



Cosmetic Treatments for
the Mother of the Bride:
Guide to Wedding Preparation

Plastic surgery has become exceedingly popular across the United States – just consider the following [plastic surgery statistics](#) from the American Society of Plastic Surgeons (ASPS):

115%

Between 2000 and 2015, overall plastic surgery procedures increased 115 percent.

**15.9
million**

15.9 million surgical and minimally invasive plastic surgery procedures were completed in 2015, up 2 percent year to year.

**1.7
million**

1.7 million cosmetic surgical procedures were performed in 2015, and the top cosmetic surgical procedures were breast augmentation (279,143 procedures), liposuction (222,051 procedures) and nose reshaping (217,979 procedures).

A wedding is an unforgettable celebration. Not only does the bride want to look her best, but so does the mother of the bride! Today, there are a variety of surgical and non-surgical cosmetic treatments to help the mother of the bride look refreshed and rejuvenated for the big day.

[Dr. Babak Azizzadeh](#) of the [CENTER for Advanced Facial Plastic Surgery](#) in Beverly Hills is a leading facial plastic surgery authority. He is a double board-certified facial plastic and reconstructive surgeon. Dr. Azizzadeh also has helped many patients in the Los Angeles and Beverly Hills areas accomplish their cosmetic surgery goals and ensure that they can look their best for special occasions.

Dr. Azizzadeh performs many surgical cosmetic procedures, including:

- Facelift
- Neck lift
- Submental liposuction
- Facial reshaping
- Blepharoplasty
- Brow lift

He also offers numerous non-surgical cosmetic procedures, such as:

- Liquid facelift
- Botox
- Lip augmentation
- Under eyes
- Cheeks
- Chemical peel
- Temples
- Nasolabial folds
- Skincare
- Temples
- Ultherapy
- Kybella
- Laser skin resurfacing
- Microneedling with PRP

Now, let's take a closer look at the surgical and non-surgical cosmetic procedures that a mother of the bride can receive before her daughter's wedding.

Surgical Cosmetic Procedures

When Should I Schedule a Consultation for a Surgical procedure?

Booking a consultation with Dr. Azizzadeh is the first step to learn about a surgical cosmetic procedure. Dr. Azizzadeh usually books out surgical cosmetic procedure consultations four to six weeks in advance. In addition, surgery can be in approximately four weeks after a consultation, depending on Dr. Azizzadeh's availability.

All patients recover in their own way and recovery time truly depends on the extent of the plastic surgery procedures performed. In general, bruising and swelling may occur for up to 14 days after surgery. Within about three to four weeks of surgery, an individual should be visibly recovered and ready to attend weddings and other social events.

Dr. Azizzadeh provides the following cosmetic surgery options to patients who are preparing for an upcoming wedding:

1. Facelift

A [facelift](#) enables the mother of the bride to address many signs of aging in the face, including:

- Loose skin
- Loss of skin volume
- Loss of skin elasticity and collagen
- Facial expression lines
- Asymmetrical facial appearance

Dr. Azizzadeh is a highly sought-after facial plastic and reconstructive surgeon. He uses an Aging Arc tool to define the aging process visually based on a patient's age, ensuring an individual can understand the impact of a facelift treatment.

2. Neck Lift

A [neck lift](#) allows a mother of the bride to rejuvenate the skin around the neck and throat. It is designed to smooth and trim excess skin from the neck, along with eliminate excess fat and tighten the skin. Thus, a neck lift offers an effective treatment options for those who want to enjoy a more youthful neckline.

Dr. Azizzadeh tailors each neck lift procedure to a patient's needs. His goal is to create results that improve facial harmony, while still looking very natural and elegant



3. Submental Liposuction

Submental liposuction offers a viable treatment to address excess fat deposits around the chin and neck, such as a double chin.

During a consultation with Dr. Azizzadeh, he will explain how submental liposuction can help a mother of the bride improve her facial symmetry and create a more defined jawline.

4. Facial Reshaping

Facial reshaping allows a mother of the bride to restore her more youthful facial features. As we age our face shape changes. As an expert in facial rejuvenation, Dr. Azizzadeh refines the facial shape to look more youthful.

5. Blepharoplasty

Blepharoplasty, also referred to as an eyelid lift, enables a mother of the bride to minimize excess fat, muscle and skin around the eyes. As a result, blepharoplasty can provide an individual's eyes with a more youthful appearance.

Dr. Azizzadeh has extensive experience with both lower and upper eyelid blepharoplasty. He is Harvard-trained and possesses the skills and expertise to help a mother of the bride refresh the appearance of the eyes.

6. Brow lift

A brow lift can help a mother of the bride elevate drooping brows and reduce the appearance of forehead wrinkles. It is often combined with a blepharoplasty for best results.

Dr. Azizzadeh will provide full details about how a brow lift is completed prior to surgery. He will offer information about endoscopic brow lift surgical techniques and ensure that a mother of the bride is prepared for the procedure.



Non-Surgical Cosmetic Procedures

For a mother of the bride who is not ready for surgical procedures, the CENTER for Advanced Facial Plastic Surgery offers a wonderful selection of non-surgical cosmetic procedures. These treatments can be completed in the office, and many offer instant and long-lasting results.

When Should I Schedule my Consultation for a Non-Surgical procedure?

The aesthetic nurse at the CENTER, [Nurse Ashley Erickson](#) RN, CANS books out non-surgical cosmetic procedure consultations roughly two to three weeks ahead of time. Or, a non-surgical treatment consultation can be set up with Dr. Azizzadeh approximately four to six weeks in advance.

Dr. Azizzadeh offers the following non-surgical cosmetic treatments:

1. Liquid facelift

[Liquid facelift](#) provides an non-surgical alternative to a traditional facelift for the appropriate candidate. At the CENTER we customize each liquid facelift treatment to the needs of the patient. It can involve a combination of fillers (Restylane, Juvederm, Voluma, etc.) and Botox to rejuvenate the facial appearance. During a consultation with Nurse Ashley or Dr. Azizzadeh a patient can express her anti-aging goals so that we can develop the best treatment plan.

Typically, a mother of the bride can receive a liquid facelift two to three months before a wedding. After a liquid facelift is performed, a one-month follow-up appointment will be completed to ensure the treatment results are exactly what the patient envisioned. Also, a “touch-up” treatment may be required at

this time to add more volume to the face, if desired.

Liquid facelift results are immediate, but it takes about one to two weeks for bruising and swelling to subside after treatment. The results of a liquid facelift usually last for six to 18 months, depending on the dermal filler that is used.





2. Botox

Botox is the world's most popular non-invasive cosmetic procedure, according to ASPS. It serves as an injectable prescription that smooths fine lines, wrinkles and furrows that form due to constant muscle movements.

A Botox injection is generally pain-free, and a mother of the bride will see the results of Botox within two weeks of treatment. Botox results will last for roughly three to four months. This means a mother of the bride likely won't need to return for additional Botox treatments before her daughter's wedding.

3. Lip augmentation

Lip augmentations utilize filler to enhance the size and shape of the lips. Today, there are several different fillers that can be used in the lips including Volbella and Juvederm. Nurse Ashley and Dr. Azizzadeh will choose which filler to use based on how the patient wants their lips to look.

Usually, lip augmentation will need to be performed two to three months prior to a wedding. Lip augmentation delivers immediate results that will last six to 12 months, depending on the filler product that is used.

4. Under eyes

A Restylane treatment for under eye bags or under eye circles is very popular among mothers of the bride. The filler is injected through a blunt-tip cannula to reduce bruising and swelling and placed under the eyes and in the upper cheek area to restore lost volume that is causing hollows, lines and dark shadows.

A mother of the bride should complete an under eyes treatment two to three months before a wedding. The treatment results are immediate and will last nine to 12 months.

5. Cheeks

Dermal fillers can be used to replenish lost volume in the cheeks and minimize the appearance of sunken [cheeks](#). As a result, dermal fillers create a much more youthful facial appearance by lifting and filling the mid-face. There are several different filler products that can be used in the cheeks including Voluma and Juvederm. During a consultation, Nurse Ashley or Dr. Azizzadeh will determine which filler treatment, or combination of fillers, will be best for the patient.

Like many dermal filler treatments, cheek enhancement treatments should be completed two to three months before a wedding. The results of the treatments are instant and may last for six to 12 months.

6. Nasolabial folds

With dermal fillers, a mother of the bride can instantly improve the appearance of sunken and deep [nasolabial folds](#). For a mother of the bride, a dermal filler treatment to address nasolabial folds should be performed two to three months prior to a wedding. The treatment results may last for up to one year.

7. Temples

The [temples](#) may start to appear bony and depressed with age as we lose volume in this area. Fortunately, filler injections to the temples can restore volume to create a fuller, more youthful facial shape.

A temples treatment should be scheduled two to three months prior to a wedding. After the procedure is completed, the treatment results may last for up to 12 months.

8. Ultherapy

[Ultherapy](#) uses ultrasound technology to tighten and lift the skin. It also stimulates collagen growth and tightens loose skin at the same time.

A patient will need multiple Ultherapy treatments to see best results, so the treatment plan should be started six to nine months before a wedding. Moreover, the treatment provides long-lasting results, as it helps the body regenerate collagen on its own.

9. Kybella

[Kybella](#) delivers an unprecedented anti-aging treatment because it enables an individual to eliminate fat under the chin. The initial results of Kybella will appear two to four months after treatment. Most patients require two to four Kybella treatments to remove all of unwanted the submental fat under the chin. For a mother of the bride, it is recommended to receive the treatment six to nine months prior to a wedding so that the results are visible.

Dr. Azizzadeh was one of the first facial plastic surgeons to offer Kybella treatments and has had great success with the product for his patients.



10. Chemical peel

A [chemical peel](#) uses a medical-grade skin care solution to smooth and improve the skin. It prompts deep exfoliation to remove damaged skin layers, making it a great option to treat blemishes, wrinkles and uneven skin pigmentation.

The CENTER provides two types of chemical peels:

3-Step Peel: Serves as an aggressive treatment option that will help the skin glow. A mother of the bride will want to receive this treatment at least five to six weeks before a wedding for optimal results.

ZO Ossential Stimulator Peel: Offers a mild chemical peel that will give the skin a beautiful glow. It is recommended that a ZO ossential stimulator peel treatment be completed a couple times per month for the best results, and the week before the wedding to ensure the skin is glowing.

Dr. Azizzadeh or Nurse Ashley will help a mother of the bride evaluate both chemical peel options and determine which treatment will work best based on a patient's needs.

11. Laser skin resurfacing

[Laser skin resurfacing](#) uses a laser to pinpoint hundreds of spots on each inch of skin, eliminating damaged skin and allowing the underlying skin to regrow.

Laser skin resurfacing can be performed in the office or in the OR as a complementary procedure to facial rejuvenation surgery.

There are several different laser treatments available and the recovery time will depend on the strength of the treatment. During a consultation with Dr. Azizzadeh or Nurse Ashley, they will recommend which type of laser treatment will best correct the patient's skin concerns.

12. Microneedling with PRP

Microneedling with Platelet Rich Plasma (PRP) has been shown to improve skin texture and minimize the appearance of pores. It generates new collagen to help an individual look more refreshed and youthful.

It takes up to two months for microneedling with PRP to stimulate the body's natural cell regeneration. A mother of the bride who is interested in microneedling with PRP should schedule a treatment at least three to four months prior to her daughter's wedding.

[Watch this 1-minute video of Dr. Azizzadeh performing Microneedling with PRP.](#)

13. Skincare

Good [Skincare](#) products are the foundation of youthful looking skin. At the CENTER, we offer the ZO Skin Health by Dr. Zein Obagi product line. During a consultation with Nurse Ashley, she will evaluate the patient's skin and determine which ZO product regimen will restore the skin to a more youthful state. Our skincare products can minimize pores, lighten brown spots, reduce the appearance of dark under eye circles, and so much more.

A mother of the bride should start a Zo Skin Health skin care routine at least six months prior to the wedding so that she can experience the benefits and have radiant skin.

Take advantage of the surgical and non-surgical cosmetic procedures available at the CENTER for Advanced Facial Plastic Surgery.

Please contact us today to schedule a consultation.

CENTER for advanced FACIAL PLASTIC SURGERY

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