



At age 10, Dr. Samieh "Sam" Rizk carved an exact replica of Shakespeare's Globe Theatre out of balsa wood. He soon moved on to molding figures and faces out of clay, manipulating shapes with his own two hands. Twenty years later, he continues his art, only instead of wood or clay, his medium is cartilage. The *Daily Beauty* sat down with the board-certified plastic surgeon (who specializes in the face and neck) to get the scoop on the latest treatments. Ladies: Meet the man who can turn back time.

The Sculpting SURGEON

BOTERO



PICASSO



RODIN

DAILY BEAUTY: How has your sculpting hobby influenced your plastic surgery?

I think the understanding of art and beauty is beyond plastic surgery, and yet they are very related. You don't learn that in medical school or during your plastic surgery residency. You don't learn how to judge beauty. I think it's an innate thing.

Something you're born with ...

Well, you can learn surgical techniques in medical school, but you can't learn how to see and create beauty. Plastic surgery is the only field of surgery that really involves an artistic sense. Sculpting a nose is the same as sculpting a face out of clay, only one needs more recovery time.

Who are some of your inspirations?

Botero has inspired me the most. I like his curvatures. And Picasso, of course. He's famous for painting, but he sculpted as well. Also, Auguste Rodin—his works are very unique.

So tell us, dear doctor: Why do you think our society is so obsessed with avoiding the aging process and preserving youth?

There is a changing view of beauty. People are realizing that they don't have to look older anymore. As time goes on, you see celebrities looking younger and prettier. The average person wants a touch of that magic.

And now they can have it ...

Sure. I think the obsession starts in the thirties with Botox. People are feeling younger; they exercise more. If they feel better, they want to look better, too. It's not a matter of vanity anymore. Now, it's a matter of image preservation and looking the way you feel. And

that's been the changing paradigm.

How has technology impacted what you do?

Because of the advances we have, you won't look unnatural, and you don't need two weeks of down time. You can get fillers during lunch. You can have a neck lift and go back to work in five days.

When is plastic surgery something worth considering, and when should you avoid the knife?

Well, as far as facial aging and making yourself prettier, you can get away with Botox and fillers in your thirties, but once you hit 40, needles may not be enough. For example, once the neck muscles start loosening and you start developing a saggy jowl, the first thing that women should consider is a neck lift. But going under the knife is not what it used to be, because the recovery time is much faster. I pioneered a high definition telescope system that increases the safety, and results in less trauma. I also use tissue glue to help you heal quicker.

What is tissue glue?

Tissue glue is part of my rapid recovery program. I spray it on the neck and face. The body absorbs it in just 2 weeks, negating the need for a drain in your face.

Why is having a drain bad?

Because it's an extra scar. It's a foreign object in your body and can introduce infection into the wound. And after all that, it entails a painful extraction.

Should you mix treatments?

Botox and fillers are complementary and can be done together. Most of the time I will do multiple procedures. If I make one part of the face look younger, I don't want a droopy nose when my patient has a beautiful jaw line. So I can add a little filler—just a couple of millimeters make a big difference.

Describe the perfect face.

Lips are very important—full lips, as are oval-shaped eyes, high cheek bones, definition along the jaw line and neck. That of course goes with my definition of beauty, which my facelifts are based on.

What is your definition of beauty?

Fullness in the cheeks, and a definition along the jaw line. Not a tight look. Tightness is not beauty. The new facelift technique goes deeper, so it looks more natural. Youth is not associated with tightness. The old facelift techniques create too much tightness and not enough definition. What I do is called a modified deep-plan facelift. That's my signature procedure for women 40 and older. It creates definition, and fullness not hollowness. You'll look more natural and more sculpted with defined cheek bones. That is my vision of beauty.

So, who has the "perfect" face?

Angelina Jolie has a very beautiful face. Liz Taylor is very pretty, and Audrey Hepburn—I've always been fascinated with her. She looks like my mom.

