

2022 ASPS Procedural Statistics Release



AMERICAN SOCIETY OF
PLASTIC SURGEONS®

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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,



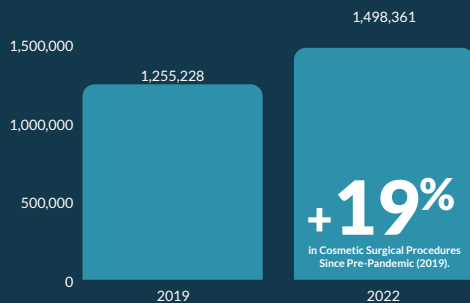
A handwritten signature in white ink that reads "Gregory A. Greco". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Gregory A. Greco, DO, FACS
President, American Society of Plastic Surgeons

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).



Credit: The American Society of Plastic Surgeons Procedural Statistics Release (2022)

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.

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

8% GROWTH IN FACELIFT PROCEDURES

Credit: The American Society of Plastic Surgeons Procedural Statistics Release (2022)

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.

Chest and Core

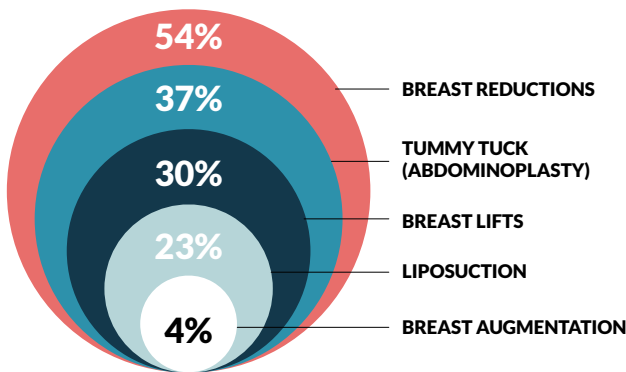
Body-centric procedures maintained a prominent spot in the world of aesthetic enhancements, especially post-pandemic. As many took to the gym or adopted weight loss medications to combat “COVID weight,” plastic surgery emerged as a game changer for many looking to improve stubborn areas that exercise alone couldn’t eliminate, or refine effects of rapid weight loss.

Overall Trends (Continued)

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% since 2019.**

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



Credit: The American Society of Plastic Surgeons Procedural Statistics Release (2022)

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 to-

wards 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

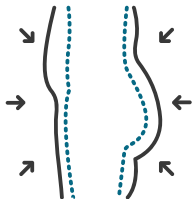
COSMETIC SURGICAL PROCEDURES	2022	Pre-Pandemic (2019)	% CHANGE 2022 vs 2019
COSMETIC SURGICAL PROCEDURES - BREAST			
Breast augmentation (Implant placement for both primary and/or revisions)**	298,568	287,085	4%
Breast implant removals (Augmentation patients only)**	37,679	33,642	12%
Breast lift (Mastopexy)**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

* Data unavailable in prior year.

** Counts of procedures performed by ASPS member surgeons only.

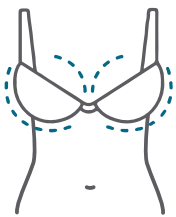
† First year procedure is being reported.

Top 5 Cosmetic Surgical Procedures for 2022



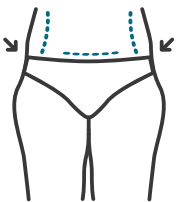
1. Liposuction

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.



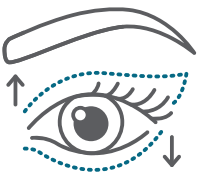
3. Tummy Tuck (Abdominoplasty)

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.

The Rise in Reductions: Understanding Journeys. Celebrating Outcomes.

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.

Cosmetic Breast Reduction Rose
54%
over pre-pandemic numbers



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

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

* Data unavailable in prior year.

** Counts of procedures performed by ASPS member surgeons only.

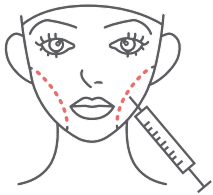
† First year procedure is being reported.

Top 5 Cosmetic Minimally Invasive Procedures for 2022



1. Neuromodulator Injections

These injections, commonly known 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.



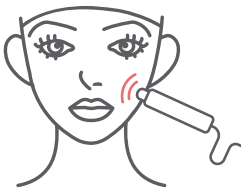
2. Soft Tissue Fillers/HA Fillers

Second in popularity are hyaluronic acid injectable fillers such as Juvederm Ultra®, Ultra Plus®, Voluma®, Volbella®, Vollure®, Restylane Lyft®, Restylane Silk®, Belotero®, Bolvella® 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.

Lip Augmentation Has Entered the Chat: New Entry Is More Than Just a Fairweather Fad

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.

Lip Augmentation Has Entered the Chat: New Entry Is More Than Just a Fairweather Fad (Continued)

- **Ease 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.

tire 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?



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 en-

2022 Reconstructive Procedures

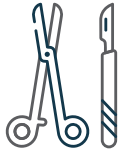
RECONSTRUCTIVE PROCEDURES**	2022	Pre-Pandemic (2019)	% CHANGE 2022 vs 2019
Breast implant removal (reconstructive patients only)	24,316	22,934	6%
Breast reconstruction	151,641	135,996	12%
Burn Care	23,399	25,854	-9%
Cleft Lip & Palate Repair	12,615	13,938	-9%
Hand surgery (i.e., Carpal Tunnel, Arthritis,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

* 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.



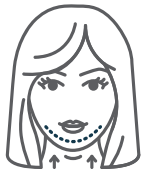
2. Hand Surgery

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, carpal 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.

Hand Surgery: Bridging Form and Function in Reconstructive Care

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.



Hand Surgery is the
2nd Most Performed
in the reconstructive
category

How Does Hand Surgery Fit Within Plastic Surgery?

While plastic surgery broadly encompasses a spectrum of aesthetic and reconstructive procedures, hand surgery stands out as a unique and specialized subset. Many mistakenly associate hand surgery exclusively with orthopedics due to its focus on bones and joints. However, the hand's intricate structure – comprising tendons, nerves, blood vessels and skin – demands a comprehensive surgical approach that considers both function and appearance. Plastic surgeons, trained in microsurgery and skilled in intricate tissue repair, are adeptly equipped to restore hand function while maintaining aesthetic harmony.

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-

Hand Surgery: Bridging Form and Function in Reconstructive Care (Continued)


ness of ensuring visual harmony. Here's a deeper look into the world of hand surgery, the conditions it addresses, and the outcomes patients can expect.

- **Anatomical Complexity:** 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.



Understanding hand surgery means recognizing the delicate balance of restoring a hand's function while maintaining or enhancing its aesthetic appearance.

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.



As the gold standard in complications insurance, CosmetAssure has been providing an extra measure of financial safety and peace of mind to board certified plastic surgeons and their patients for the past 20 years. CosmetAssure works to preserve the surgeon-patient relationship in difficult times when unexpected post-surgery complications delay recovery.



PatientNow is the industry leader in providing integrated EMR, practice management, digital marketing and before & after photo management to power over 4,500 aesthetic practices worldwide to improve efficiency, drive revenue and streamline operations.

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 Grafting

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®, Restylane Lyft®, Restylane Silk®, Belotero®, Bolvella® and Restylane®.

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®.

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

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.

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.

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:

- Recent news releases
- Latest blogs from subject matter experts
- Archived data from the National Clearinghouse of Plastic Surgery Statistics

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