

The Deep Plane Facelift, Redefined: Inside Dr. Sam Rizk's Signature Approach

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When it comes to facial rejuvenation, natural has become the gold standard—and no one understands this better than **Sam Rizk, MD, FACS**, a double board-certified facial plastic and reconstructive surgeon based in New York City. With a global reputation for innovation and artistry, Dr. Rizk has earned recognition for perfecting one of the most advanced anti-aging procedures available today: the deep plane facelift.



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At its core, a facelift is about restoring youthful contours—lifting sagging tissues, smoothing deep creases, and reestablishing definition in the jawline and midface. But as Rizk explains, the *how* matters just as much as the *what*. “Technically speaking, my deep plane facelift lifts the midface and nasolabial folds while repositioning the SMAS [superficial musculoaponeurotic system] layer and the deeper tissues as a single unit,” he says. “Because the deep plane technique respects the deeper anatomical planes and avoids unnecessary trauma to the nerves and skin, it preserves facial expression and natural movement.”

Every procedure begins with an in-depth consultation, where Rizk meticulously maps a patient’s bone structure, facial volume, and tissue integrity to develop a tailored surgical plan. “My goal is never to erase a person’s identity, but to refine and celebrate it,” he

says. “Often, this means combining a deep plane facelift with complementary procedures like a neck lift, blepharoplasty, or chin implant to create balance and long-lasting results.”

And longevity is where this procedure truly shines. Results from a deep plane facelift can last 10 to 15 years, depending on the patient’s age and lifestyle. “That’s because we’re pausing the aging process, rather than trying to undo it,” Rizk notes. “The earlier someone has the procedure—say, in their 40s or early 50s—the longer their results typically last.”

This shift toward earlier intervention is one reason deep plane facelifts are generating so much buzz right now. “People are realizing that filler can only take you so far,” says Rizk. “Eventually, the face starts to look puffy or distorted. I see a lot of patients with what I call ‘filler fatigue’—they’re tired of constantly booking maintenance appointments and chasing volume. A deep plane facelift offers a reset, restoring the foundation of the face without adding anything artificial.”

Despite being a more technically advanced procedure, recovery has come a long way. Dr. Rizk has developed a proprietary technique that allows most patients to return to work and feel camera-ready in two weeks. One reason for this expedited healing is his use of Artiss tissue glue, which replaces the need for postoperative drains. “It results in less trauma, less bruising, and a significantly lower risk of infection,” he says. “Patients are often shocked by how quickly and comfortably they recover.”

As with any surgery, there are risks, most notably those associated with general anesthesia or pre-existing health conditions. “I won’t perform a facelift on someone with uncontrolled diabetes or serious cardiovascular issues,” Rizk cautions. “And smokers need to be willing to quit before and after surgery, since smoking compromises healing. That said, the benefits of a deep plane facelift are profound for the right candidate. “This is a procedure that delivers real, lasting change in a single procedure,” Rizk says. “Many of my patients tell me, ‘I wish I’d done this sooner.’”

Ultimately, he sees the modern facelift not as a last resort, but as a proactive, empowering choice. “If someone has experienced significant sun exposure, weight loss, or simply has a genetic predisposition to early aging, they may reach that sweet spot for surgery earlier than others,” he says. “The important thing is to do it for the right reasons—and to work with a surgeon who sees and respects your individuality. My goal is to help patients look like the best version of themselves—not different, just refreshed and restored.”