

LVM EXCLUSIVE



VOL. XI | SEPT 2023

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AND MORE

FASHION MANIA

PHOTO BY RUDY ARIAS | MODEL: NATALIE APONTE | DESIGNER: SAMUEL YEUNG

BEAUTY | FASHION | ENTERTAINMENT

Celebrity Double Board-Certified Plastic Surgeon

SAM RIZK

MD, FACS

by Jules Lavalee



When a celebrity who's clearly indulged in a nip or a tuck goes to great lengths to deny she's had work done, we can't help but roll our eyes. Not only does it perpetuate the antiquated stigmas surrounding plastic surgery, but it conveys a dangerous message that flawlessness is, in fact, attainable.

And then there's 'Real Housewives of New Jersey' newbie Jennifer Fessler, 54, who recently underwent a deep plane facelift and a rhinoplasty and wants to shout it from the rooftops. (Truly, is there anything more refreshing than a Jersey girl!?) Her transparency about the whole process is exhilarating, and her newfound confidence speaks for itself. Ready for the kicker? The photos you're looking at were taken just two weeks after surgery.

The deep plane facelift was to define her jawline and clean her loose neck

New York based aesthetic dentist praised for his work with celebrities, Dr. Rosenthal had his pick of surgeons. But for him, the decision was easy. *Dr. Rizk is the best in his field, says Rosenthal. He's known for natural, incredibly precise results and recovery times that really can't be beat. I was back to work in 10 days.*



It used to be that facelifts were reserved for the over-60 crowd, but people seem to be getting them younger and younger. Is this the future?

DR. RIZK: I am a huge proponent of early maintenance facelifts. For most people, middle age is actually the best time to get significant work done. Not only will the initial change be far less dramatic and noticeable than it would be for a 60 or 70-year-old, but studies have shown that by getting in front of the aging process, there will be less maintenance down the road. And, of course, men and women are eager to embrace that youthful look while they're young and can enjoy it more!

When I operate on someone in their 40s or 50s, the goal is to capture the essence of youth while they still have it. For someone decades older, however, surgery becomes restorative. We're no longer trying to slow the hands of time. We're attempting to reverse it. Patients are really just getting tired of fillers and blowfish lips, which gives the face a doughy, overdone look. But with the latest technical advances, the deep plane facelift makes it possible to turn back the clock in a very natural and long-lasting way.

The best candidates for early maintenance facelifts are those who have



visible signs of aging, such as jowls, facial sagging, and loss of facial contour. For these patients, my surgical goal is typically to reposition the midface, cheek, and jaw and then to tighten the forehead, neck, and eyes without any visible tension. Though it sounds extensive, I've developed a technique with minimal scarring or swelling that empowers patients to resume normal activities (except for heavy exercise, of course), within a week.

Recently, I operated on Real Housewives of New Jersey Star Jennifer Fessler, who at age 54 was experiencing many of the signs of aging that I just described—the jowls, the sagging, just a lot of visible fatigue. As you'll see in the before and after pictures, which were taken just days ago, by the way, she doesn't look like she's had work done at all. Really, she just looks like the best version of herself. A subtle, natural result that reflects the nuances of each patient is always my goal, and early maintenance facelifts are one of the best ways to achieve just that.

For more information on Double Board-Certified Plastic Surgeon Sam Rizk, MD, FACS, log onto www.DrSamRizk.com.



gobbler and the rhinoplasty was to remove bump and lift / refine tip.

The man behind the magic is Double Board-Certified Facial Plastic Surgeon [Sam Rizk, MD, FACS](#), a surgeon who's renowned for his natural approach and incredibly precise bruise-free technique. Are you ready to help us shatter some of that stigma surrounding plastic surgery?

Sam Rizk, MD, FACS is an internationally renowned expert in the complex field of facial plastic and reconstructive surgery based in New York. He has written and lectured extensively on current concepts related to facelifts, rhinoplasties, neck lifts, and other facial plastic surgery procedures, and is frequently contacted by colleagues and worldwide media to offer his unique opinions. Named as one of New York City's top plastic surgeons, Dr. Rizk is a Fellow of the American Academy of Facial Plastic and Reconstructive Surgery.

Sam Rizk is a surgeon who's quickly gaining a reputation as the Doctor's Doctor. Dr. Rizk recently performed a deep plane facelift, eye lift, brow lift, rhinoplasty, and laser resurfacing on Dr. Larry Rosenthal. A well-known