

Face-lifts are down, but not on their way out

Posted on Mon, Nov. 1, 2010

By Gloria Hochman For The Inquirer

Sam Rizk, who is board certified in both otolaryngology and facial plastic surgery in New York, uses a modified version of Hamra's deep-plane lift, which he says reduces swelling and results in a speedier recovery. He performs surgery using a 3-D, high-definition, telescopic camera system to get a better view of the brow, neck, and nose. "It is the eye inside the face," he says, "magnified many times so I can see the interior area more clearly, reduce the length of the incision, and do a safer lift."

Bruce B. Zappan, a Center City podiatrist, chose Rizk as his surgeon on the recommendation of a friend, a plastic-surgery nurse. Zappan, 59, divorced 13 years ago, wanted to look younger and keep up with his 37-year-old girlfriend. Zappan had a rhinoplasty to correct a curve at the tip of his nose, and a blepharoplasty to widen his eyes. He says he had no pain and was back in his office five days later. Every so often, he returns to Rizk for Botox in his forehead. "I feel good about myself," he says. "If I needed any other face work, I wouldn't hesitate to go back to him."



What to ask before the surgery

Some of the top people in plastic surgery offer this advice if you're considering a face-lift: Talk to friends about their experiences and don't forget your hairdresser. He or she is likely to know who does the "best scars." Be sure that the doctor you choose is board certified by the American Board of Facial Plastic and Reconstructive Surgery or the American Board of Plastic Surgery.

Dr. Sam Rizk: Insist that the doctor you are considering show you pictures or connect you with patients who have had procedures similar to what you want. If he or she won't do it, find another doctor.