

The most popular plastic surgery procedures by age

Breast augmentation, liposuction and blepharoplasty top the lists

Elizabeth Siegel | Freelance Writer Tuesday, November 18, 2025



When you look at the most frequently performed plastic surgery procedures, according to the [2024 ASPS Plastic Surgery Statistics Report](#), there are standouts. [Liposuction](#) reigned supreme, followed by [breast augmentation](#).

Yet, the numbers paint a more nuanced picture when you look at the most popular procedures for each age

group. The data can tell us a lot about the features we zero in on at different stages in our lives and about how our approach to appearance evolves as we age.

When you're younger, that can mean "a focus on self-image defining procedures," said [Adam Kolker, MD](#). "But that clock ticks away, and we can run, but we can never hide from genetics and gravity."

19 and under: Breast reduction

See those words and you might think, "My god, who would choose elective aesthetic surgery as a teenager? But there are a few things going on," said Dr. Kolker. "Number one is relief of physical symptoms – and that's really important – and there's another layer to it, which is psychosocial well-being."

30s: Breast augmentation

After pregnancy, patients might experience glandular hypomastia and glandular hypomastia ptosis, and that will cause them to lose volume and notice drooping (respectively), said Dr. Kolker. These changes happen because of the yo-yoing kind of "increase, decrease, increase, decrease in the breast" both during and after pregnancy, which can be exacerbated if someone breastfeeds, Dr. Kolker explained.

"The skin is going to stretch with those changes, and the breast gland itself is going to have some changes, most often a decrease in volume," said Dr. Kolker. "A breast augmentation treats the loss of volume, but it doesn't treat droop, so the combination of a breast lift (or mastopexy) with augmentation starts to ramp up dramatically in the mid to late 30s." Patients in their 30s got 37 percent of all breast augmentations in 2024 and 26 percent of all breast lifts, according to ASPS data.

40 to 55: Liposuction

Pregnancy, perimenopause and menopause can all cause a "fatty redistribution," explained Dr. Kolker. Men have their own version of it: "Dad bod," said Dr. Kolker, because "changes in male hormonal levels are also going to have an impact."

These are usually the lumbar flank area (meaning the love handles) and the trochanteric thigh area (the saddle bags), which are well-suited to liposuction because the skin is relatively thick and elastic. Where the skin is a bit thinner, like the arms or inner thighs, liposuction may still be possible, but "you have to be a little bit more ginger with it, or sometimes cellulite is going to be[come] visible in the area because you're taking away some of the stuffing underneath," said Dr. Kolker. "It's almost like if you have an upholstered sofa and you take some of the stuffing out of it, it's going to look different on the outside."

However, sometimes the areas where patients most want liposuction aren't well suited for it – specifically, on the stomach after pregnancy or for touch-ups after losing weight on GLP-1s. In both cases, the skin might be slack, "and if you've got a little bit of extra skin, liposuction often causes more harm than good," cautioned Dr. Kolker.

Many patients ask about liposuction on the stomach, but "a tummy tuck is the solution to postpartum changes in the midsection," said Dr. Kolker.

55 and up: Blephoraplasty

This is the age when people start to get "extra hooding" on the upper lids, or bags under their eyes, said Dr. Doft. Some people are more prone to puffiness than others, but "everybody experiences it to some small degree eventually, and it's all related to the atrophy of fat," said Dr. Kolker.