

*Plastic surgeon and Botched! co-host Dr Paul Nassif tells HELLO! about his most memorable transformation – and why he decided to bring his Beverly Hills practice to the UK*



# DR HOLLYWOOD

**A** successful facial and reconstructive surgeon in his own right, Dr Paul Nassif has also starred in seven series of E!’s television show *Botched!*, with new episodes coming in 2023. But far from resting on his laurels, the 60-year-old California-based father of four has opened an outpost of his NassifMD Medical Spa chain in Manchester.

“This is really an extension of me and my office in the US,” he says of his new aesthetics clinic (below). “You can even book consultations with me via Skype. We hope to open one in London soon, as I have a lot of patients who fly out to Beverly Hills for surgery.”

Here, Paul discusses the pros and cons of being a high-profile surgeon, his new skincare range, the latest treatments – and how to know when enough is enough...

**Paul, what made you decide to specialise in reconstructive surgery?**

“I was training in head and neck surgery when I came across a young boy who had been attacked by dogs. We had to do a lot of reconstruction and that’s really what got me

interested and excited in reconstruction and then the aesthetic component.”

**What’s your favourite thing about working in Beverly Hills?**

“I’m from California so it feels natural to me. But I think the best thing has to be working with such a wonderful team of surgeons, staff and partners, too. We have such great people that work there.”

**Have you noticed any trends in California that haven’t reached the UK yet?**

“I have to say the English folks aren’t too far behind the Californians, and I think that’s down to social media making things more mainstream. The trend now is for neck lifts and I think that’s due to ‘tech neck’, everyone looking down at their phones. We’re also doing more eye rejuvenations since people started focusing on that area after wearing masks for so long.”

**Who has been your most memorable patient from *Botched!*?**

“Well, it’s memorable in so much as it was life changing. We had a lady in season three who hit her nose while driving a moped in Italy. She had a surgery, which was okay, but she didn’t want to leave the house because of how her nose looked. “She came to us on *Botched!* and presented with clear fluid coming out of her nostril.

“In my mind, I wondered if the fluid is trauma from the brain. So we did a CAT scan and it came back that there was no fluid leak but she had two or three large aneurysms in her brain that were close to popping, which would

have killed her. So we got her to a fantastic doctor, had them fixed and then did her nose. So that was a wonderful transformation.”

**What are your top tips for finding the right surgeon?**

“They do say you get what you pay for, which can be true. Make sure you go to the right board-certified surgeon, who has experience and does the procedure you’re looking for all the time. Make sure you dot all your Is and cross all your Ts in regards to looking at before and afters, the reviews and getting the most from consultations. The communication you have with the surgeon is so important.”

**What’s the most challenging thing about being a cosmetic surgeon?**

“Managing expectations. We make sure we explain to patients what they can expect from a procedure, but sometimes it goes in one ear and out the other – no matter how many times we tell them.”

**Do you ever turn down patient requests?**

“We do that all the time on *Botched!*, when people don’t need surgery or because they’ve gone too far. If someone has a plastic surgery addiction or body dysmorphia, we might try to explain why they don’t need a procedure, but sometimes it needs psychological intervention.

“Ninety per cent of what we do as surgeons is listening and a lot of the time the reasons people give for wanting surgery make sense – but sometimes they don’t.”

**What are the pros and cons of being a high-profile surgeon?**

“When you’re on a show you get to showcase your work, which is important – but at the same time we are honest about plastic surgery and its dangers.

“The only negative thing is sometimes when people see you do procedures on TV they get false hope. Some people think that if they see us it will be perfect, but nothing’s ever perfect.”

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**What inspired you to start your skincare line, NassifMD Dermaceuticals?**

“I’ve always loved skin and a product line is an evolution of what I do – we wanted to bring it to the masses. When I do facial surgery, I notice that most skin is not exfoliated properly and is very dry. The precepts are exfoliation, protection, nourishment and hydration. We have found great active ingredients and have incredible antioxidants and retinoids.”

**What’s your favourite way to unwind after a tough day at the clinic?**

“I try to work out every morning, which is so important. But mostly spending time with the family and playing a little golf at the weekend.”

For more information, visit [nassifmedspa.co.uk](http://nassifmedspa.co.uk).

