

Ask Your-Selfie: Is it Time to See a Doctor?

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Photo Credit: Thinkstock

The selfie has spawned its own hashtag and even a viral song! And with all this focus on the face, selfie-snappers are noticing more perfections *and* imperfections on their lovely mugs. So it's no surprise that those not-so-favorable traits have caused a spike in facial plastic surgery procedures, according to a new study by the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS).

Selfie Surgery: Is Social Media the Cause?

Nearly 35-percent of facial plastic surgeons surveyed experienced an increase in requests for procedures and stated it's a direct result of social media sharing. In addition, there was a 10-percent increase in rhinoplasty requests from 2012 to 2013.

Manhattan plastic surgeon Sam Rizk, MD, FACS participated in the AAFPRS survey and stated that he's directly witnessed the increase and connection to selfies.

The Reasoning:

“Social media platforms have become omnipresent, consumers look at Instagram, Facebook, Pinterest and YouTube before turning on the news,” Dr. Rizk explained. “These channels are image driven, giving consumers a constant self-directed mirror or microscope of their own. This image bombardment often generates more self-scrutiny and can escalate the desire for perceived self-improvement more than ever before.”

Dr. Rizk continued, “You can’t just tear up unflattering photos anymore. Instead, they are posted for everyone to see for eternity.”

The Younger Generation is Most Selfie-Conscious:

Not only are more patients going under the knife but the clientele is also younger than ever! The social media overload is opening the doors for women as young as 30 to look into facial plastic surgery to enhance their looks and repair aging.

A second study by the AAFPRS states that 59-percent of facelifts were performed on patients between the ages of 35-60.

Technology & Twitter Pics: A Match Made in Heaven?

According to Dr. Rizk, selfies aren’t the only reason gals are considering an upgrade; there are advanced techniques that allow patients to recover in less time, suffer from significantly smaller scars and finish with a gorgeous and natural finished product.

These techniques are a far cry from the motion-less, stretched out faces we once saw all over Hollywood.

Dr. Rizk uses high-definition three-dimensional endoscopic telescopes in his Park Avenue office. The advanced technology allows him to perform a super precise surgery and fully visualize the structures of the nose during the procedure, leaving patients with a gorgeous face to post all of social media.

“This makes for a safer, more precise surgery with less bruising, shorter downtime and an easier recovery,” Dr. Rizk said. “My facelift patients actually look presentable within a week or so. Because of increased visibility, the surgery is more precise as tissue is not distorted by swelling during the procedure.”

With these new techniques, Dr. Rizk’s patients will be back to taking selfies in no time!

Sam Rizk, MD, FACS, is a double board certified New York City facial plastic surgeon and Director of Manhattan Facial Plastic Surgery, a JCAHO accredited. His office is located at 1040 Park Avenue in Manhattan. For more information on Sam Rizk, MD, FACS, visit www.dr.samrizk.com.