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Quite often, looking good is feeling good. If you're not satisfied with the way you look, it is likely that you will not feel good on an emotional level either. Call it what you will: droopy eyes, saggy skin, crooked nose, or sagging eyebrows. The bottom line is sheer disappointment. That said, there is usually at least one feature on each person's face that that individual would like to change. However, many of us have fears about changing said feature and thus, never pursue our dream of improving our appearance. We choose to live with it. Those who choose to take a chance on improvement, choose facial cosmetic surgery.

Facial Cosmetic procedures typically help patients appear around 10 years younger and results can be expected to last for approximately eight to 10 years. It is reported that many women and men are turning to cosmetic surgery to appear younger and more beautiful. For many people, changing the way they look can improve their whole outlook on life, and often give them the confidence that they didn't have before.

Look great, feel great! The aim of this type of surgery is to adequately address the whole face, not just a small, more focused area. Typically, this procedure involves a face, eye, and brow lift. The ultimate goal of this procedure is to achieve a natural-looking result that friends, business patrons, and even relatives will not be able to detect.

In this day in age, as mentioned above, there are a few procedures that are available within this facelift and cosmetic surgery offering. Below are samples of some of these procedures that can be performed individually or can be grouped together for a total alteration.

## Face Lift

A basic Face Lift can take away wrinkles and saggy skin. A Face Lift is a great solution for men and women, of any age, who are looking for a way to look younger and obtain dramatic results with a one-time procedure that promises long-lasting results.

## Eye Lid Surgery

For those patients specifically seeking eyelid rejuvenation, an eyelift can be performed. Eyelifts, or Blepharoplasty, can help remove that tired look that is so often caused by drooping eyelids. Blepharoplasty is usually performed in combination with a brow lift but can be performed as a stand-alone procedure. When used in combination with the brow lift (as described below) a more superior result can be achieved.

## Brow lift Procedure

Heavy or sagging eyebrows can often contribute to the appearance of drooping upper eyelids and tiredness. This can be treated by a brow lift, either alone or in combination with the upper lid blepharoplasty, as described above. Lifting is aimed at lifting the tissues of the brow and forehead and smoothing frown lines. This gives a brighter, younger look not only to the forehead but also to the eyes.

## Rhinoplasty

The goal of Rhinoplasty is to create natural-looking results so that the nose fits harmoniously with

other facial features and still functions normally. Rhinoplasty can reduce or increase the size of your nose, change the shape of the tip or the bridge, narrow the span of the nostrils, or change the angle between your nose and your upper lip. The nose is a focal point on one's face and this procedure can change a person's appearance as subtly or as drastically as they desire in only one procedure.

Although all these procedures can be performed as day surgery, patients usually choose to stay in hospital overnight. They are not highly invasive procedures, but patients should allow at least two weeks time to achieve natural-looking results.

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[Jacob Bensen](#) - About Author:

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