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marie claire



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PLUS

Penélope Cruz's hot new love affair ★ Everything you always wanted to know about plastic surgery

everything you've always...

NOSE JOB (RHINOPLASTY)

Surgeons can reshape the bridge and tip of your nose, alter your nostrils and change the angle between your nose and upper lip. The most commonly requested procedure is a nose reduction, where the bone and cartilage that form the shape of the nose is cut away. The nose is approached by cutting into the nostrils, so there's no scarring on the face. But if the nostrils then look too wide, a tiny piece of skin is removed from the floor of each nostril, which will result in two tiny scars. Contrary to popular belief, there's not a hammer in sight, and if your nose does need to be broken, it's fractured in several places and then gently pressed into position – but the anaesthetic means you won't feel a thing. The nose job is the pièce de résistance of cosmetic surgery, so find a surgeon who specialises in noses rather than a cosmetic all-rounder. **Lasts:** a lifetime.

Pain rating: Most surgeons in the UK prefer to do this operation under general anaesthetic, so that there is no pain during the procedure. Afterwards, however, it's a different story. You will have minor bleeding for the first couple of days, and the dressings you wear will make breathing through your nose extremely difficult. You will also need to wear a firm splint over your nose to hold the bones in their correct position and the whole area will be tender for about three weeks. Sneezing is a big problem, so hay fever sufferers should not have the operation in high season.

Scarring potential: Tiny scars at each side of the nostrils, bruising and swelling, particularly round the eyes.

Cost: from around £3,000.

Time off: An overnight stay in hospital for the operation, plus three weeks off work if you want to completely conceal the fact that you have had surgery.

FACELIFT

It might not be obvious from the lifted faces of ageing celebrities, but facelifts don't come on a 'one size fits all' basis. Surgeons adapt their technique according to your age, face shape and features. There are two basic types – the traditional one, which just stretches the skin across the face, and the newer double-whammy lift, known as S.M.A.S. This not only tightens the skin, but also firms the underlying muscle, so that the skin on top is a much better fit. There's no real difference in price, but the S.M.A.S. operation can take longer and is technically more difficult – so make sure you find a surgeon experienced in performing it. Both types of facelift incorporate an extra 'tuck' under the chin if necessary.

Facelifts alter the lower half of the face – the way they work is a bit like tucking an imaginary piece of hair behind the ear, pulling at the temples so the skin is stretched and sag-free. If it is sagging



NOSE JOB, before



NOSE JOB, after



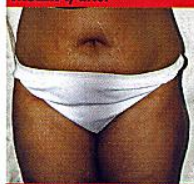
FACELIFT, before



FACELIFT, after



LIPOSUCTION, before



LIPOSUCTION, after

brows and forehead you're most worried about, you might be better off opting for an endoscopic brow lift. Using keyhole surgery at the top of the forehead (behind the hairline) to stretch and tighten the skin on the eyes and forehead, it does not require an overnight stay, but facial swelling will last a few weeks and hair loss around the fringe sometimes occurs.

Another new procedure which is currently causing a stir in New York is the mid-lift. This is also designed to work on the upper face, but it leaves less of a scar because the incisions are made in your lower eyelid. However, this procedure is still in its early stages – one in four patients experiences complications and has to return to the operating theatre for corrective surgery.

You can have a brow lift done at the same time as a regular facelift. Cheek lifts, lip enhancement, eye-bag removal, chin augmentation and liposuction can all be added to the basic facelift. (See 'Pick N' Mix', over.)

Lasts: The younger you have your first facelift, the more mileage you'll get from it. Surgeons generally agree that 40 is the earliest you can go under the knife, but a lift at 40 will last ten years, as opposed to the six or seven years you'll get if you leave it much later. Also, the longer you

From top: most people who have a nose job ask for a reduction; the younger you have a facelift, the longer the results will last; liposuction can remove stubborn areas of fat on hips, bums and thighs, but can't banish cellulite

wait, the more noticeable the lift will be.

Pain rating: Stitches are normally removed after ten days, so until then you will have an extremely tender face.

Proceed with caution – avoid coughing, sneezing and laughing too hard (so steer clear of episodes of *Friends* for a while).

Scarring potential: The incision in front of the ear leaves a tiny scar; the one behind the ear is a bit bigger – but only your hairdresser need ever know.

Cost: from around £3,800.

Time off: Overnight stay for operation; bandages on for one to two days; stitches removed after seven to ten days; puffiness for two to three weeks.

LIPOSUCTION

For instant fat removal, liposuction uses a metal tube, which is inserted through a small incision in the skin and attached to a strong vacuum pump (or for small areas, like the face and ankles, a syringe). As with much plastic surgery, the rules regarding liposuction are hazy, so you can practically get whatever you want. For example, you can have more than one area of fat removed at once, and there's no upper limit on how much fat can be taken out – most doctors will remove up to 8lb, but confident surgeons will happily siphon off much more than that.

(Surgeons in Los Angeles have been known to remove up to 26lb of fat from one person, arguing that the health risks surrounding obesity are greater than the risks of the operation itself.)

That is the good news. The bad news is that the more fat you have removed, the more fluid you will need to have pumped into your body – and the more pressure you will put on your heart.

Realistically, liposuction isn't designed for achieving serious weight loss – it is for stubborn areas of fat (usually hips, bums and thighs) that even diet and exercise cannot shift. It will not banish cellulite because liposuction goes much deeper beneath the skin's surface, but it will obliterate fat cells so the fatty deposits will not come back.

Lasts: There is no conclusive evidence as yet, but doctors believe that once fat cells are removed, they are gone for good. If you do put weight on after surgery, the fat will simply settle somewhere else.

Pain rating: The larger the area of fat you have removed, the worse the pain will be, but whatever body part you are treating, the pain is pretty bad initially – one patient described it as 'like being trampled by a horse'. Plus, for the first few days after the treatment, you will lose some blood and fluids from the affected area. You may also have to wear a corset to avoid straining yourself.

Scarring potential: Small (2cm long) scars where the vacuum was inserted, plus bruising for about a month. Deep swelling beneath the skin may be lumpy and tender for up to six months, so you may not see the full benefit of the operation for some time. ▷

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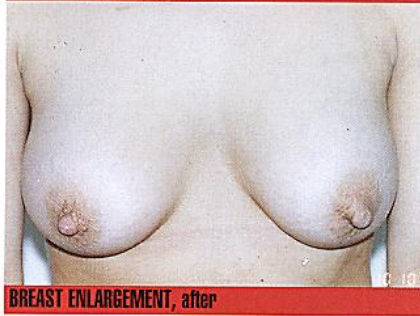
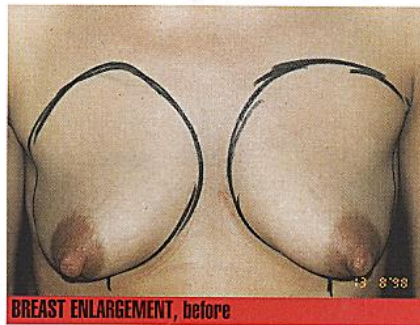
<1 **Cost:** from around £2,000, depending on the size of the area treated.

Time off: It will be seven to ten days before you can go back to work, but exercise is banned until the swelling has gone down – usually a month later.

BREAST ENLARGEMENT

Despite the reported health risks, breast enlargement is still the UK's fastest-growing cosmetic operation. Two squishy pads of gel (usually silicone) or water (salt or soya) are inserted into the breasts via incisions either beneath the curve of the breasts or in the armpits. Once in place, the pads sit behind layers of breast tissue, so they are not noticeable unless you are particularly thin and have less flesh covering the implant. (Water-based pads are more prone to visibility as the liquid inside moves around more than with gel pads.)

Increased sensitivity can be a problem after surgery, although this usually disappears after around six months. Dramatic increases in size can lead to permanent breast sensitivity by affecting the nerves, but surgeons insist this is extremely rare. The health risks of different implants are still hotly debated. In one in ten patients, the breast tissue hardens around the pads, causing the breasts to feel slightly firm, and if your breasts are small to begin with and you increase them by a couple of cup sizes, the skin that



Breast enlargement is the UK's fastest-growing cosmetic operation. After the operation, breasts will look fuller and firmer – but you will still need a Wonder Bra, as it is not possible to create a cleavage

covers them can stretch and appear tight. Breast implants that have been withdrawn by the manufacturers include Trilucent, NovaGold and PIP Hydrogel. (If you are unsure which type you have had or are being offered, ask your surgeon.) There is no evidence to suggest that silicone breast implants lead to an increased risk of breast cancer, but growths may be more difficult to detect since implants can get in the way of mammograms. Breastfeeding is still safe. From an aesthetic point of view, implanted breasts look fuller and firmer, but it is not possible to create a cleavage with implants.

Lasts: at least ten years.

Pain rating: General anaesthetic followed by soreness around the scars and tenderness of the whole chest area for around seven to ten days. Possible sensitivity for up to six months.

Scarring potential: Two scars of about 3cm underneath the breasts or in the armpits.

Cost: from around £3,500.

Time off: Two days for the operation, plus a week to get over the tenderness. ■

PLASTIC PICK N' MIX

These mini-procedures can be done on their own during a lunch hour or added on to a major operation to create your own individualised cosmetic surgery package

LASER RESURFACING

Particularly good for aged, uneven, pigmented and sun-damaged skin, a laser removes upper layers of skin to reveal fresher layers underneath. For severe damage, you can choose to have carbon dioxide lasers, from around £3,000, but milder treatments cost from around £1,500.

LIP INJECTIONS

Collagen is injected into the lips to give a fuller mouth. A local anaesthetic must be administered around half an hour before the treatment, but the injections themselves are over in a matter of minutes. Around £250 per injection (one to two shots are usually required). The effects only last up to three months.

BOTOX

Botox works by injecting a toxin, derived from botulism, into frown lines on the forehead and around the mouth. It relaxes these 'frowning' muscles, so that the skin appears smooth and line-free. Injections take just ten minutes to perform and last for around three months. They cost from around £250 per session. Apparently, stars on Oscar night had their palms done to avoid sweaty handshakes.

EYE LIFT

Using keyhole surgery, the whole forehead – from the hair line to the upper brow line – is tightened to eliminate wrinkles. It is a very tricky procedure to perform and still relatively new, so be sure to find an experienced specialist. It costs from around £4,000.

UNDER THE KNIFE – THE FACTS AND FIGURES

- One in ten Britons would consider plastic surgery if the price was right.
- There are no guidelines governing how much plastic surgeons can charge, so it is worth calling a few different places to get an idea of price. If your surgeon of choice is too expensive, ask him to recommend a junior doctor whom he knows.
- Before you have any surgery, establish whether the price you have been quoted is a 'package price' (including follow-up treatment) or a price for the operation only. If it is the latter, you might have to pay extra for things like removing stitches.
- Surgeons will usually offer you a selection of photographs to consider before your operation, but often like you to find your own images of how you would like to look. If you are very nervous, some doctors also have computer imaging systems so that you can get an idea of how you will look after the operation. Ask about this at your initial consultation.
- If you do not want people to notice that you have had cosmetic surgery on your face, surgeons recommend changing your hairstyle at the same time – then people will think that this is the cause of your new look.
- If you colour your hair, book an appointment before having a facelift, as the hairline scars you are left with will be sensitive to chemical dyes for

several weeks after the operation.

- Stop smoking at least two weeks before surgery as it seriously inhibits the healing process.
- After surgery, avoid taking aspirin as it can encourage bleeding.
- There is usually no pain on the first day after surgery, as the anaesthetic is still having an effect – so before you boast about your spectacular pain threshold, wait another 24 hours.
- You should avoid strenuous exercise, including sex, for up to two weeks after having cosmetic surgery – especially after face and eye operations – as you risk bursting blood vessels that may have been cauterised during the procedure.

USEFUL CONTACTS

To find a surgeon in your area, send an sae with two first-class stamps to the British Association of Aesthetic Plastic Surgeons, Royal College, 35/43 Lincoln's Inn Fields, London WC2A 3PN. For information on BUPA services, call 0845-600 8822. For details about Nuffield hospitals in your area, call 0800-688699 or visit www.nuffieldhospitals.org.uk.

Next month: Everything you've always wanted to know about... becoming a model