

# Top Plastic Surgery Procedures in the USA

According to the American Society of Plastic Surgeons (ASPS), the top 5 cosmetic surgery procedures in the United States, for 2013 were:

1. Breast Augmentation
2. Nose Reshaping
3. Eyelid Surgery
4. Liposuction
5. Facelift

## The Most Popular Cosmetic Surgery Procedures

The ASPS listed other popular cosmetic procedures for 2013 including forehead lift, neck lift, dermabrasion and tummy tuck. A lot of attention was paid to the derrière area with buttock implants, buttock lifts and buttock augmentation with fat grafting being quite popular.

This is a summary of the top 5 cosmetic surgery procedures for 2013.

### Augmentation Mammoplasty

Breast augmentation, or breast implants, was the number one most popular cosmetic surgery procedure in the United States for 2013. Saline-filled implants, silicone gel-filled implants and fat graft transfer are 3 methods used to perform breast augmentation.

Breast implants increase fullness, improve symmetry and restore volume lost due to pregnancy or weight loss. The cosmetic procedure is also performed for reconstructive purposes after mastectomy surgery.

### Blepharoplasty

Blepharoplasty, or eyelid surgery, is a cosmetic surgery procedure that restores a more youthful appearance to your eyes. The procedure corrects drooping of the eyelids by removing excess skin and fatty tissue in the upper and/or lower eyelid area. Your plastic surgeon may perform laser resurfacing of the eyelid area to enhance your eyelid surgery results.

## **Rhinoplasty**

Rhinoplasty, or nose reshaping, is commonly called a nose job. Besides enhancing ones physical appearance, the procedure is performed to correct breathing problems due to structural defects of the nose, such as a deviated septum.

## **Liposuction**

Liposuction is a cosmetic procedure that removes localized fat deposits from specific areas of the body. Liposuction is used on any area with excess fat such as the hips, thighs, buttocks, abdomen or upper arms.

## **Rhytidectomy**

Rhytidectomy is the scientific name for a facelift and involves the removal of excess facial skin, lifting of sagging muscles and tightening of the skin. A facelift will restore a more youthful appearance and help remove years of aging.

Facelifts are often combined with other cosmetic procedures such as an eyelid lift or neck lift. Once you are completely healed, talk to your MedSpa specialist to investigate minimally invasive procedures such as a chemical peel, microdermabrasion or laser skin resurfacing to complement the youth enhancing effects of the face lift.

## **A Final Word on Cosmetic Surgery Procedures**

Are you thinking of having a cosmetic surgery procedure? Search the MedSpa database and find cosmetic surgeons in your area. Let MedSpa be your go-to resource for information on plastic surgery procedures and minimally-invasive cosmetic procedures. Contact one of the specialists on MedSpa.com for a FREE consultation on a variety of aesthetic and cosmetic surgery procedures.