift will not give you the appearance of a 20 year old. But do you know it can turn back the clock by up to 10 years? Facelifts can make you look younger than you are unlike when you choose not to undergo this treatment.

2. You Don't Feel Comfortable With the Appearance of the Jawline and Neck

A well-defined jawline is frequently linked with looking young. As you get older, the drooping skin beneath your chin and on your neck can give the appearance of being older than you actually are.

This happens because of gravity and when your skin loses its elasticity. You can address issues associated with sagging skin such as double chin and jowls, etc. with facelifts.

3. You Have Perfect Physical Health

You're a good candidate for a facelift if you have a healthy lifestyle. Having good health prior to a facelift leads to faster healing and lowers the chance of complications.

Furthermore, when you're healthy, you can maintain the outcome of your facelift for a long time.

4. You've Lost Volume in Your Mid-face

Our face tends to lose volume in all its structures. The fat, muscle, and bones shrink, changing your facial contours.

A mini facelift before and after 50 years old is the best way to address cases of mild volume loss.

You might want to consider a full facelift if you see great signs of aging. Here, a dermatologist repositions facial fat and muscle (SMAS) and transfers fat to restore volume at your jowls, cheeks, and temples.

5. You're Tired of Temporary Results

You might have tried several ways to control and reduce aging signs such as Botox but the results are still not satisfactory. You even enjoyed how they make your appearance youthful and refreshing.

Now you're tired of the temporary results they provide. A facelift before and after 50 years old will not stop the aging process, however, the results will last longer, up to 10 years.

6. You Always Have a Tired or Angry Appearance

At 50, your face might settle into a permanent frown. This is a result of a loosening of the skin and a decrease in facial volume, causing your mouth corners to turn downwards and your cheeks to appear sunken.

All these make your appearance tired or angry even when you're in high spirits. However, a facelift rejuvenates and makes your appearance youthful and refreshed.

7. You're Prepared Emotionally to Improve Your Appearance

Getting a facelift before and after 50 year old is a major decision in your life. And there are several factors to consider.

You may:

- Have concerns about undertaking cosmetic procedures
- Have your aesthetic expectations for the outcomes
- Have concerns about the level of expertise of the skincare professional

Trust us, a facelift procedure before and after 50 years old works wonders. It can make you look younger, refreshed, and rejuvenated.

Advantages of Getting a Facelift Before and After 50 Years Old

There is a high chance of spotting someone who has had a facelift either on tv, your circle of friends, or social media. A facelift procedure makes their appearance different from who they were before.



This is just one of the many advantages of getting a facelift. Other benefits are as follows:

1. A facelift Targets Various Aging Signs

As we age, we experience some changes to the face and texture of our skin. Other contributing factors such as unhealthy lifestyle habits, stress, sun damage, etc., affect our skin.

However, a facelift before and after 50 years old helps restore youthfulness by targeting various signs of aging. This leads to a firm, plump, and rejuvenated appearance of your face and neck.

2. A Facelift Eliminates Double Chin

The normal aging process involves sagging skin and wrinkles on your face and neck. But if these wrinkles and folds are severe, you might feel older than you are.

This can cause embarrassment or make you uncomfortable when wearing clothes that expose your neck. You can address these issues with a facelift.

3. A Facelift Tightens Sagging Facial Skin

The level of collagen in your body starts to reduce as you age. The result is sagging or loose skin.

A facelift can help tighten the sagging neck and facial skin to give you a youthful and refreshing appearance.

4. It Reduces Wrinkles

By this time you understand how important collagen is in your body. Wrinkles appear because of a reduction in collagen production.

Facelifts and [dermal fillers](#) play a major role in reducing wrinkles between your nose and mouth commonly known as smile lines and marionette lines or wrinkles that form between your mouth and chin.

5. A Facelift Before and After 50 Years Old Works Well With Other Cosmetic Treatments

The skincare industry is diverse with many cosmetic treatments available to help fight unwanted skin concerns. However, do you know it's easier to eliminate the need for subsequent procedures when you undergo these procedures along with facelifts?

For example, you might have a brow lift and a facelift at the same time. That means your recovery time reduces while enhancing consistent outcomes across your face.

Know the Risks a Facelift Before and After 50 Year Old Involves

Knowing, the risks a facelift involves and any other cosmetic treatments is invaluable. You may experience some swelling and numbness after this procedure. However, this should subside with time.

Although there might be risks involved, a good facelift should appear natural. That is why it is essential to [choose a board-certified and experienced professional](#) to perform the procedure. Furthermore, you might want to consider Diaminy's safe, innovative, and [top-rated aesthetic products](#).

Some of these risks involve:

- Swelling and bruising
- Infections
- Changes in skin sensations or numbness
- Facial nerve injury
- Wound healing problems
- Scarring
- Hematoma or blood collecting in the treated area

- Skin color irregularities

So, to curb these risks, consider the following:

- If you want a facelift treatment, choose a board-certified skincare professional
- You can not change your fundamental appearance dramatically with a facelift treatment
- You cannot address some issues with a facelift treatment such as irregularities in your skin color, sun damage, or superficial wrinkles
- Facelift results last anywhere from 7 to 10 years and the aging process will continue even after the procedure

How a Facelift is Different for Patients in Their 50s From 60s and 70s

We mentioned earlier that there is no age limit for getting a facelift procedure. Let's see how a facelift is different in your 50s from 60s and 70s.

When You're in 50s

By the time you hit 50, you'll start noticing skin laxity and facial lines forming. Now this is the best time to get a facelift for a smooth and natural looking appearance.

Be sure to talk to your dermatologist about your aesthetic expectations with the facelift. They will advise you on whether or not to combine a facelift with other cosmetic treatments such as a brow lift.

When You're in 60s and 70s

You might have had a facelift before or early 50s. So you're thinking whether or not to undergo a repeat facelift to maintain the results. The good news? Now is the best time for a repeat facelift!

However, if you've been taking good care of your skin or had non-surgical skin enhancements, you can have your first facelift.

Most people in their 60s and 70s experience sagging foreheads and drooping upper eyelids. A brow lift is necessary in this case. But you must inform your dermatologist of any health conditions before a facelift procedure.

What to Expect During a Facelift Consultation at 50 Years Old



You should be ready to discuss the following with your skincare professional during consultation:

- Your aesthetic expectations
- If you've had any previous surgeries
- If you have any health conditions, drug allergies, and if you're undergoing any medical treatments
- Your current medications, herbal supplements, vitamins, drug use, alcohol or tobacco

Then, your skincare professional will conduct the following:

- Assess your general health status
- Examine if you have any pre-existing health conditions
- Evaluate the risk factors
- Assess and take the measurements of your face
- Take pictures
- Recommend your treatment course
- Discuss the possible outcomes of the facelift before and after 50 year old
- Discuss the potential risks or complications
- Discuss which anesthesia to use for the facelift treatment

During a consultation, it is the appropriate time to ask your dermatologist any questions or concerns you might have.

Recovery Tips for a Successful Facelift

Immediately after undergoing a facelift treatment before and after 50 years old, you should:

- **Rest and relax:** You may want to reduce swelling by ensuring you have a comfortable resting place.
- **Apply cold compresses:** This reduces swelling and discomfort.
- **Take prescribed pain medications:** They are helpful in managing discomfort. Over the counter pain relievers such as aspirin can increase risks of bleeding, so you should avoid them.
- **Hydrate:** To help with the healing process, be sure to drink lots of water to stay hydrated.
- **Follow up with appointments:** Be sure to maintain your follow up appointments with your skincare professional. They will help with monitoring healing and address any issues.
- **Use gentle, non-irritating skin care products:** Refrain from using exfoliants, retinoids, or acne medications since they are harsh treatments.
- **Protect your skin from sun exposure:** Exposing yourself to direct sunlight will cause sunburn which affects healing and appearance of scars. Therefore, use a sunscreen with a high SPF and wear wide brimmed hats.
- **Eat a balanced diet:** Be sure to eat a healthy diet. Eat foods that are vitamin and mineral rich to support the healing process.
- **Avoid smoking and alcohol:** Engaging in unhealthy lifestyle habits such as smoking and alcohol consumption impacts healing and affects the overall facelift treatment results.

Final Thoughts

For those looking for the best way to turn back the clock on their appearance, a facelift is a great alternative. The procedure will greatly enhance your appearance and confidence, building your self-esteem.

A facelift before and after 50 years old normally has a high satisfaction rate. Before undergoing this treatment, you should be in good mental and physical health. However, consider the risks of having a facelift treatment first.

During a facelift consultation, be sure to discuss all your aesthetic expectations and the concerns you might have. They will help you choose the most appropriate treatments that are in line with your goals.

Meta Description: There is no cut-off age for a facelift, as it only depends on your skin's elasticity and health. Find out about a facelift before and after 50 years old here.