

Everything Sagging All at Once? Might Be Time for a Menopause Makeover

The trend is more about the scalpel than the makeup brush. We asked doctors for all the details on procedures, price tags, and pain factor.

By [Kate Sandoval Box](#) Published: May 21, 2024



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The TikTok docs (doks?) have declared that the menopause makeover will be the biggest surgical trend of 2024. The math adds up: Women in their perimenopausal years, namely older millennials and Gen Xers ages 40 to 54, are the leading demo for cosmetic procedures, per the American Society of Plastic Surgeons. And these women say they like to tweak as they go, since they feel less held back by social judgment or a lack of information and options than previous generations.

Are you curious, or close to taking the plunge? We turned to some of the best cosmetic experts in the country for answers to your most common questions. (To learn what's driving women to do menopause makeovers in the first place, click [here](#).)

What exactly is a menopause makeover?

Unlike the well-known mommy makeover, which is strictly a tummy tuck and a breast lift or augmentation, the menopause makeover can take many forms. It can range from a single treatment, like getting your eyelids lifted ("This is called a blepharoplasty, and it's one of the most common procedures I perform for this age group," says [Adam Kolker](#), MD, a board-certified plastic surgeon in New York City) to the full enchilada—liposuction pretty much anywhere, a breast reduction or lift, plus all the other lifts, from facelift to butt lift. It can also include nonsurgical treatments done with lasers, needles, and more.

What are these effects? Does menopause make everything fall apart?

The surgeons we spoke to focused on three topics: fat, skin laxity, and breast shape.

It's also common for the back to have excess skin and tissue: "I've heard more than one patient refer to her 'menopause handles' to describe the new accumulation of fat on her flanks and lumbar areas," Kolker says. To tackle it, surgeons may do liposuction, an abdominoplasty, or, for more significant skin and fat removal, a body lift.

Skin laxity is also a result of estrogen depletion. Your brows and lids begin to descend, as do your lips. These can be addressed with a brow lift, a blepharoplasty, and a lip lift. A facelift covers the rest, "bringing the skin and fat that's settled at the bottom of the face back into the cheek, and gently redraping the skin so it is youthful and taut, never tight," Kolker says.

Meanwhile, your breasts may droop and appear deflated. Or they may get bigger and wider. Or they can be bigger, wider, and droopier. Whatever the status, surgeons can counteract with a breast lift, implants, or a breast reduction.

Can you do a bunch of these surgeries at once?

It depends. You might be able to do a breast and/or body contouring procedure with a fat transfer to the face, Kolker says. Or you can do a facial surgery that includes facelift, eyes and brow lifts, and a lip lift.

On a scale of pinprick to "Dear God, make it stop," how bad is the pain after these surgeries? And how long does recovery take?

Everyone is different, as is every surgical case, but plan to feel uncomfortable and look very bruised and swollen for a few weeks. And you may not feel or look healed for a few months.

Is there an ideal age for a menopause makeover?

"There is no perfect time, but there is always an advantage to treating sooner than later," Kolker says. "The younger you are, the more collagen and elastin you have, making your result more effective and longer-lasting and the surgery less invasive—think a mini-facelift versus a facelift." He says a better gauge, however, is to ask yourself how much something bothers you: "When you notice changes in the mirror every day rather than occasionally, then you're probably ready for a consult."

Does a menopause makeover have to involve surgery?

Typically, yes—but you can do noninvasive treatments and still get a result that makes you happy. Take [Nurse Jamie](#), the renowned cosmetic expert in Los Angeles: "I was considering a thigh lift—the skin laxity on my legs made me nuts—until I decided to try Potenza treatments instead." [Potenza](#) is a noninvasive device that uses microneedling with radio frequency to tighten the skin. She treated her full legs twice and then canceled her surgery. "It made a dramatic enough difference. I went from always staying covered to wearing a swimsuit without a wrap," she shares, noting that she was also glad to skip the post-surgery recovery and scars.

Ballpark, what do these things cost?

The national average for a facelift is right around [\\$10,000](#). A blepharoplasty (or eyelid surgery) averages \$3,339. For the body, the price of liposuction is over \$4,000 on average; a tummy tuck, over \$7,000. The national average for a breast reduction is \$6,771, while a breast augmentation averages \$4,294. But note that these are only the surgeon's fees; you may have more costs, such as hospital bills, anesthesia, and post-op care. And unless your concern is debilitating (i.e., your droopy eyelids are impacting your vision), insurance won't cover these, because they're elective. As you price compare, remember to prioritize the skill and experience of your surgeon. Look for a board-certified plastic surgeon, ask for typical examples of their work, and check their references. This [surgeon finder tool](#) is a good place to start.