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Rise of women under 30 having major anti-aging surgery — once reserved for their grandmothers

For Emily Cipryk, the decision to spend nearly \$16,000 on plastic surgery came easy — and early.

At 28, the entrepreneurial influencer found herself looking in the mirror and having regrets about nearly a decade of failure to prioritize sleep — which she felt had left her looking tired and rundown.

The fashionable Torontonion would regularly scroll through her social media and see “beautiful women” she admired, whom she suspected had undergone cosmetic procedures. Soon, she found herself researching how she could achieve similar results. Quickly, she was on a plane to Turkey.

Cipryk is among the growing number of women barely pushing 30 who are openly signing up for major cosmetic surgeries to stave off **signs of aging** — even as experts warn they’re only creating a new set of problems for themselves as they grow older.

But there’s a new, pricey wrinkle in their self-care routines — a growing, social media-fueled pressure to preserve their youth for as long as possible.

They’re taking aging into their own hands, undergoing **intensive surgeries** and skin procedures that were once reserved for their mothers and grandmothers. And that’s putting new demand on New York’s top plastic surgery practices and even abroad in aesthetic treatment hot spots — Turkey and **South Korea** most notably.

Dr. Ryan Schwarcz, a double-board certified oculofacial plastic surgeon and facial aesthetics specialist in the Big Apple, told The Post he’s observed a “seismic shift” in his practice in the last five to 10 years of younger women coming in for anti-aging surgeries and procedures — a phenomenon that has him concerned.

No more (eye) baggage

Aaliyah Ximines, 28

\$9,800 for lower blepharoplasty

For Aaliyah Ximines, a 28-year-old marketing professional from Toronto, prominent under-eye bags were a genetic trait and lifelong insecurity.

For awhile, under-eye skin boosters, which would perk up the area for a few months, kept her happy — but the results would always fade and leave her looking “tired” again.

Ximines tried to address the issue by changing her diet and trialing different eye creams. When that didn’t work, a TikTok she saw of an influencer who got a lower blepharoplasty — a cosmetic surgery designed to address sagging in the lower eyelids — got her thinking that she should try the same, though she had doubts.

“I’d never had surgery in my life — the most I’d had was stitches,” Ximines told The Post. “I was very scared, since this was near the eyes. I started reading all the things that could go wrong, and blindness was one of them...It probably took three or four months of research before I was like, ‘OK, this is something I really want to have done.’”

Anxious about potential pushback, Ximines avoided the social media splash, only telling close family members before she had her lower blepharoplasty, which was funded by her boyfriend. Ximines also chose to undergo the procedure near her home, so she could easily follow up with her surgeon, Dr. Asif Pirani, if needed.

Though Ximines experienced mild annoyances during the three-week recovery period, like not being able to exercise and having to apply eye drops multiple times a day, she described the surgery as “worth it.”

“It’s really helped boost my confidence a lot,” said Ximines. “It’s still a little swollen, but I’ve been going out with no makeup on, doing dinners, and I feel fine. I feel like I see a whole new person.”