

**Date:** November 3, 2025**Readers:** 9,834,000**HELLO!**

# What experts want you to know about Ozempic earlobes

HELLO! Speaks to three board-certified surgeons, Dr Asif Pirani, Dr Raj Dedhia, and Dr Anthony Berlet to unpack the science

In the ever-expanding conversation about GLP-1 weight loss medications like Ozempic, Wegovy, and Mounjaro, a new phrase has entered the conversations, known as Ozempic earlobes.

From Ozempic face to Ozempic breasts, attention is now turning to a smaller, often overlooked feature: the earlobes. TikTok users and patients alike have begun noticing that after shedding significant weight, their once-plump earlobes appear thinner, longer, or even droopy.

Experts say this isn't a bizarre or dangerous side effect of the medication itself, it's simply another sign of how rapid body recomposition can alter soft tissue and skin elasticity. But as with "Ozempic face," the visual change has become a talking point, sparking questions about whether it can be prevented or reversed.

To understand the phenomenon, HELLO! spoke to three board-certified surgeons, Dr Asif Pirani, Dr Raj Dedhia, and Dr Anthony Berlet, to unpack the science behind Ozempic earlobes, what's really happening beneath the skin, and how it can be safely treated.

---

## **Why the term Ozempic earlobes is trending**

According to Dr Asif Pirani, a board-certified cosmetic plastic surgeon, the phrase is simply the latest descriptor for the cosmetic shifts seen with rapid weight loss. "Ozempic earlobes is the newest phrase to describe one of the changes people notice after significant weight loss," he explains. "As more patients use GLP-1 medications like Ozempic, we're seeing a wider range of effects being discussed. Ozempic face is already familiar, but now attention is turning to smaller features, such as the earlobes. Because the lobes are made mostly of skin and fat, when fat volume disappears quickly they can lose their shape and look deflated."

## **How weight loss changes earlobe size and shape**

Earlobes might be small, but they're structurally complex. They consist primarily of skin, fat, connective tissue, and a small amount of collagen, all of which are sensitive to fluctuations in body fat and elasticity.

"When someone loses weight quickly, the fat that gives earlobes their volume disappears, and the skin doesn't have enough time to shrink back," says Dr Pirani. "That sudden loss of support can make the lobes look thinner and deflated."

## **Are these changes specific to Ozempic?**

All three surgeons emphasise that there's nothing uniquely Ozempic about these transformations. "The changes aren't caused by Ozempic itself," says Dr Pirani. "They stem from rapid weight loss, no matter how it's achieved."

## **How Ozempic earlobes can be corrected**

Fortunately, correcting these changes is straightforward, with minimally invasive options available for most patients. "If the main issue is loss of volume, fat can be taken from another part of the body and injected into the lobe, a process called fat grafting," explains Dr Pirani. "If loose skin is the bigger problem, a small earlobe reduction can remove the extra tissue and reshape the lobe. It's a bit like a mini tummy tuck for the earlobe, restoring a firmer, more youthful look."

## When to see a surgeon

If your earlobes appear thinner, droopy, or stretched, or if earrings no longer sit properly, experts recommend seeking advice once your weight has plateaued.

"While you're still losing weight, temporary fillers can help restore balance," says Dr Pirani. "Once your weight has settled, fat grafting or a reduction can provide a more permanent result." Dr Dedhia adds that timing is key.

"Patients should consult once their weight has stabilised. A facial plastic surgeon can determine whether an in-office lift, filler, or combination will best restore harmony with the rest of the face."

## Expert advice on prevention and aftercare

Though the phrase might sound alarming, the experts agree there's no reason for concern.

"There's no need to panic," reassures Dr Pirani. "This is a common and easily corrected issue. Even a small adjustment can make a big difference and help people feel that their appearance reflects the transformation they've worked hard to achieve."

## Expert bios

- **Dr. Asif Pirani**, is a Toronto based board-certified cosmetic plastic surgeon