

# *“Daily Mail”*

March 15, 2000



## I've got my youth back

LISA TER HAAR, 43, is director of a media communications firm. She is separated and lives in Ealing, West London, with her children Alice, 12, and Grace, nine. She says:

**T**HE ageing process begin to take its toll in my mid-30s. It seemed to take me so much longer to look awake first thing in the morning. Three years ago, I realised my face was suddenly looking tired all the time, even when I felt quite perky, and I knew I had to do something about it.

I didn't feel desperate, but the increasing evidence of sun damage to my forehead, rather hooded eyes and a drooping brow was getting me down.

I did some research on the various options and decided on laser re-surfacing. However, my surgeon, Mr Jeya Prakash, advised me that while laser resurfacing would boost my skin, it would not solve the drooping problem.

He suggested more radical surgery — a mid-face lift — which entailed 'lifting' the brow and cheek area.

The skin could then be resurfaced with the Erbium laser, which burns away the top layer of skin to reveal younger-looking skin underneath.

The cost was £6,000, but I was quite prepared to use my savings and the risks seemed fairly minimal.

I didn't feel nervous before surgery — just a little apprehensive. The operation took two hours and I stayed in hospital overnight.

There was little real pain afterwards — but I looked barely human. My face was red



and swollen, and I had purple eyes. My daughter Alice was horrified and said: 'Mummy, why did you do this to yourself? You look awful.'

Panic came over me: would I be permanently disfigured? I kept looking through half-closed eyes for signs that the swelling was going down, but it was a week before things began to improve. During that time, I



Thrilled: Lisa looks ten years younger after her brow-lift

felt so vulnerable that the thought of anyone touching me made me want to scream and I felt guilty because I was scared the children would cuddle me and knock my face.

At that point, I thought that I should have spent the money on taking them to Disneyland.

However, after three weeks my face was only slightly swollen and, after ten weeks, it had settled down.

I was thrilled, not because I had a new face, but that I had my old face back — the one I'd been very happy with ten years before.

■ THE Surgical Advisory Service: 0171-637 3110.