

## BEAUTY

# Step Aside, "Mommy Makeovers"—It's Time for "Menopause Makeovers" to Take the Reins

What if you didn't have to feel your biological age?



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## What's Involved in a Menopause Makeover?

The dip in estrogen, which is said to drop 90 percent throughout menopause and level out in post-menopause, can also leads to “fat loss, particularly in the mid and upper face, and fat gain in the torso, breasts, and other areas of the body,” says board-certified plastic surgeon [Adam Kolker](#), MD.

## Cosmetic Surgery

Non-invasive treatments are only part of the puzzle when it comes to lifting, firming, and rejuvenating your overall appearance during menopause. Sometimes, a heavier-duty procedure or surgery is necessary to get the desired result. Plastic surgeons' offices are busier than ever, with the American Society of Plastic Surgeons reporting that 30 percent of practitioners have seen their businesses more than double since 2021. Of that percentage, women aged 40 to 69 comprise 63 percent of liposuction patients, 52 percent of breast reduction patients, and 81 percent of blepharoplasty (upper eye lift) patients.

### • Blepharoplasty

Dr. Kolker says a bleph can make the biggest difference in peri-menopausal or menopausal patients. “Due to volume loss and loss of elasticity, the skin of upper and lower eyelids may appear excessive,” he explains. A bleph, in which the surgeon cuts into the crease of the eyelid to remove excess skin, can open the eyes and create a more youthful, wide-eyed appearance.

## Meet the Experts



**Dr. Adam Kolker**  
Board-Certified Plastic Surgeon

Dr. Kolker is passionate about attaining the most exquisite, natural, and beautiful results for every individual, balancing artistry, meticulous attention to detail, extraordinary care, and safety. Always a doctor first with the very best interests of his patients in mind, Dr. Kolker was raised in a family of physicians and surgeons, and was inspired to pursue a career in surgery at an early age. At age 17, Dr. Adam Kolker was accepted to medical school, and graduated from the highly selective accelerated six-year combined biomedical program at Union College and Albany Medical College with honors at age 23. In addition to a Doctor of Medicine degree, he Dr. Kolker satisfied concentrations in Biology and Fine Arts.