

Deep Plane Facelift Popular for Post-Weight Loss Skin Tightening

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In a recent survey by the American Academy of Facial Plastic and Reconstructive Surgery, 60% of facial plastic surgeons noted an uptick in patients exhibiting “Ozempic Face.” This condition, linked to the weight loss drug Semaglutide, manifests as facial deflation, laxity, and premature aging.

Though 15% of facial plastic surgeons surveyed recommend treating Ozempic Face with filler, others caution that it may not be the best choice for patients who’ve lost a significant amount of weight. “When patients eventually stop taking Ozempic, the resulting weight gain can really distort the look of all that filler,” explains [Sam Rizk, MD](#), a plastic surgeon at Manhattan Facial Plastic Surgery. “For these patients, a deep plane facelift can be a better alternative.

Rizk, a double-board certified surgeon based in New York City, has developed a technique for deep plane facelift surgery that focuses on lifting and tightening the face while preserving the skin’s blood supply. This approach differs from older SMAS techniques.

Moreover, Rizk's technique for deep plane facelift surgery aims to reduce the need for drains and speed up healing, typically allowing patients to resume normal activities within two weeks. His approach emphasizes natural results, attracting clients globally, including plastic surgeons, Rizk says.

The deep plane facelift is a preferred option for tightening skin post weight loss, particularly for those seeking to reduce filler maintenance, Rizk explains.

"In the last five years alone, the average age of facelift patients in my practice has changed from 50 to 40, and most of it comes down to filler fatigue—they've simply had enough of repeated cosmetic tweaks. Patients want to look their best now instead of later, and they don't want an upkeep. A deep plane facelift is the answer," Rizk says.