

Filler Fatigue Sparks Surge in Facelift Interest

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The 2023 American Academy of Facial and Reconstructive Surgery (AAFPRS) stats are in—and apparently, so are facelifts. According to the new [survey](#), facial plastic surgeons have seen a 60% increase in facelifts since 2017, noting a major increase among younger patients ages 35-55. The reason for this is twofold; first, modern facelift techniques have made the procedure much more palatable, and second, people in this age group are beginning to experience filler fatigue.

“Not only have some patients reached the point where repeated filler has left them looking unnatural, but they’re also tired of the upkeep,” says [Sam Rizk, MD](#), a New York City-based double-board certified facial plastic surgeon and AAFPRS member. “For these patients, a deep plane facelift is the best way to get ahead of the aging process in a natural, low-impact way.”

Rizk has personally developed a technique that lifts and tightens the face while repositioning loose jowls and fully restoring cheek volume, all while preserving blood supply to the skin (as opposed to older facelift techniques that disrupt blood supply).

Here are three benefits of this technique, according to Rizk:

1. **Quicker recovery time:** Rizk says his technique eliminates the need for messy drains, which fast-tracks the healing process. Patients can expect to be back to work in a week, and camera-ready in two, he says.
2. **Less pain:** Patients can expect some tightness in the neck—and that's it.
3. **A natural aesthetic:** That pulled look people associate with old-school facelifts? Not on Rizk's watch, he says. He excels in naturally rejuvenating the jowls, neck, and jawline, effectively rolling back the years without any sensation of tightness or pulling.