2022 ASPS
Procedural Statistics Release
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Introduction

The American Society of Plastic Surgeons (ASPS), a nonprofit organization, supports members in their efforts to provide the highest quality patient care through education, research and advocacy. It is the only organization with three decades of plastic surgery statistics – 1992-2022.

ASPS is the largest organization of board-certified plastic surgeons in the world. With more than 8,000 members, the Society is recognized as a leading authority and information source on cosmetic and reconstructive plastic surgery.

ASPS comprises more than 92 percent of all board-certified plastic surgeons in the United States. Founded in 1931, the Society represents physicians certified by the American Board of Plastic Surgery (ABPS) or The Royal College of Physicians and Surgeons of Canada.

The ASPS mission is to advance quality care to plastic surgery patients by encouraging high standards of training, ethics, physician practice and research in plastic surgery. ASPS Member Surgeons are uniquely qualified to perform cosmetic and reconstructive plastic surgery on the face and all areas of the body.
A Message from ASPS President
Gregory A. Greco, DO, FACS

There's no doubt that plastic surgery is transformative. Board-certified plastic surgeons restore function, improve form and meet the personalized needs of each patient by understanding their unique motivations and expectations. Throughout the course of the past several years, plastic surgery itself experienced a transformation. Not just in terms of techniques and technology, but how it is perceived.

Patients have become more transparent and comfortable in sharing their journeys. And with that shift plastic surgery now enjoys greater social awareness and open dialogue. There is also a better understanding of what plastic surgery is about at its core: healing, self-actualization, improving quality of life and helping patients achieve results through innovative, evidence-based medicine that prioritizes safety and efficacy.

Recent years have been marked by near constant change as we have witnessed how plastic surgeons innovated and adapted to serve patients and stay on top of emerging trends. From surgical to minimally invasive, plastic surgeons worked to provide procedures for patients across a spectrum of needs even as we saw skyrocketing inflation and shifting economic headwinds.

The numbers contained within this report provide an overview of these efforts. They highlight the real choices patients made guided in consultation with their plastic surgeons. And they offer a data-informed glimpse to where we are headed in the years to come.

My sincere gratitude goes to each ASPS Member Surgeon, the experts and thought leaders in the specialty, who've shared critical data for this report. They've given us a direct look into the current state of plastic surgery across every region. I further thank all who helped in publishing this data. Gathering and presenting these statistics isn't simple.

Without further delay, let’s turn the page, explore these insights and discuss this exciting chapter in plastic surgery’s storied history.

Sincerely,

Gregory A. Greco, DO, FACS
President, American Society of Plastic Surgeons
The past year also saw a noteworthy 8% growth in facelift procedures. This surge may be attributed to heightened self-awareness of facial aging, especially as patients found themselves frequently working via virtual platforms, seeing their image reflected more often than before the pandemic. The rise of rapid weight loss attributed to medications like Ozempic introduced a phenomenon colloquially termed “Ozempic-face,” where the face exhibits more pronounced signs of aging due to rapid and significant weight loss. While it’s early to predict the implications of this trend on plastic surgery, ASPS is currently monitoring its possible impact.

Minimally invasive procedures gained traction throughout 2022, offering quicker recovery and almost instant results. Neuromodulator injections and dermal fillers emerged as favorites, experiencing a nearly two-fold increase since 2019 and taking the one and two spots respectively. Skin rejuvenation treatments like chemical peels, dermabrasion, laser pulse therapy and skin resurfacing also continued to climb in popularity.

Face and Neck
As many people donned masks in public through the pandemic, the eyes became the main (if not the only) focal point of faces in public. This intensified emphasis on the eyes coupled with a desire to look and feel rejuvenated during virtual interactions contributed to a notable surge in eyelid surgery in 2022 - placing blepharoplasty at number 4 overall in the top plastic surgery procedures.

As pandemic masks came off, focus seemed to drift to the lips. Lip augmentation with fillers secured a spot in its entry year among the top five most sought-after minimally invasive cosmetic treatments. Much of its rise can be credited to social media, with influencers on platforms like Instagram and TikTok amplifying its appeal through short-form videos dedicated to the procedure.

Overall Trends
Since pre-pandemic, plastic surgery has had a noticeable upswing. Comparing the 2022 Procedural Statistics to 2019, cosmetic surgery procedures have grown by 19%. Procedures focusing on the body, including liposuction, tummy tuck (abdominoplasty) and arm and lower body lifts led the way, accounting for a 25% uptick and 576,485 procedures total in 2022.

This overall procedure count mirrors the number of breast category procedures (575,492) which grew by 15% since 2019 and includes breast augmentation, breast lift (mastopexy) and breast reductions. Surgical procedures for the face grew an average of 18% over the course of the pandemic - totaling 346,384 and includes procedures such as eyelid surgery (blepharoplasty), facelifts and nose reshaping (rhinoplasty).

Liposuction, targeting those obstinate fat deposits, topped the list of cosmetic procedures in 2022. With a staggering 325,669 procedures performed, it marked an impressive 23% increase since 2019. Close on its heels at number 3, tummy tuck (abdominoplasty) not only flattened a significant number of abdomens but also witnessed a 37% uptick since the pre-pandemic days, with 161,948 procedures performed in 2022.

Breast augmentation retained its stronghold in the aesthetic domain. Accounting for 298,568 procedures in 2022, it came in a close second and marked 4% growth since 2019. There was also a notable increase in breast lifts, which earned the number 4 spot in the Top 5. With 143,364 procedures in 2022, breast lifts surged 30% surge since 2019.

Increases in Chest and Core Cosmetic Surgical Procedures Over Pre-Pandemic Reported Data.

In an era where personal comfort and body acceptance have become central, there was a remarkable 54% increase in patient demand for breast reductions since 2019. This may indicate a broader trend of individuals seeking balance and proportionality, valuing both comfort and aesthetics in their transformation journey.

Parallel trends emerged within the realm of minimally invasive procedures. Specifically, noninvasive fat reduction methods, such as cryolipolysis, witnessed a phenomenal upswing. With a 77% increase over the pre-pandemic year of 2019, these procedures highlighted an inclination towards treatments that offer noticeable results without the extensive recovery time associated with surgical interventions.

Additionally, indicators for firmer and rejuvenated skin may have underscored increased demand for nonsurgical skin tightening. With a 22% increase since 2019, these treatments are cementing their position in the aesthetic realm as patients move toward these methods for quick results and reduced downtime.

Lower Body and Extremities
As the focus on upper-body enhancements persisted post-pandemic, the lower body and extremities were also a popular area for rejuvenation and transformation. Traditional methods of exercise and dieting, though essential to weight loss and management, often face limitations when it comes to restoring the skin’s natural elasticity.

Surgical interventions in these areas such as upper arm lifts (brachioplasty) grew 23% and demand for lower body lifts increased 28%. These procedures help ensure a harmonious blend of muscle tone and skin tautness, bringing forth a more balanced and proportionate physique.

Patients also sought out definition in the buttocks and gluteal area across an array of procedures. While buttock implants (1,164 procedures) and lifts (7,338) increased, they did not reach the level of demand for the more well-known buttock augmentation with fat grafting (aka Brazilian Butt Lifts or “BBLs”), which netted 28,638 procedures in 2022, representing an increase of 2% since 2019.

Noninvasive treatments, also saw a surge in demand. Laser vein treatments (sclerotherapy) gained traction growing by 22% over the course of the three years. Aiming to address the often unsightly and sometimes uncomfortable spider and varicose veins, these treatments emerged as a beacon for those seeking flawless legs. Place holder for data visualization.
### 2022 Cosmetic Surgical Procedures

<table>
<thead>
<tr>
<th>COSMETIC SURGICAL PROCEDURES</th>
<th>2022</th>
<th>Pre-Pandemic (2019)</th>
<th>% CHANGE 2022 vs 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COSMETIC SURGICAL PROCEDURES - BREAST</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast augmentation (Implant placement for both primary and/or revisions)**</td>
<td>298,568</td>
<td>287,085</td>
<td>4%</td>
</tr>
<tr>
<td>Breast implant removals (Augmentation patients only)**</td>
<td>37,679</td>
<td>33,642</td>
<td>12%</td>
</tr>
<tr>
<td>Breast lift (Mastopexy)**</td>
<td>143,364</td>
<td>110,280</td>
<td>30%</td>
</tr>
<tr>
<td>Breast reduction (Aesthetic patients only)**</td>
<td>71,364</td>
<td>46,340</td>
<td>54%</td>
</tr>
<tr>
<td>Breast reduction in males (Gynecomastia)**</td>
<td>24,517</td>
<td>20,955</td>
<td>17%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>575,492</td>
<td>498,302</td>
<td>15%</td>
</tr>
<tr>
<td><strong>COSMETIC SURGICAL PROCEDURES - BODY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdominoplasty**</td>
<td>161,948</td>
<td>118,210</td>
<td>37%</td>
</tr>
<tr>
<td>Buttock augmentation with fat grafting**</td>
<td>28,638</td>
<td>28,076</td>
<td>2%</td>
</tr>
<tr>
<td>Buttock implants**</td>
<td>1,164</td>
<td>970</td>
<td>20%</td>
</tr>
<tr>
<td>Buttock lift**</td>
<td>7,338</td>
<td>3,945</td>
<td>86%</td>
</tr>
<tr>
<td>Labiaplasty**</td>
<td>10,433</td>
<td>11,218</td>
<td>-7%</td>
</tr>
<tr>
<td>Liposuction</td>
<td>325,669</td>
<td>265,209</td>
<td>23%</td>
</tr>
<tr>
<td>Lower body lift**</td>
<td>10,445</td>
<td>8,160</td>
<td>28%</td>
</tr>
<tr>
<td>Thigh Lift**</td>
<td>9,421</td>
<td>9,712</td>
<td>-3%</td>
</tr>
<tr>
<td>Upper arm lift (Brachioplasty)**</td>
<td>21,429</td>
<td>17,422</td>
<td>23%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>576,485</td>
<td>462,922</td>
<td>25%</td>
</tr>
<tr>
<td><strong>COSMETIC SURGICAL PROCEDURES - FACE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buccal fat pad removal†**</td>
<td>4,543</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Cheek implant (Malar augmentation)**</td>
<td>8,238</td>
<td>3,295</td>
<td>150%</td>
</tr>
<tr>
<td>Chin augmentation (Mentoplasty)**</td>
<td>5,403</td>
<td>5,246</td>
<td>3%</td>
</tr>
<tr>
<td>Ear surgery (Otoplasty)**</td>
<td>4,713</td>
<td>8,268</td>
<td>-43%</td>
</tr>
<tr>
<td>Eyelid surgery (Blepharoplasty)**</td>
<td>115,261</td>
<td>101,605</td>
<td>13%</td>
</tr>
<tr>
<td>Facelift (Rhytidectomy)**</td>
<td>72,668</td>
<td>67,285</td>
<td>8%</td>
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<tr>
<td>Facial fat grafting**</td>
<td>33,877</td>
<td>36,823</td>
<td>-8%</td>
</tr>
<tr>
<td>Forehead lift**</td>
<td>13,318</td>
<td>16,046</td>
<td>-17%</td>
</tr>
<tr>
<td>Liposuction (Submental)†**</td>
<td>22,285</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Neck lift**</td>
<td>21,575</td>
<td>22,952</td>
<td>-6%</td>
</tr>
<tr>
<td>Nose reshaping (Rhinoplasty)**</td>
<td>44,503</td>
<td>32,484</td>
<td>37%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>346,384</td>
<td>294,004</td>
<td>18%</td>
</tr>
<tr>
<td><strong>TOTAL COSMETIC SURGICAL PROCEDURES</strong></td>
<td>1,498,361</td>
<td>1,255,228</td>
<td>19%</td>
</tr>
</tbody>
</table>

* Data unavailable in prior year.
** Counts of procedures performed by ASPS member surgeons only.
† First year procedure is being reported.
Top 5 Cosmetic Surgical Procedures for 2022

1. Liposuction
Liposuction holds the top spot for the second release in a row. Liposuction sculpts the body by removing excess fat from specific areas, including the abdomen, hips, thighs, butt, arms, back or neck, to improve contouring creating a more proportionate appearance. Liposuction removes stubborn, unwanted fat that diet and exercise can’t eliminate.

2. Breast Augmentation
Breast augmentation remains one of the most popular plastic surgery procedures, again making the Top 5. This procedure enhances the size and shape of breasts using implants to correct small, uneven or disproportionate breasts. Breast augmentation has been one of the most popular cosmetic procedures since 2006.

3. Tummy Tuck (Abdominoplasty)
Tummy tucks continue to be a favorite procedure, grabbing a spot in the Top 5 for a second year. The abdominal area is tightened and reshaped with this surgery to improve waistline definition and give a slimmer appearance. A tummy tuck can help transform loose or sagging skin, eliminate excess fat deposits and tighten abdominal muscles.

4. Breast Lift (Mastopexy)
Breast lifts made a reappearance in the Top 5 for the second time in a row. This procedure repositions the breasts to reduce sagging, low volume and downward-pointing nipples. It does not change the size of the breasts but can help improve symmetry and create a more balanced appearance. It often includes combination procedures like mommy makeovers.

5. Eyelid Surgery (Blepharoplasty)
Eyelid surgery returns to the Top 5 this year. Eyelid surgery removes excess skin, fat or muscle from the upper or lower eyelids (sometimes both) to reduce droopiness or puffiness around the eyes, making them appear refreshed.

Breaking Down the Numbers
In 2019, before the seismic impacts of the pandemic, ASPS member surgeons reported 46,340 cosmetic breast reductions performed. But by 2022, this number soared to 71,364, representing a staggering 54% increase. These figures aren’t just numbers on paper – they represent deeper trends shaping individual choices and societal change.

What’s Driving the Surge?
Several factors might be contributing to this trend:

1. **Reassessed Priorities**: The pandemic served as a period of reflection, steering many to prioritize personal comfort and wellbeing.
2. **Financial Reprioritization**: Despite economic challenges, some patients accrued savings from reduced expenses in travel, dining out and other activities. This may have paved the way for investment in long desired elective procedures.
3. **Remote Work and Flexibility**: With added flexibility, recovery from surgeries without the strain of commuting or physical office presence became more feasible.
4. **Health and Fitness Focus**: The pandemic saw many embracing fitness and a healthier lifestyle. Many patients share that a desire to be more active and comfortable while exercising is closely tied to their reasons for seeking breast reduction.
5. **Mental Health Awareness**: Dialogues around wellbeing have spotlighted emotional concerns linked to larger breasts, naming breast reduction as a holistic solution.

The Power of Digital Narratives
Beyond consultations, platforms like Instagram and TikTok have emerged as focal points for candid conversations on breast reductions:

1. **Narrating Personal Stories**: Women are granting unprecedented access into their breast reduction experiences, from apprehensions in the before to the celebratory after.
2. **Voicing Transformations**: Testimonies highlight not just the tangible benefits but also the psychological uplift experienced post-surgery.
3. **Guiding Aspirants**: For those contemplating the procedure, genuine narratives offer assurance and clarity, spotlighting the surgery as a life-enhancing and personal choice.
4. **Education and Awareness**: Moving beyond anecdotes, these platforms serve as reservoirs of information, dispelling myths and providing patient-led insights.

The Broader Implication
The 54% rise in breast reduction surgeries post-pandemic gives added insights to a society prioritizing individual comfort and self-empowerment.

While the choice to undergo a procedure is deeply personal and individualized, this collective spike in numbers suggests an intersection of personal wellbeing, medical advancements and the digital age’s power in sharing personal narratives and transformative journeys.

Understanding Breast Reduction Surgery
At its core, breast reduction is more than just a cosmetic procedure. It involves the strategic removal of skin and tissue from the breasts, followed by reshaping and elevation, resulting in a more proportionate bust size.

Why Choose Breast Reduction?
There’s a myriad of reasons women opt for this surgery, but they all align with one goal: enhancing the quality of life. Here’s how:
The Rise in Reductions: Understanding Journeys. Celebrating Outcomes. (Continued)

- **Boosted Confidence**: Women often report a surge in self-confidence, feeling more at ease in their own skin post-surgery.
- **Wardrobe Accessibility**: The freedom to pick outfits without restraint and shop universally.
- **Relief from Pain**: The alleviation from persistent back pain and the discomfort from bra straps.
- **Revived Energy**: The liberation from physical weight brings newfound vitality.
- **Exercise Unhindered**: Engaging in physical activities without pain or discomfort.
- **Skin Health**: A significant reduction in skin irritations often associated with larger breasts.
- **Unrestricted Breathing**: Easier and more comfortable breathing.

**Considering the Risks**
Every surgical procedure comes with its set of risks. With breast reduction, some of these risks include changes in breast or nipple sensation, potential inability to breastfeed, infections, bleeding and scarring. It’s important to have a candid conversation with your ASPS member surgeon about these risks and what they mean for your specific situation.

**Costs, Coverage and Consultation**
While the benefits are many, it’s essential to be aware of costs and processes. Potential candidates for surgery must consider additional expenses like anesthesia, post-surgery garments and medical tests.

Health insurance plans may cover some portions of breast reduction surgery, and it’s crucial to consult with the respective plastic surgeon’s office and insurance providers to understand coverage and potential out-of-pocket expenses.

The consultation phase is critical to improved outcomes. A candid discussion about your health, desired outcomes, lifestyle and any apprehensions or concerns is the foundation for a successful procedure. ASPS encourages potential candidates to have a checklist of questions, ensuring they have all the information they need.

**Use this checklist as a guide during your breast reduction consultation:**
- Are you certified by the American Board of Plastic Surgery?
- Are you a member of the American Society of Plastic Surgeons?
- Were you trained specifically in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Do you perform this procedure in accredited facilities?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- How are complications handled?
- What are my options if I am dissatisfied with the outcome?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?
## 2022 Minimally Invasive Procedures

<table>
<thead>
<tr>
<th>COSMETIC MINIMALLY INVASIVE PROCEDURES</th>
<th>2022</th>
<th>Pre-Pandemic (2019)</th>
<th>% CHANGE 2022 vs 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuromodulator injection (Botox®, Dysport®, Xeomin®, Jeuveau®)</td>
<td>8,736,591</td>
<td>5,043,057</td>
<td>73%</td>
</tr>
<tr>
<td>Lip augmentation (with injectable materials)†</td>
<td>1,378,631</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Non-invasive fat reduction (e.g., Coolsculpting®, Liposonix®, Emsculpt®, Vanquish®, Zerona®, Kybella®)</td>
<td>682,932</td>
<td>386,557</td>
<td>77%</td>
</tr>
<tr>
<td>Non-surgical skin tightening (e.g., Pelleve®, Thermage®, Ulthera®)</td>
<td>408,970</td>
<td>334,351</td>
<td>22%</td>
</tr>
<tr>
<td>Sclerotherapy</td>
<td>491,330</td>
<td>319,895</td>
<td>54%</td>
</tr>
<tr>
<td>Skin Resurfacing (e.g., Dermabrasion, Chemical peel, Lasers-Ablative/Non-ablative, Microdermabrasion)†</td>
<td>3,322,292</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Skin Treatment (Combination Lasers) (e.g., Laser hair removal, IPL treatment, Laser Tattoo Removal, Laser treatment of leg veins)†</td>
<td>2,915,199</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>HA Fillers (e.g., Juvederm Ultra®, Ultra Plus®, Voluma®, Volbella®, Vollure®, Restylane Lyft®, Restylane Silk®, Belotero®, Bovella®, Restylane®)</td>
<td>4,883,419</td>
<td>2,878,201</td>
<td>70%</td>
</tr>
<tr>
<td>Non HA Fillers (e.g., Radiesse®, Sculptra®, Bellafill®, Revulan®, Renuva®,)†</td>
<td>852,905</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td><strong>TOTAL COSMETIC MINIMALLY-INVASIVE PROCEDURES</strong></td>
<td>23,672,269</td>
<td>*</td>
<td>*</td>
</tr>
</tbody>
</table>

* Data unavailable in prior year.
** Counts of procedures performed by ASPS member surgeons only.
† First year procedure is being reported.
1. Neuromodulator Injections
These injections, commonly know by their brand names as Botox®, Dysport®, Xeomin® and Jeuveau®, remain the most popular minimally invasive procedure. This procedure works by stopping the facial muscles from contracting, giving a temporary smoothness to facial wrinkles like crow’s feet, frown lines and forehead lines caused by routine facial movements.

2. Soft Tissue Fillers/HA Fillers
Second in popularity are hyaluronic acid injectable fillers such as Juvederm Ultra®, Ultra Plus®, Voluma®, Volbella®, Vollure®, Restylane Lyft®, Restylane Silk®, Belotero®, Belovella® and Restylane®. They temporarily restore volume and smooth out wrinkles and fine lines in the face without incisions. Results are immediate, and the recovery time is short.

3. Skin Resurfacing
These procedures remove the top layer of skin in various ways to stimulate the growth of new, healthier and more youthful-looking skin, giving patients a more radiant complexion. Methods include dermabrasion, chemical peels, lasers and microdermabrasion. They improve the appearance and texture of skin leaving it tightened and rejuvenated.

4. Skin Treatments
Skin treatments can help solve a variety of concerns in a minimally invasive way. Combination laser treatments use different wavelengths to address multiple skin issues simultaneously, offering a comprehensive approach to skin rejuvenation. Intense Pulsed Light (IPL) treatments improve skin tone and texture by targeting pigmentation irregularities, redness or sun damage.

5. Lip Augmentation
This procedure is growing in popularity, allowing patients a minimally invasive way to enhance the volume and shape of their lips with filler. The filler is expertly injected by a qualified injector to achieve a natural and customizable transformation, temporarily resulting in plumper and more defined contours. Results are often immediate, and the recovery period is brief.
As pandemic-era masks came off, there was a noted rise in lip augmentation treatments, with a remarkable 1,378,631 performed in 2022 alone. But is this surge in lip augmentation a passing phase, or does it reflect a more profound cultural shift? Let’s explore the factors driving this trend.

The Evolution of Lip Augmentation

• **The Celebrity Catalyst:** Kylie Jenner’s transition from thin-lipped teenager to full-pouted beauty icon arguably spurred the initial wave of lip augmentation interest. The “Kylie Effect” made fuller lips a sought-after aesthetic.

• **The Role of Media and Influencers on Younger Demographics:** Platforms like Instagram and TikTok play a big role in shaping beauty trends. Many influencers shared their experiences with lip fillers, making the procedure less intimidating. The temporary nature of lip fillers also means patients can try them without the long-term commitment.

• **The Desire for Personalized Beauty:** Patients aren’t just trying to copy celebrities. Many are looking to express themselves and enhance their natural features in a way that feels right for them.

• **Economic Considerations and Accessibility:** In uncertain economic times, lip augmentation can be seen as a more affordable beauty treatment. Compared to other procedures, lip fillers are less invasive and less expensive, making them a popular choice for many, not just the younger generation.

The Multifaceted Benefits of Lip Fillers

Lip Augmentation through hyaluronic acid can address several concerns, including:

• Correcting Lip Asymmetries
• Reducing Fine Lines
• Defining Lip Shape and Cupid’s Bow
• Adding Natural Fullness

Social Trends and Broader Implications

Lip augmentation’s rise post-pandemic signifies evolving beauty standards and it reflects deeper changes in self-expression, identity and values. When we delve into the reasons behind this trend, it’s clear that the impact of the procedure goes beyond appearance alone and is informed by a complex number of factors including influencers, digital messaging, economics and a desire to do something for oneself.

Why Choose Lip Augmentation?

There are varied reasons patients opt for this treatment, but they all converge on one aim: refining facial beauty and self-expression. Here’s how:

• **Enhanced Self-Confidence:** Many report a boost in self-assuredness, feeling more comfortable and radiant post-procedure.

• **Accentuated Features:** Achieve balance between the lips and other facial characteristics.

Regardless of the desired outcome, it’s crucial to approach lip augmentation after research and with reasonable expectations.
Erase Natural Aging: Especially thinning lips, to regain a refreshed appearance.

Versatile Aesthetics: Lip augmentation caters to various aesthetic goals, from subtle refinement to dramatic enhancement.

Reduced Lip Lines: Achieve a smoother appearance, minimizing the presence of lip lines and wrinkles.

Tailored Duration: Depending on the chosen filler, results can range from temporary to longer lasting.

Customized Outcomes: Procedures are adaptable, offering results that match individual preferences.

Considering the Risks
As with every medical enhancement, lip augmentation is not without risks. Patients might experience swelling, bruising, lumpiness or dissatisfaction with the results. A candid discussion with your qualified injector is critical to comprehend these risks and their implications for your unique case.

Costs, Coverage and Consultation
While lip augmentation can be transformative, understanding the associated costs and the entire procedure is imperative. It's also important to account for auxiliary costs such as consultation fees and post-procedure care.

When considering lip augmentation, a patient’s initial consultation is important. A detailed dialogue about their overall health, anticipated results, lifestyle and any concerns set the foundation for an informed decision.

It's recommended patients come prepared with questions for their qualified injector to help this process.

Use this checklist as a guide during your lip augmentation consultation:

- Are you certified by the American Board of Plastic Surgery?
- Are you a member of the American Society of Plastic Surgeons?
- Were you trained specifically in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Am I a suitable candidate for this procedure?
- What will be expected of me to get optimal results?
- Where and how will you conduct my procedure?
- Which lip augmentation method do you recommend for me?
- What is the expected recovery period?
- What are the risks and potential complications with this procedure?
- How do you handle complications?
- What if I don’t like my results?
- Can I see before-and-after photos of this procedure, and what outcomes I can realistically anticipate?
## 2022 Reconstructive Procedures

<table>
<thead>
<tr>
<th>RECONSTRUCTIVE PROCEDURES**</th>
<th>2022</th>
<th>Pre-Pandemic (2019)</th>
<th>% CHANGE 2022 vs 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast implant removal (reconstructive patients only)</td>
<td>24,316</td>
<td>22,934</td>
<td>6%</td>
</tr>
<tr>
<td>Breast reconstruction</td>
<td><strong>151,641</strong></td>
<td>135,996</td>
<td>12%</td>
</tr>
<tr>
<td>Burn Care</td>
<td>23,399</td>
<td>25,854</td>
<td>-9%</td>
</tr>
<tr>
<td>Cleft Lip &amp; Palate Repair</td>
<td>12,615</td>
<td>13,938</td>
<td>-9%</td>
</tr>
<tr>
<td>Hand surgery (i.e., Carpal Tunnel, Arthritis, Trigger Finger)</td>
<td><strong>204,412</strong></td>
<td>204,105</td>
<td>0%</td>
</tr>
<tr>
<td>Hernia repair</td>
<td>12,961</td>
<td>13,715</td>
<td>-5%</td>
</tr>
<tr>
<td>Head and neck reconstruction (including microsurgical)</td>
<td>21,278</td>
<td>23,510</td>
<td>9%</td>
</tr>
<tr>
<td>Laceration repair (other than facial)</td>
<td><strong>44,857</strong></td>
<td>53,002</td>
<td>-15%</td>
</tr>
<tr>
<td>Lower extremity reconstruction (including microsurgical)</td>
<td>21,278</td>
<td>23,510</td>
<td>-9%</td>
</tr>
<tr>
<td>Maxillofacial</td>
<td>52,448</td>
<td>73,995</td>
<td>-29%</td>
</tr>
<tr>
<td>Pelvic floor reconstruction</td>
<td>3,406</td>
<td>3,144</td>
<td>8%</td>
</tr>
<tr>
<td>Pressure ulcers</td>
<td>16,216</td>
<td>15,431</td>
<td>5%</td>
</tr>
<tr>
<td>Scar revision</td>
<td><strong>50,930</strong></td>
<td>56,275</td>
<td>-9%</td>
</tr>
<tr>
<td>Treatment of dog bites</td>
<td>18,917</td>
<td>20,902</td>
<td>-9%</td>
</tr>
<tr>
<td>Tumor removal (including skin cancer)</td>
<td><strong>344,697</strong></td>
<td>352,164</td>
<td>-2%</td>
</tr>
<tr>
<td><strong>TOTAL RECONSTRUCTIVE PROCEDURES</strong></td>
<td>1,017,003</td>
<td>1,050,765</td>
<td>-3%</td>
</tr>
</tbody>
</table>

* Data unavailable in prior year.
** Counts of procedures performed by ASPS member surgeons only.
† First year procedure is being reported.
Top 5 Reconstructive Procedures for 2022

1. Tumor Removal
Tumor removal keeps its top spot. This procedure eliminates abnormal growths or masses which may be cancerous, including skin cancer, or benign. A skilled plastic surgeon extracts the tumor while leaving surrounding healthy tissue intact. Tumor removal addresses not just the immediate health concerns of the patient but also leads to better long-term outcomes and improved quality of life.

2. Hand Surgery
Hand surgery moved up three spots to second place on the Top 5 list. This procedure is a specialized field of plastic surgery that treats and rehabilitates conditions affecting the hand, wrist and forearm, such as arthritis, carpel tunnel syndrome and trigger finger.

3. Breast Reconstruction
Breast reconstruction appears for the first time in the Top 5. This procedure restores form to the breasts post-mastectomy and has been shown to improve self-esteem and aid in positive body image after undergoing breast cancer diagnosis, treatments or other medical conditions.

4. Maxillofacial
Maxillofacial remains fourth on the Top 5 list. This reconstructive surgery restores both form and function to one of the body’s most visible features – the face and jaw. It helps restore or improve essential functions such as speaking, chewing, swallowing and breathing.

5. Scar Revision
Scar revision drops two spots on the Top 5. Scars can affect a person physically, functionally and psychologically. Plastic surgeons can minimize the visibility of scars and improve their texture, giving a more natural appearance to the skin. Scar revision can also improve mobility and relieve discomfort.
Breaking Down the Numbers
In 2022, ASPS cataloged 204,412 hand surgeries, securing the procedure’s position as the second most performed in the reconstructive category. These figures underscore the role of hand surgery within the plastic surgery domain and its importance in addressing various medical conditions.

Most Common Concerns Addressed
Reconstructive hand surgeries address a myriad of issues, with several standout concerns:

- **Carpal Tunnel Syndrome**: Often arising from repetitive use, this condition compresses the median nerve, leading to symptoms ranging from numbness to severe pain.
- **Rheumatoid Arthritis**: A chronic ailment causing joint inflammation, it can lead to deformities and movement restrictions in the hands.
- **Dupuytren’s Contracture**: Characterized by the thickening of the hand’s fascia, it can cause fingers to permanently bend inwards.

What Patients Need to Know About Hand Surgery
For anyone considering hand surgery, there are some crucial insights to keep in mind:

- **Comprehensive Care**: Hand surgery, under the umbrella of plastic surgery, ensures that patients receive holistic care that values both function and aesthetic appeal.
- **Rehabilitation**: The post-surgery journey often includes physical therapy sessions, which are vital for regaining hand functionality.
- **Tailored Treatment**: Given the unique nature of each hand ailment, plastic surgeons design bespoke surgical plans catering to individual needs.
- **Awareness is Key**: Before opting for surgery, it’s paramount for patients to understand the procedure’s nuances, including potential risks, benefits and recovery expectations. This knowledge ensures that they’re well-prepared for their transformative journey.

Understanding Hand Surgery
Hand surgery stands at the intersection of functionality and technique, combining the goal of restoring physical capability with the delicate fi-
The hand is one of the most intricate parts of the human body. Comprised of a delicate network of bones, tendons, ligaments, nerves, blood vessels and skin, any disruption can significantly impede daily tasks. Restoring such a complex structure demands a surgical approach that is both nuanced and holistic.

Beyond Orthopedics: Though bones and joints are significant components of the hand, surgery in this region is not limited to orthopedics. Addressing the myriad challenges the hand may present requires an in-depth understanding of soft tissue work, nerve repair and even skin grafting. This is where plastic surgeons, skilled in reconstructive efforts, come into play, bringing a multidisciplinary approach that prioritizes both function and form.

Microsurgical Precision: Many hand surgeries involve microsurgery, a subset of surgery that requires the use of specialized microscopes and incredibly precise instruments. Whether it’s reattaching a severed finger or repairing minuscule nerve endings, the stakes are high, and the surgical finesse required is immense.

Collaborative Approach: Hand surgery often involves a team of specialists. Plastic surgeons may collaborate with orthopedic surgeons, neurologists and therapists to ensure the best possible outcome. This teamwork ensures a multi-dimensional approach to care, taking into account the hand’s comprehensive health.

Rehabilitation is Key: Following surgery, rehabilitation is crucial. Physical therapy helps patients regain strength, flexibility and overall function. It’s a journey of recovery where patients relearn essential tasks and steadily progress toward optimal hand function.

Patient Involvement: One of the key aspects of hand surgery is the patient’s involvement. Surgeons emphasize the importance of understanding the procedure, setting realistic expectations and being actively engaged in post-operative care and rehabilitation. This collaboration between the surgeon and patient plays a pivotal role in ensuring successful outcomes.

In essence, understanding hand surgery means recognizing the delicate balance of restoring a hand’s function while maintaining or enhancing its aesthetic appearance. It’s a field marked by continuous advancements, dedicated specialists and the profound impact it has on transforming lives.
Statement of Methodology

Since 1992, the American Society of Plastic Surgeons (ASPS) has been the source of cosmetic and reconstructive plastic surgery statistical trends in the United States, and this series represents more than three decades of procedural data.

ASPS is dedicated to bringing you the most accurate and reliable data in the specialty. For 2022, the Society used data from member surgeons and two affiliated companies, CosmetAssure and PatientNow. Combined, these sources give the data added breadth and depth to provide a more comprehensive report, strengthening credibility as a resource for doctors, patients, researchers and the media.

Since 2000, the ASPS procedural statistics report represents a universal and comprehensive estimate of cosmetic and reconstructive plastic surgery procedures performed by ASPS Member Surgeons as well as other physicians with core training to provided minimally invasive procedures. These physicians are all certified in their specialty by boards recognized by the American Board of Medical Specialties.

ABMS is the umbrella organization for the 24 recognized medical specialty boards in the United States. Established in 1933, ABMS serves to provide information concerning issues involving specialization and certification in medicine. The American Board of Plastic Surgery (ABPS) represents physicians who are certified by ABPS, the only ABMS member board that certifies surgeons in plastic surgery of the face and entire body.

ASPS offers the most comprehensive, reliable statistics on cosmetic and reconstructive plastic surgery procedures performed in the United States. The annual questionnaire was distributed to more than 24,600 ABMS board-certified physicians. An online and faxed version of the questionnaire were made available. A total of 483 active physicians returned questionnaires. Overall, 1,151 active physicians were included in the final sample. Where indicated, this data was combined with procedural data from CosmetAssure and PatientNow.

All responses are aggregated and extrapolated to the entire population of more than 24,600 board-certified physicians most likely to perform cosmetic and reconstructive plastic surgery procedures, resulting in the most accurate census available.

Validity
The results of the survey are based on a 95 percent confidence level with a ±4.42 percent margin of error.
Glossary

**Abdominoplasty**
A surgical procedure to correct the apron of excess skin that hangs over the abdomen. Also known as a tummy tuck.

**American Board of Medical Specialties**
A nationally recognized nonprofit organization that sets professional standards for medical specialty practice and certification in partnership with its 24 certifying Member Boards.

**Blepharoplasty**
Eyelid surgery to improve the appearance of upper, lower or both eyelids.

**Board-Certified Plastic Surgeon**
A surgeon who obtains additional education in the specialty of plastic surgery. The surgeon has satisfactorily completed an approved residency training program and passed a rigorous specialty examination through the American Board of Medical Specialties. This certification is different from possessing a medical license, which is the minimum required by law to practice medicine and is not specialty-specific.

**Brachioplasty**
A surgical procedure to reshape the under portion of the upper arm from the underarm region to the elbow. Also known as an upper arm lift.

**Breast Augmentation**
Breast enlargement by surgery. Also known as augmentation mammoplasty.

**Breast Implant Removal**
To take out breast implants and any scar tissue that formed around the implant from breast augmentation or breast reconstruction patients. Also known as explant surgery.

**Breast Reconstruction**
Plastic surgery techniques that attempt to restore a breast to near-normal shape, appearance and size following a mastectomy.

**Breast Reduction**
Entails the removal of skin and tissue from the breast, followed by reshaping and elevating to create a smaller, more proportionate bust size.

**Buccal Fat Pad Removal**
A surgical procedure to extract the naturally occurring pad of fat in the cheek hollow area.

**Buttock Augmentation with Fat Graphing**
The transfer of fat from one area of the body using liposuction into the tissues of the buttocks. This technique is often referred to as Brazilian butt lift or BBL.

**Buttock Implants**
Silicone-filled devices that are surgically placed deep within the tissues of the buttock.

**Buttock Lift**
A surgical procedure to improve the shape and tone of the underlying tissue that supports skin and fat in the buttock area. Also known as a gluteal lift.

**Burn Care**
A reconstructive surgical procedure to repair skin or tissue damage usually caused by exposure to intense heat or flame.

**Cleft Lip and Palate Repair**
A reconstructive surgical procedure to close a gap in the upper lip and roof of the mouth usually caused by a birth defect when tissues do not completely join.

**Cosmetic Surgery**
Procedures performed to enhance a person’s overall aesthetic appearance by reshaping and adjusting normal anatomy to make it visually more appealing. It is not considered medically necessary and often not covered by medical insurance plans. Recovery can take considerable time before a patient can return to their day-to-day routine. Examples include face lifts, tummy tucks, rhinoplasties and breast augmentation.

**Facial Fat Grafting**
A surgical procedure where fat is transferred from one area of the body to the face to add volume.

**Forehead Lift**
A surgical procedure to correct a low-positioned or sagging brow. Smooths wrinkles that develop horizontally across the forehead and the vertical creases that develop between the eyebrows. Also known as a brow lift.

**Gynecomastia**
A surgical procedure that reduces breast size in men, flattening and enhancing the chest contours.

**Hand Surgery**
A reconstructive surgical procedure to repair, improve or rehabilitate injuries or abnormalities that affect the strength, function or flexibility of the wrist or fingers. Treatments can improve carpal tunnel syndrome, arthritis or trigger finger.

**Head and Neck Reconstruction**
A surgical procedure to rebuild or reshape the face and neck using blood vessels, bone, tissue, muscle and skin from other parts of the body.

**Hernia Repair**
A reconstructive surgical procedure that fixes bulging, usually of the stomach or intestines, through the wall of the cavity containing it. Also known as herniorrhaphy.
Glossary

**Hyaluronic Acid Fillers**
Injections used to diminish facial lines and restore volume and fullness to the face. Hyaluronic acid is found naturally in the body. The dermal filler attracts water, which hydrates the skin and plumps it. This is a minimally invasive procedure. Examples include Juvederm®, Ultra®, Ultra Plus®, Voluma®, Volbella®, Vollure®, Restyline Lyft®, Restyline Silk®, Belotero®, Bovella® and Restyline®.

**Labiaplasty**
A surgical procedure to decrease the size of the labia minora (inner tissue of the female genitalia) so that it is flush with the labia majora (outer part of the female genitalia).

**Laceration Repair**
A reconstructive surgical procedure to fix a tear or cut in the skin, tissue or muscle.

**Lip Augmentation**
A minimally invasive cosmetic procedure where dermal filler, usually hyaluronic acid filler, is injected to plump lips, enhance the contours or diminish facial lines.

**Liposuction**
This procedure vacuums out fat from beneath the skin's surface to reduce fullness. Also known as lipoplasty or suction lipectomy.

**Lower Body Lift**
The surgical removal of excess skin and fat from the abdomen, waist, hips, buttocks and thighs to improve the shape and tone of these areas.

**Lower Extremity Reconstruction**
A reconstructive surgical procedure to restore form and function to an area from the hip to the toes.

**Malar Augmentation**
A surgical procedure to add volume with implants or fat grafting (using the patient's own fat) that lifts the cheeks. Also known as cheek augmentation.

**Mastopexy (Breast Lift)**
A surgical procedure that raises the breasts by removing excess skin and tightens the surrounding tissue to reshape and support the new breast contour. Also known as a breast lift.

**Maxillofacial**
Relates to the mouth, jaw, face and neck. Surgical procedures focusing on this area can restore or improve essential functions such as speaking, chewing, swallowing and breathing. Procedures can be both reconstructive and cosmetic. An example is cleft lip and cleft palate surgery.

**Mentoplasty**
A surgical procedure to reshape the chin either by enhancing it with an implant or reducing the bone. Also known as chin augmentation.

**Microdermabrasion**
A treatment that uses a minimally abrasive instrument to gently sand skin, removing the thicker, uneven outer layer. It helps to thicken collagen in the skin, which results in a younger-looking complexion. This is a minimally invasive procedure.

**Minimally Invasive Procedures**
An alternative to an invasive surgical operation that does not involve anesthesia and can be done on an outpatient basis. The recovery process post-procedure is typically not as intense, long or in-depth as with surgery. Examples include neuromodulator injections, hyaluronic fillers, skin resurfacing and treatments.

**Neck Lift**
A surgical procedure that improves visible signs of aging such as sagging jowls, muscle banding in the neck, or excess fat in the jawline. Also known as lower rhytidectomy.

**Neuromodulator**
An injectable that temporarily reduces or eliminates facial fine lines and wrinkles made from a purified substance derived from bacteria. Injections block the nerve signals to the muscle in which it is injected, making the muscle unable to contract. This is a minimally invasive procedure. Examples include Botox®, Dysport®, Xeomin® and Jeuveau®.

**Noninvasive Fat Reduction**
Nonsurgical, minimally invasive treatment that uses lasers, heat, cooling or sound waves to destroy fat cells which will be removed from the body as metabolic products. Examples include Coolsculpting®, Lipsonix®, Emsculpt®, Vanquish®, Zerona®, Kybella®. Commonly called nonsurgical liposuction.

**Non-HA Fillers**
Injectable dermal filler that uses different active ingredients than hyaluronic acid. It is used to fill in facial lines to reduce wrinkles and is semi-permanent, lasting longer than hyaluronic acid fillers. This is a minimally invasive procedure. Examples include Radiesse®, Sculptra®, Bellafill® and Renuva®.

**Non-HA Fillers**
Injectable dermal filler that uses different active ingredients than hyaluronic acid. It is used to fill in facial lines to reduce wrinkles and is semi-permanent, lasting longer than hyaluronic acid fillers. This is a minimally invasive procedure. Examples include Radiesse®, Sculptra®, Bellafill® and Renuva®.

**Nonsurgical Skin Tightening**
A minimally invasive procedure to firm sagging skin that uses targeted energy to heat deeper layers of skin, which stimulates collagen and elastin production and gradually improves skin tone and texture. Examples include Pelleve®, Thermage® and Ulthera®.

**Otoplasty**
A surgical procedure to improve the shape, position or proportion of the ear. Also known as ear surgery.
Glossary

Skin Treatment
A minimally invasive procedure that improves the appearance of the skin using lasers. Treatments include combination lasers, laser hair removal, intense pulsed light (IPL), laser tattoo removal and laser treatment of leg veins.

Submental Liposuction
A minimally invasive surgical procedure to remove excess fat from under the chin and neck region. It can reduce the appearance of a double chin and contour the neck and jawline. Commonly referred to as chin liposuction.

Thigh Lift
A surgical procedure to reshape the thighs by reducing excess skin and fat, resulting in smoother skin and better-proportioned contours of and lower body.

Treatment of Dog Bites
A reconstructive surgery that repairs wounds to the skin, bones, tendons, nerves, vessels, muscles and joints sustained when a body part is seized with the teeth of a dog.

Tumor Removal
A reconstructive surgery to eliminate an abnormal growth or mass, which may be cancerous or benign, while leaving the surrounding healthy tissue intact. This includes skin cancer excisions.

Pelvic Floor Reconstruction
A reconstructive surgical procedure used to treat pelvic organ prolapse, when one or more of the organs including the uterus, bowel or bladder slip down from their normal position and bulge into the vagina.

Plastic Surgery
A surgical specialty that is not confined to a single organ system involving repairing, reconstructing or altering the human body either to restore form and function or improve its aesthetic. This includes both reconstruction and cosmetic procedures.

Pressure Ulcers
A reconstructive surgical procedure to repair skin or soft tissue injuries that form after prolonged force is exerted over a specific area of the body. Commonly known as bed sores.

Reconstructive Procedures
Surgery or treatments performed to restore function and normal appearance or to correct deformities created by birth defects, trauma or medical conditions, including cancer. It is considered medically necessary and is covered by most health insurance plans. Examples include cleft lip and cleft palate repair and breast reconstruction.

Rhinoplasty
A surgical procedure that enhances facial harmony and proportions of the nose. It can also correct impaired breathing caused by structural defects in the nose. Also known as nose reshaping or commonly referred to as a nose job.

Rhytidectomy
A surgical procedure to reduce sagging of the mid-face, jowls and neck. Also known as a facelift.

Scar Revision
A reconstructive surgery that attempts to minimize markings from an injury so that it is less visible and blends more with the surrounding skin tone and texture.

Sclerotherapy
A minimally invasive treatment to reduce spider veins. The most common treatment involves injecting a solution into each affected vein, causing the vein to collapse and fade. Laser treatments are also available.

Skin Resurfacing
A minimally invasive procedure to remove the outer layer of skin called the epidermis while simultaneously heating the underlying skin, called the dermis. This action works to stimulate the growth of new collagen, allowing the new skin that forms to be smoother and firmer. Treatments include dermabrasion, chemical peels, both ablative and non-ablative lasers and microdermabrasion.
Further Information

Exclusive Full-Color Graphics and Comprehensive Statistical Graphs at Your Fingertips
Full-color graphics and statistical graphs for this release are available by contacting the ASPS Public Relations Department. We invite you to contact us via media@plasticsurgery.org or at (847) 228-3333.

ASPS Spokespersons Network
Looking for expert insights on plastic surgery? The ASPS Spokespersons Network boasts over 100 plastic surgeons from the United States and Canada. They’re not just experts in procedural details but are also well-versed in patient-physician dynamics, emerging trends and even societal impacts like healthcare reform. If you’re a journalist seeking an informed perspective, contact the ASPS Public Relations Department to schedule an interview.

Plasticsurgery.org
The ASPS online newsroom is the most comprehensive site for journalistic research on cosmetic and reconstructive plastic surgery on the Internet. Discover the most comprehensive journalistic resource on cosmetic and reconstructive plastic surgery. At PlasticSurgery.org, you’ll find:
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• Archived data from the National Clearinghouse of Plastic Surgery Statistics

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