

The rise of *silver* surgery!

More women in their 60s are going under the knife than ever before. We speak to two women about their experiences...

While many people associate cosmetic surgery with a younger generation of women, it seems a growing number are going under the knife later in life.

Research from the independent Pensions Advisory Service reported that there has been a huge rise in pensioners who are spending their money on cosmetic surgery, such as boob jobs and facelifts.

So why are more people in their 60s having cosmetic surgery?

Professor Marcos Sforza, aesthetic surgeon at MyAesthetics, says it's partly down to a longer life expectancy and a rise in disposable income.

'There is less stigma associated with cosmetic procedures these days too,' he adds. 'This generation are living longer, remaining healthier and want their physiques to align with their psyches,' he says.



Before



Mary wanted to be herself again

After



'No-one wants to feel old at 60!'

Mary Reason, 63, has always promised herself she'd make the best of her looks, no matter what age she was.

Since my early 20s I've been telling friends and family that, when the time comes, I'd have a facelift. I've always made the most of what I have, taking care over my make-up and what I wore.

I don't see why that should be any different, as I got older.

'Why should I grow old gracefully?' I told my son, Mykhailo, 27, in February 2017. At 63, I'd started to notice my sagging neck and jawline with a heavy heart.

'I don't feel old,' I told him. 'So why should I look it?'

Working hard in sales, I'd started putting money aside for the procedure years ago, but now I knew it was time.

'Good for you, Mum,' Mykhailo encouraged me.

I had a lot of friends, and loved to socialise, but I'd started going out less. Feeling so insecure about my appearance. I'd hide myself away, using thick glasses as a shield. I wanted to make the most of life, but I'd just lost my confidence.

If I wanted to be more beautiful, I would have had something like a nose job years ago, but it isn't what I wanted, I just wanted to be me again.

I have quite a few lines on my upper lip and I was told those would remain and would not improve through my facelift.

So in November 2017 I had a face and neck lift at a MyBreast Clinic in London.

I felt sore and my face was swollen for the first three weeks but after six weeks

I started to notice a huge difference.

'You look really well!' my friend told me one night. 'Have you been on holiday?'

The surgery completely exceeded my expectations – I looked at least 10 years younger.

At the time I only told close friends and family about what I'd had done. I felt great about myself, full of confidence again, that's all I wanted.

I recently booked a sailing holiday in Scotland and will be living in close proximity to 12 complete strangers for 10 days on a boat. That's something I would never have done before my surgery.

Now, I not only look my best, but I'm living my best life too. That's something we should all be striving for at whatever age. These days, you're not expected to be old and grandmotherly in your 60s. We are all living longer and for some people, life really does begin at 60!

Before



'I feel like a different person!'

After decades of pain, cruel comments, and hiding in baggy clothes, Lynn Drury, 68, decided to do something about her big boobs...

I'll never forget my husband Paul's face when I told him that, at 67, I'd decided to have a boob job. He was pretty much speechless. It was May 2017 and I'd just watched a woman on TV have a breast reduction. It had changed her life, and I knew it would change mine too.

I'd always had large boobs and after my two sons, Stuart, now 44, and Craig, now 41, were born, they grew from a size 36C to a 36D. And by the time I reached 60, they were a 34GG. I worked long shifts as a nurse. Carrying around the extra weight was playing havoc with my neck, back and shoulders.

I was used to people looking at my chest rather than my face, but when a colleague started joking about my boobs at a dinner party, I felt mortified. Enough was enough.

'I'm too old to be putting up with this,' I told Paul. 'I'm getting a breast reduction.' He was worried, but promised to support me.

'Don't get your hopes up,' he warned. 'You might be too old.' But at my first consultation, my surgeon reassured me that as I was still fit and healthy, the procedure didn't pose a great risk.

We agreed my boobs would be reduced to a size 34DD. I had extra blood tests and an ECG because of my age and in June 2017 I went for surgery at Welbeck Hospital. I knew I was in capable hands and four hours later it was all over.

As I came round, I could see I had

After



Lynn's life is much easier after surgery

a flatter chest. I couldn't stop smiling. I came home the next day.

Paul had to help me the first few weeks – he even tried to dry my hair. I looked like something the cat dragged in! But it wasn't long before I was back to my old self.

Except I wasn't the old Lynn. With my new, smaller boobs, I felt like a different person! I wore bright clothes again and

felt proud of the way I looked.

Paul and I now play tennis and go on walking holidays.

I retired from nursing last year and thanks to my breast reduction, I'm getting so much more out of life!

It really was a weight off my chest. When it comes to surgery, as long as you're healthy, age is just a number.

'Now I can play tennis'

Things to consider

- If you are healthy and don't have conditions like osteoporosis, diabetes or increased blood pressure, you could be a good surgery candidate at any age.
- Do proper research and read reviews.
- Your surgery should only be performed by plastic surgeons who are members of BAAPS, BAPRAS or ISAPS.
- For info, visit myaesthetics.uk or call 0800 689 6893.