

# Medicine + Aesthetics

DOCS IN DOWNTIME

## LITTLE DETAILS

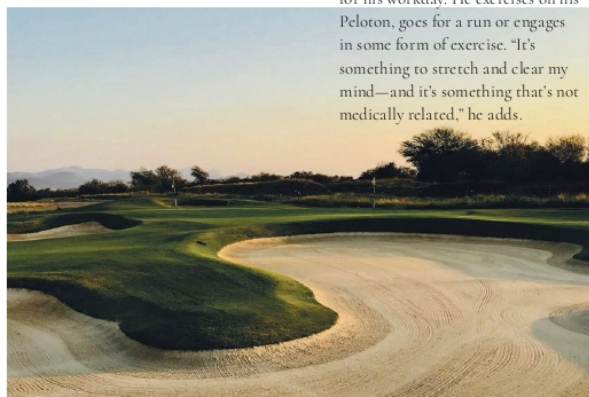
The newest member of Premier Image's cadre of plastic surgery specialists finds time to balance family, work and play in his day-to-day operations. *BY ASHLEY WU*



In July, Dr. Paul P. Daraci joined the team of plastic surgery experts at Atlanta's Premier Image ([premierimage.com](http://premierimage.com)) clinic as the head of the cosmetic rhinoplasty department. Ever since he was selected by American Academy of Facial Plastic and Reconstructive Surgery Director Dr. Louis DeJoseph to join the team, Daraci has been dedicated to rejuvenating the appearances of his clients. Well-versed in a wide variety of treatments, including rhinoplasty, hair transplants and injections, Daraci's workdays stay packed. But that doesn't mean he doesn't find time for himself—here's what the top doc does when he's not busy making Atlantans look oh so fab.

### 5:15AM

An early riser, Daraci dedicates his morning to activities that strengthen the mind and body in preparation for his workday. He exercises on his Peloton, goes for a run or engages in some form of exercise. "It's something to stretch and clear my mind—and it's something that's not medically related," he adds.



### 8:30AM

On clinic days, work begins at 8:30AM sharp. Daraci likes to start his days organized. "I sit down and review the schedule, my cases, my patients and my surgeries," he says.

### NOON

With an ultrabusy doctor's schedule, lunch isn't always a viable option. On these days, Daraci turns to his tried-and-true lunch replacement: "a cup of coffee, dark, nothing added." But when he can sneak away for a few minutes, the doctor can be found at Alon's Bakery, which has two convenient locations in Dunwoody and Morningside, ordering sandwiches. "It's my favorite place," he says of the award-winning cafe. The casual-quick market atmosphere gets him in and out in a jiffy, and then he's back to the practice, fueled and ready to go.

### 5PM

After getting off work, Daraci often makes time for a round of golf at one of Atlanta's top-tier courses. And while he loves to golf, he admits the sport isn't exactly his forte. "I wouldn't say I'm necessarily good, but I think that's why I like the game so much—it's something that I can work on," shares Daraci. On the weekends, he relishes the opportunity to hone his skills further—and we're sure it won't be long before he's hitting eagles and birdies left and right.



### 7PM

For the family-oriented doctor, dinner is an important communion he shares with his wife, Ashley, and son, Luka. Every night, he and Ashley spend time cooking together while "the little one runs around and wreaks havoc on the house," he adds with a laugh. "That's something my mom and dad raised me to do—we always have dinner together as a family," says Daraci. Once it's time to dig in, the couple sits down at the table to eat together, refreshingly with no technological distractions.

### 9PM

Daraci's sense of precision extends into his personal hobbies. As an amateur watchmaker, he appreciates the detail work integral to the craft. After dinner, he enjoys spending his time tinkering with the many parts to build functioning timepieces. "Watchmaking combines two things I really like," says Daraci. "Both the watches themselves and the work are very meticulous and detail oriented." Capping off the evening, Daraci heads to bed between 10 and 11 so he's ready to go again at the sound of his sunrise wake-up call.

FROM TOP: PHOTOS BY EDGAR CASTRO/UNSPASH; BY MICHAEL KAUFMAN/GETTY IMAGES; BY EDWIN COMPTON/UNSPASH; COURTESY OF DR. DARACI