

NEWBEAUTY®

The Facelift Is No Longer Just a Later-in-Life Procedure

Every few years, we say facelifts are starting younger, and now, the doctors performing them say the shift is bigger than ever.

Tatiana Bido



When influencer Lindsi of @lindsilanestyle had a lower facelift, she documented every step publicly, from the consults to the healing, across a seven-episode Reels series called “Unfiltered: My Surgery Diaries.” She wasn’t hiding her procedure; she was making a point. “Social media has a way of distorting reality,” she told her 238,000 followers. “We scroll past curated perfection and quietly question ourselves, rarely aware of the choices and procedures that shape what we see.”

At 41, Lindsi says pregnancy-related weight gain and loss, along with natural aging, led to her skin laxity. Her surgeon, New York facial plastic surgeon Sam Rizk, MD, says patients Lindsi’s age are no longer the exception. “We’re seeing younger and younger patients. Hormonal changes, weight gain, weight loss, pregnancy—all of these things take a toll on the face.”

Why Technique Matters

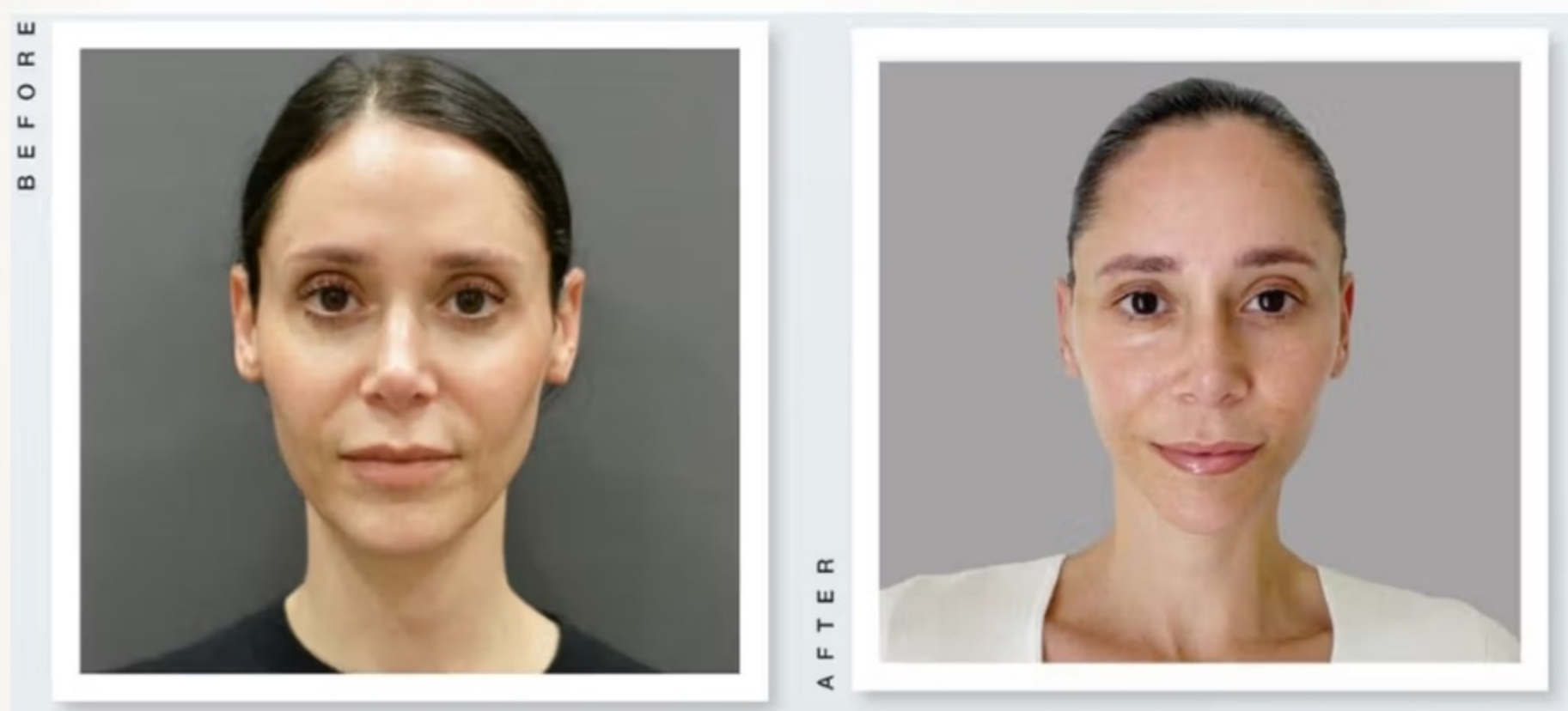
As for a deep-plane facelift versus SMAS, Dr. Rizk says both can be equally effective. What determines the outcome is vector. “If the surgeon pulls sideways, they’re going to widen the mouth. If they pull too vertical, they’re going to make the eyes look small.”

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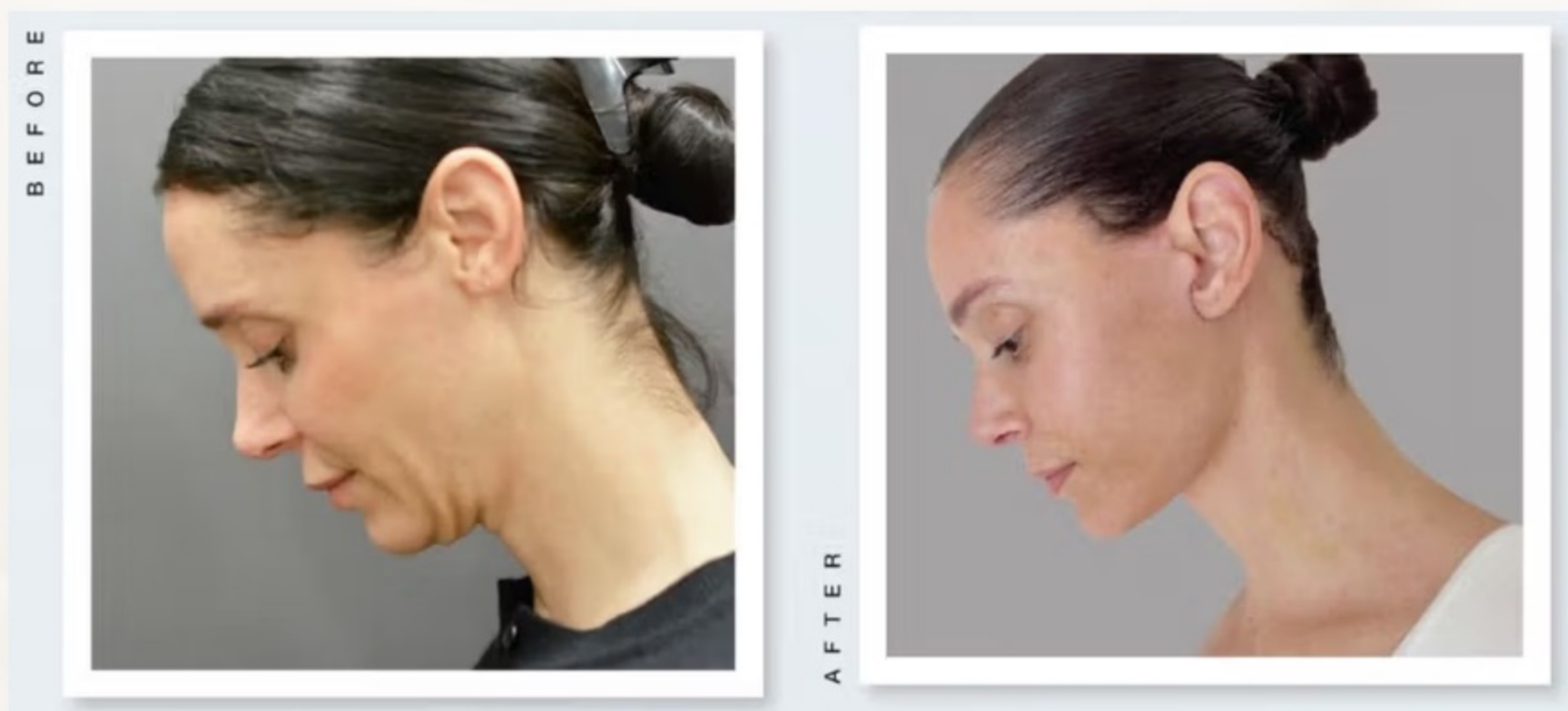
The Truth About Facelift Longevity

Most surgeons cite 10 to 15 years before a revision makes sense, though results vary by lifestyle, and apparently, profession. “If it’s a ‘Real Housewife,’ and some of my patients are, they’re back much sooner because they’re working with high-definition cameras,” Dr. Rizk says.

The more useful way to think about it, he explains, is over a lifetime. “If I do surgery on a patient who has an identical twin and we follow them 10, 20, 30 years, the patient who had surgery will always look younger.”



Lindsi underwent a deep-plane lower facelift, necklift and revision rhinoplasty with Dr. Rizk. Recovery, she says, was no joke.



“My body was working overtime to heal, and that takes a toll.” But, the results were worth it. “Honestly, it’s the best thing I’ve ever done.”