

Manhattan
Miracle Worker

Facial Plastic Surgeon Sam Rizk, MD, Provides Beautifully Natural Results
In His 5-Star Surgical Suite

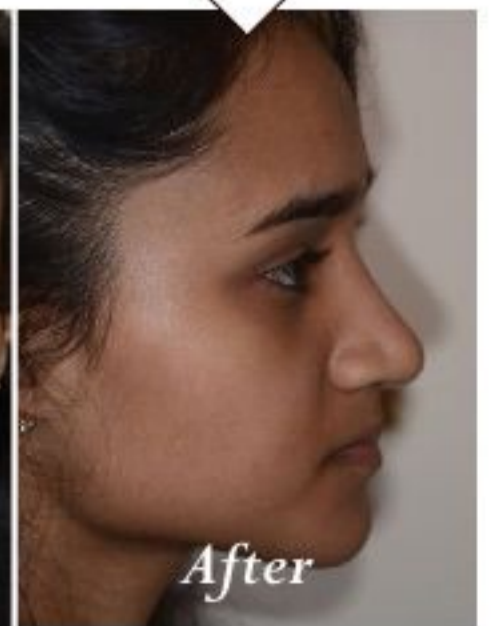
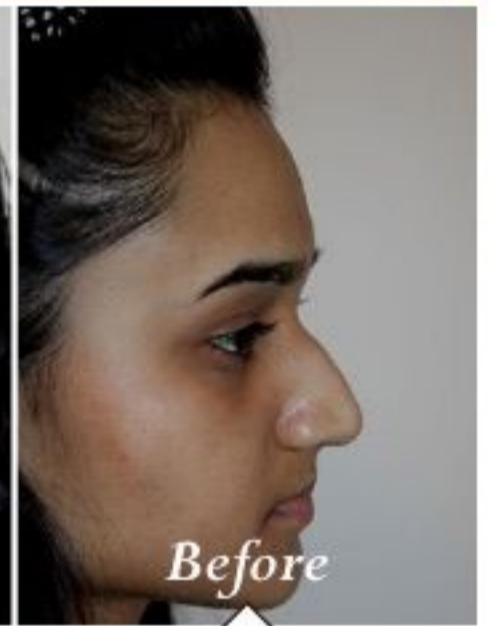




Women and men travel from all over the world to see Sam Rizk, M.D., F.A.C.S. on Manhattan's Park Avenue. Dr. Rizk is best known for his technical skills, innovative rapid recovery protocols, and cutting edge surgical techniques. He embraces advanced methods to offer his patients the best possible outcomes. His artful face and necklifts and natural rhinoplasty results have now become legendary in the region.

What facial plastic surgery procedures are trending among women and men of Middle Eastern and Mediterranean descent? Facial plastic surgery has been on the rise over the past few years in the region. Individuals of Middle Eastern/Mediterranean descent most often desire a refined profile, rejuvenation around the eyes to enhance their natural beauty, and a tighter jawline. Most patients I see want to look better and younger, but do not want to look too tight or overdone. They are interested primarily in nose reshaping, minimally-invasive short scar face and necklifts, eyelid procedures, and platelet-rich plasma (PRP) injections for skin rejuvenation.





tional packing after rhinoplasty. Packing creates more swelling, can be painful, and distorts the appearance of the nose. Tissue glue provides a faster more comfortable recovery. My patients are very pleased with the results as well as the overall experience.

What is unique about your minimally invasive, rapid recovery face and necklift techniques?

These techniques are ideal women in their 30s and 40s who have experienced moderate signs of facial aging, and they can also be adapted for more mature women as well as male patients. These procedure in younger patients offer more subtle changes that are less dramatic than a full facelift. It is particularly effective in tightening the mid face area, from the cheeks and nose to the jowls. In women and men in their 50s and up, we can extend this technique to improve more advanced signs of facial aging, including the jowls and neck. I go over all of the options during the consultation, and then provide my expert opinion on what

procedure will best meet their aesthetic goals. My philosophy is to customize each operation to the individual patient to achieve the look they want with the shortest scars and least risk and recovery. It is truly a bespoke method in my hands.

What kind of experience can your out-of-town patients expect? We strive to offer five-star, white-gloved concierge service to all of our patients including out-of-town guests. I see patients from England, Italy, Austria, South Africa, Egypt, Saudi Arabia, Kuwait, and many countries in Asia and South America as well as across the United States. We also offer consultations by SKYPE for our international patients, and my staff speaks Arabic and Spanish.

We request that out of town patients arrive in New York one or two days before their surgery for an in-depth consultation. Most will stay in New York for one to two weeks after facial plastic surgery to fully recover before they take a long flight home. This allows them to have all sutures removed, and most bruising and swelling resolve before they see their friends and family. My staff is on hand to help with all of the planning, and can assist with reservations at luxury hotels near our office, such as the Carlyle Hotel, The Surrey, The Mark, and The Pierre.

While resting in a hotel suite, patients can order meals from the best restaurants on the Upper East Side, and request limousine transfers, private nursing care, massage therapists, makeup artists and hair stylists. Within a few days after surgery, many patients may be ready to enjoy New York City shopping, museums, theatre and restaurants. My staff and I often make hotel calls for checkups and dressing removal.

Tell us about your training and experience? I earned my medical degree through an acceler-



What is unique about treating patients from the region?

One of the distinguishing features of the Mediterranean and Middle Eastern nose is a prominent nasal bridge. The high dorsum is often accompanied by a drooping tip, which can cause the nose to appear disproportionately long. We often see patients who want to refine or reduce their nasal hump, lift the nasal tip, correct a drooping nose, and narrow the nostrils to enhance the profile and provide a more balanced appearance. Thick skin can cause the nose to appear larger than average and also makes refining the nasal tip difficult. Poor cartilage support can create the appearance of a poorly defined nasal tip that provides for a weaker base during the rhinoplasty. The tip often requires the use of cartilage grafts to make it stronger and more elegantly defined. I use a combination of cartilage grafting as well as suture techniques to narrow the tip cartilages in the Middle Eastern nose. I like to be conservative to avoid over-sculpting the bridge of the nose because this will not match most Middle Eastern patients' other facial features, and will not look natural. The biggest challenges are the patients I see who have had previous nasal work done and require extensive revisions to correct an old-style rhinoplasty, too short tip or scooped bridge. Among the benefits of thicker skin are delayed lines and wrinkles, however, it requires good skills to redraping the skin and neck to achieve skin smoothing effects with face and neck lifts. I have a great deal of experience helping Middle Eastern and Mediterranean patients achieve their aesthetic goals, while remaining true to their ethnic identity and minimizing any risks associated with the procedure.

I have a great deal of experience helping Middle Eastern and Mediterranean rhinoplasty patients achieve their aesthetic goals, while remaining true to their ethnic identity and minimizing any risks associated with the procedure.

How do you use regenerative medicine, the use of stem cells and platelet rich plasma (PRP) in your facial plastic surgery?

Regenerative medicine is a global mega trend, and its role will only get bigger in years to come. I am currently using platelet-rich plasma (PRP) for facial rejuvenation on its own and in conjunction with other procedures such as fat grafting and face and necklifts. PRP is rich in platelets and growth factors, which are known to stimulate stem cells. Stem cells boost our naturally supply of collagen, the protein that gives skin the ability to heal itself.

Specifically, I use PRP for improving skin texture, volumizing the face, hands, and neck, treating fine lines and wrinkles around and below the eyes, plumping under eye grooves, minimizing wrinkles and lines around the mouth and eliminating acne scars and stretch marks. The results we are getting are impressive and long lasting.

Tell us about your Rapid Recovery procedures?

I have pioneered various innovative techniques including of 3-dimensional high definition endoscopic rhinoplasty and the use of shorter internal incisions to achieve a natural result with precision and a rapid, painless recovery.

In these procedures, a 3D telescope is connected to an imaging system so I can see muscles, blood vessels and other structures during surgery. This makes for a safer, more precise surgery with less bruising, shorter downtime and an easier recovery. This system allows for shorter incisions around the ears and in the hair with by providing up-close-and-personal visualization of facial structures, which can then be lifted or repositioned, via smaller incisions. I also use tissue glue instead of conven-



ated honors program at the University of Michigan Medical School in Ann Arbor This program accepts students right out of high school. It was a tremendous honor. I did an internship in general surgery at Lenox Hill Hospital, then a residency in Otolaryngology/head and neck surgery/facial plastic surgery at New York Hospital and Manhattan Eye, Ear and Throat Hospital. I also completed an American Academy of Facial Plastic Surgery - Certified fellowship in Facial Plastic Surgery in California before I opened my private practice. When I founded Manhattan Facial Plastic Surgery LLC, I wanted to be able to offer my patients optimum comfort, convenience and privacy in a setting where I could combine my artistic background as a sculptor with my technical skills as a surgeon.

Who is your most important mentor? Both of my parents were born in Egypt. My father trained in the UK as an anesthesiologist and was then invited to come to New York to work at a prestigious hospital. I have followed in his footsteps in many ways. He instilled a solid work ethic and strong family values in me. All work and no play is never a good thing. I am passionate about my practice, but always make time for my family and friends. I enjoy spending quality time with my wife and two young sons, just as I did with my own father when I was a boy ■

Tap for more

