



quickklist

Message



1,027 posts

5,251 followers

306 following

Travel, Fashion, Beauty

Personal Blog

Your best source to learn the hottest new products & everyone's favorite things, including travel spots, fashion, beauty products & more! [#quickklist](#)

My Favorite Things



AMIR KARAM, MD
Facial Plastic Surgeon
San Diego, CA

Book

Shoe Dog

Vacation Spot

The One and Only in Palmilla Mexico

Skin Care Product

KaramMD :)

Gift to Give

Don Julio 1942

Cologne

Pasha

Instagram

Ray Dalio @principles

Shoes

Ons

Sunglasses

Oliver Peoples

Clothing Brand

John Varvatos

Restaurant

Ken's Sushi, San Diego

Movie

Rocky

Jeans

J Brand

Secret Tip

Lightly slapping your face helps stimulate collagen



quickklist It must be our lucky day 🍀 to feature the esteemed [@dramirkaram](#), voted Best Cosmetic Surgeon in San Diego 7x!! Swipe 📱 to see all of his favorite things!

A world-class facial plastic surgeon, Dr. Karam knew he wanted to be a surgeon as a young boy when his mother had heart ❤️ transplant surgery. Seeing the joy her physician brought to her was a defining moment, and Dr. Karam knew then he too wanted to help others through medicine. 🙌

A facial plastic surgery specialty was ideal with its perfect blend of surgical precision, artistry & creativity. After graduating at the top of his class, he pursued surgical 🧠 training in otolaryngology, head & neck surgery, followed by a fellowship in advanced facial plastic & reconstructive surgery, offered to only 40 people each year. 😊 Yep, that means he's board-certified in TWO specialties! 🙌

One of Dr. Karam's proudest accomplishments is his creation of his procedure, Vertical Restore™ Facial Rejuvenation. After thousands of hours in the OR, Dr. Karam redefined facial rejuvenation with this unique approach that uses customized fat transfer to replace facial 😊 volume so your face looks balanced & rejuvenated. Check out the amazing transformations on Dr. Karam's Insta!

Dedicated to giving back, Dr. Karam volunteers with FACE to FACE, providing surgery to victims of domestic violence. He also donates his skills to veterans, among others. 🙌

So honored to have you on Quickklist, Dr. Karam, we'd fly in tomorrow for treatment if we could! 💜 Btw I think we're all going to be slapping our faces 😊

📱 So much great info at [dramirkaram.com](#) and check out Dr. Karma's new skincare line [@karammdskin](#)! Great YouTube & Tik Tok too!