

NEWBEAUTY[®]

as featured on newbeauty.com

SUBSCRIBE

NEWBEAUTY[®]

f p t i

FIND A DOCTOR

TREATMENTS

FACE

BODY

HAIR

SPA + WELLNESS

BEAUTY AWARDS

VIDEOS

EVENTS

PRODUCT REVIEWS

TESTTUBE

HOME > FACE > EYE

Bleph Boom: Why Eyelift Patients Are Getting Younger

Why the eyelift isn't your grandma's surgery anymore.

Tatiana Bido

Published: Apr 2, 2025

For years, [lip filler](#) has been the gateway procedure for younger patients dipping into aesthetic enhancements. Now, the eyelift has taken center stage. With the rise of filters, endless virtual meetings and social media’s fixation on a “snatched” look, blepharoplasty has officially become the new “it” tweakment. Once reserved for the AARP crowd, blepharoplasties are having a [major moment](#), and we can’t look away.

Featured Experts

[Q Kelly Bomer, MD](#) is a board-certified facial plastic surgeon in Scottsdale, AZ

[Q David Schlessinger, MD](#) is a board-certified oculoplastic surgeon in Woodbury, NY

[Q Mokhtar Asaadi, MD](#) is a board-certified plastic surgeon in New York

[Q Steven Fagien, MD](#) is a board-certified oculoplastic surgeon in Boca Raton, FL

Going Younger

Social media and remote work have made our faces more scrutinized than ever before. According to Scottsdale, AZ facial plastic surgeon [Q Kelly Bomer, MD](#), “younger patients are constantly seeing themselves on [video calls](#) and in high-definition images on social media, and they’re hyper-aware of how their eyes look.”

SUBSCRIBE

NEWBEAUTY[®]

f p t i

FIND A DOCTOR

TREATMENTS

FACE

BODY

HAIR

SPA + WELLNESS

BEAUTY AWARDS

VIDEOS

EVENTS

PRODUCT REVIEWS

TESTTUBE

Woodbury, NY oculoplastic surgeon [Q David Schlessinger, MD](#) agrees, noting that celebrity influence has also made younger patients more comfortable seeking eyelid procedures. “We are absolutely seeing a shift in the age of people requesting this procedure,” he says. “Early in my career, the average age was 50-plus. Now we’re seeing people in their late 20s and 30s asking for eyelid lifts, mainly because they see well-done results on influencers and celebrities who have set a new standard for what ‘refreshed’ looks like.”

Baby Blephs

Not all eyelid procedures are created equal. Enter the skin pinch, or “baby bleph,” which is a swift solution that trims excess skin on the upper or lower eyelid without disturbing the underlying fat pads. This technique is gaining traction among individuals in their late 20s to early 30s who desire a rejuvenated appearance without committing to full surgery.

Dr. Bomer says most younger patients benefit from subtle tweaks over aggressive surgery. “The lower eyelid skin pinch blepharoplasty, which I’ve been performing for many years, is essential for maintaining a natural, unoperated eye shape,” she explains.

BEFORE

AFTER

This 30-year-old patient sought Dr. Bomer for an upper bleph to address upper eyelid hooding and achieve a fresher look.

NEWBEAUTY[®]

as featured on newbeauty.com

SUBSCRIBE

NEWBEAUTY[®]

f p t i

FIND A DOCTOR

TREATMENTSFACEBODYHAIRSPA + WELLNESSBEAUTY AWARDSVIDEOSEVENTSPRODUCT REVIEWS

TESTTUBE

Q

The Full Monty

For the most dramatic yet natural-looking result, a traditional upper and lower blepharoplasty remains the gold standard. New York plastic surgeon [Q Mokhtar Asaadi, MD](#) says younger patients who opt for the full procedure often have concerns beyond mild puffiness. “Many have prominent nasojugal grooves, [malar bags](#) or upper eyelid ptosis, which require a comprehensive surgical approach rather than a quick fix.”

“There are many moving parts to eyelid rejuvenation,” says Boca Raton, FL oculoplastic surgeon [Q Steven Fagien, MD](#). “It is more than just a skin issue and the best results address the many components of aging including the skin, muscle, tendons and fat.”

Dr. Schlessinger explains that modern techniques have refined the procedure to preserve a natural look. “For younger patients, we focus on maintaining volume and tightening ligaments rather than over-reducing fat, which can create a hollowed-out appearance. The best outcomes come from a strategic approach that balances aesthetics and function.”

Less Is More

Techniques have also evolved to prevent the telltale “done” look. “In younger patients, we don’t want to hollow out the eye,” says Dr. Bomer. “That’s why my approach is designed to preserve volume, conceal incisions well, and maintain the integrity of the natural eye structure.”

Dr. Asaadi, who specializes in lower eyelid procedures, finds that younger patients often don’t need aggressive fat removal. “Most people with [puffiness](#) of the lower eyelids need transconjunctival fat removal because they have good muscle tone and no excess skin. However, those with malar bags that extend lower onto the cheek require ligament release and muscle tightening to create a smoother transition.”

SUBSCRIBE

NEWBEAUTY[®]

f p t i

FIND A DOCTOR

TREATMENTSFACEBODYHAIRSPA + WELLNESSBEAUTY AWARDSVIDEOSEVENTSPRODUCT REVIEWS

TESTTUBE


Q

The Undetectable Era


In the past, patients often hesitated to have the surgery over fears of looking startled or having visible scars, but modern techniques put those concerns to rest. “The biggest misconception is that it will change your entire face,” says Dr. Schlessinger. “But in reality, if done well, it should just look like you’re well rested and more youthful.”

Another fear people have is losing the ability to close their eyes. “We hear this concern all the time, but when a blepharoplasty is performed correctly, it should not affect eyelid function,” Dr. Asaadi says. He also reassures patients about scarring: “In younger patients, subciliary scars heal beautifully with precise execution. The right technique makes all the difference.”

BEFORE



AFTER



Dr. Fagien performed an upper blepharoplasty with left medial canthal web-reduction (to correct a small skin fold near the inner corner of the eye) and lower eyelid contouring on this 37-year-old patient.

Long-Lasting Results

Unlike nonsurgical eye treatments such as injectables, which require regular upkeep, a well-executed blepharoplasty can last a decade or longer. “Younger patients may enjoy results lasting 15 years or more, while older patients typically see benefits for a decade,” says Dr. Schlessinger.

Post-surgery lifestyle choices are critical to the longevity of your results. “[Sun exposure](#), smoking and excessive alcohol use can accelerate aging around the eyes,” says Dr. Bomer. “I always tell my patients that maintaining youthful eyelids requires diligence—wear UV-blocking sunglasses, avoid rubbing your eyes, and invest in a high-quality, medical-grade eye cream suited to your skin type.”

As younger generations become more open to cosmetic surgery, the demand for understated procedures continues to rise. Dr. Asaadi sees this shift as part of a lasting movement: “People don’t want to look like they’ve had work done; they just want to look better.”