

# the **Real Housewives** *daily dose*

**Tuesday, October 4, 2011**

## **A Dose of Paul Nassif Part 2**

Over the past few months, have had the privilege of getting to know one of our favorite Housewives husbands, Dr. Paul Nassif. Last month, we posed A Dose of Paul Nassif: Part 1. Here is the second part to our interview with Paul.

We want to thank Paul and his wonderful wife Adrienne not only for doing interviews with us, but for their unending support of the Real Housewives Daily Dose!

### **You are an amazing and well-known plastic surgeon. Someone on your Facebook page even said you are the “Michelangelo of plastic surgery.” How did you become a plastic surgeon?**

I have a paper I wrote when I was in the sixth grade where I expressed my dream of becoming a doctor. This fascination with medicine continued for the rest of my education. In college I volunteered in emergency rooms and I was able to observe surgery first hand. After completing my undergraduate education I decided to attend USC medical school. When it came time for my residency I decided on University of New Mexico (Adrienne’s alma mater). I became an expert at rhinoplasty and facelifts and this was my favorite part of my training and so I decided that facial plastic surgery was my calling. I specialize in ethnic and revision rhinoplasty and helping people regain their confidence is extremely rewarding. In 1999, I opened an office in Beverly Hills (see the practice’s site at [SpaldingPlasticSurgery.com](http://SpaldingPlasticSurgery.com)) with Dr. David Amron and we are still doing well doing what we love. I wish my mother could see my success. She was the one who hoped that I would become a doctor, and not a day goes by that I don’t think about her. If it weren’t for her I wouldn’t be here today. I love you, mom.

### **We all know those people out there who have just gone too far with plastic surgery. In your opinion, how far is too far?**

First of all, a good candidate is someone who has realistic expectations, and no psychological disorders or health problems. People who want a refreshed look with a facelift or someone who is considering rhinoplasty because their nose has bothered them since they were in their teens are some examples of good candidates. However patients with body dysmorphic disorder always go too far because no matter what you do, they’ll never be happy. When you start messing with things that don’t need to be fixed, you begin to look like a plastic surgery freak. There are people who want to look unnatural and have overdone faces and noses, and as a doctor, part of my job is to consider the goals of the patient and to see if what they want makes sense. The doctor should never do something that they are not comfortable with and should always listen to their gut instincts – and only do procedures that are within their skill set.

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## **What is your number one tip for women who want to keep their face looking young, but are not quite willing to get plastic surgery?**

Stay out of the sun and wear sunscreen, no smoking, use good skincare products and consider having a Hydra Facial at Spalding Plastic Surgery. I also recommend fillers like Botox or Dysport. The primary factor that will dictate how someone is going look is their genetics, followed by environmental factors and living a good lifestyle. It's all about preventative maintenance and taking care of yourself. If you do that you can put off the dreaded aging process.