

5 Popular Post-Vaccine Procedures, According to Plastic Surgeons and Dermatologists

As COVID-19 vaccines become more accessible across states and demographics, first-time and returning patients alike are booking these procedures more than ever.

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"There's been a huge increase in smaller, pick-me-up operations that I think is pushed from people getting vaccinated and feeling that life is going to be happening again," says **Melissa Doft**, a board-certified plastic surgeon in New York City. And after more than a year of exceptional and universal stress, it's safe to say that Americans are ready to boogie — and they want to look their absolute best doing it, with some opting for a few cosmetic tweaks here and there before emerging.

Case in point: Doft's Upper East Side practice, which she says "is all about the body right now." With hope and renewal on the horizon, and our collective eagerness to drop the masks as soon as it's safe to do so, many patient requests have recently taken a sharp turn from heavy downtime facial procedures throughout the pandemic to all eyes focusing on a fun, free summer, one in which they feel a little more confident in their bodies. And to some, that looks like booking one (or more) of these trending post-vax procedures before summer is in full swing.

Doft has noticed a similar trend in her practice, with a recent and sudden uptick in a request for **liposuction procedures**. She attributes the uptick to summer being right around the corner, as well as the world starting to open up again.

"Now there's this rush of like, 'Oh my gosh, July is coming!'" says Doft, of her skyrocketing liposuction procedures. "I'm hearing from patients that the hope is that beaches are going to be open and they might meet someone this summer, and that is really incentivizing people to get ready and kind of freshen up after a really hard time."

Fraxel and other skin laser treatments

Echoing Matassaro and Doft's earlier insights, Boston-based board-certified dermatologist **Mitalee Christman** tells *Allure* that some of her patients are considering less-intensive, energy-based procedures, like the Fraxel laser or radiofrequency treatment Thermage, to improve texture and tighten sagging skin, respectively, as "a way of kind of exerting some control over your appearance and your future after a year where so much was out of their control."

Breast augmentations and breast lifts

Most plastic surgeons expect a springtime increase in breast procedures, but the recent demand for augmentation or lifts is off the charts. Doft says "there aren't enough days in the week" to fit in all of her prospective patients. She attributes this huge push to the growing vaccinated population, "because as more people are getting vaccinated, it also means the window to stay at home and recover comfortably is closing."

Injectables, injectables, and more injectables

Every doctor *Allure* spoke to for this story majorly emphasized the recent and rising demand for **injectables**, notably Botox and filler. "We hadn't really seen too many filler patients over the last year, especially patients who view injectables as more of a treat than a necessity," says Doft. "But Botox and filler are becoming [popular again] now: People want to get their fine lines erased, to have their **cheeks and chin plumped and sculpted**. Lips are coming back, and we're still seeing a huge focus on the jaw."

Doft again credits people getting vaccinated and its accompanying hopeful energy of driving this "huge new trend, the feeling that they're going to have a fun summer, and all of those social reasons."