

## Why we got facelifts in our 20s and 30s: see the before and after pictures and judge results for yourself

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Dr Sam Rizk in New York City observes that among his 80 to 100 weekly consultations a growing number are women in their 20s and 30s.

However, not everyone is a suitable candidate. For one thing, the average cost of a deep plane facelift is priced anywhere from \$20,000 to \$100,000 depending on the surgeon.



At Dr Sam Rizk's practice in New York City he has witnessed first-hand an increase in women booking consultations for a deep plane facelift



Before and after: Dr Rizk performed a deep plane facelift and rhinoplasty on Real Housewives of New Jersey star Jennifer Fessler, 55, to define her jawline and loose skin around her neck

A certain amount of facial laxity, sagginess or loss of firmness and elasticity in the skin is needed to even be considered for the facelift. This is something that, fortunately, not a lot of twenty-somethings struggle with.

Dr Karam said: 'We turn away an overwhelming majority of these younger people who think that they may need something that they really don't. My criteria for rejuvenation for younger patients is really about what the anatomy is.'

'Even though they're interested in facial rejuvenation in some way or another, they probably didn't even need to do those procedures in the first place.'

'The fact is we've been seeing this kind of trend for the past several years; we have more and more inquiries about this in our practice. Unfortunately for them, they're not candidates for it.'

Thanks to the skyrocketing popularity of GLP-1 agonists and other weight loss medications, people who lose weight rapidly might also experience an excess of laxity in their face.

'Ozempic face', a term used to describe the appearance of gauntness, sunken cheeks, wrinkles and loose skin as a result of weight loss, has been dubbed one of the less flattering side effects of the drugs.