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Ricki Lake Celebrates 1 Year Since Her Facelift and Calls It the 'Icing on the Cake' After 40-Lb. Weight Loss

The 'Hairspray' star shared that she surgically removed loose skin from around her chin following her 40-lb. weight loss

By [Charlotte Phillipp](#) | Published on July 18, 2025 05:36PM EDT

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Ricki Lake, one year after her face lift.

Credit : rickilake/Instagram

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The 56-year-old actress, who lost 40 pounds and shared that she underwent a deep plane lower face and neck lift to remove loose skin from around her chin

"One year later, I look back on my brave choice and consider it one of the best decisions I ever made for myself. I share with all of you, as I am an open book and always will be," she wrote on Instagram

[Ricki Lake](#) is reflecting on her cosmetic surgery, one year after the fact.

On Friday, July 18, the former talk show host, 56, shared a candid post to [Instagram](#) where she opened up about her decision to undergo a number of cosmetic procedures exactly one year prior, following her [public weight loss journey in which she lost more than 40 pounds](#).

"One year ago today I did a thing," Lake began her lengthy caption, sharing photos of how her body has changed over the past year, including some photos of her skin pre-surgery.

"Yes, today July 18th, is the one year anniversary of my deep plane lower face and neck lift, plus a mild CO2 laser [a cosmetic tool used to minimize scarring, wrinkles and acne]. I was in the best of hands with my plastic surgeon @drallenfoulad, a true master in his field," she shared, tagging the doctor who operated on her.

Several photos in Lake's post showed her recovering from her procedures, including one shot of her sitting in bed, her head wrapped in bandages with her husband, [Ross Burningham](#), sitting next to her.

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and had the most incredible experience with Dr. Foulad. I

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Lake before and after her cosmetic surgery.

Credit: rickilake/Instagram

According to Lake, the initial decision to undergo surgery came after she experienced loose skin following her weight loss — and her procedures last year were “the icing on the cake.”

“I had lost 40 lbs and did not like the extra skin that hung from below my chin,” the former host wrote. “It was never going to tighten up on its own. Not at 55. Trust me, when I tell you, I still felt extra cute and loved myself regardless, especially after working so hard to get in the best shape of my life.”

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Several other pictures in her post showed the host's recovery, as she posed in New York City without makeup on and wrote that she was "living my best

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Lake prior to her surgery.
Credit: rickilake/Instagram

"One year later, I look back on my brave choice and consider it one of the best decisions I ever made for myself. I share with all of you, as I am an open book and always will be," she finished. "...Thank you to my brave friends (I know who you are) for going first. 🙏❤️"

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 **Ricki Lake is**
seen in SoHo

The *Hairspray* actress and her husband have each shed over 40 pounds since October 2023, when they committed to getting “healthier.”

“On October 26th, 2023, I made a commitment to myself to get healthier,” Lake wrote on [Instagram](#) four months after they began. “My husband, Ross joined me in this effort. Together we have each lost 30+ lbs.

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Lake after her surgery.
Credit: rickilake/Instagram

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continued.

Sharing snaps taken during her weight loss journey, she added, "...I am so so proud of us. I feel amazing. I feel strong. 💪 I will go in depth in another post of what I did exactly, but suffice to say this is the healthiest way I've lost weight in all of my years."

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