

## **YOUR WEDDING DAY....BE GORGEOUS**

I am not only a surgical tour consultant but also a marriage celebrant so I know that when planning for your wedding day there's a lot to think about. To look your most beautiful, I have compiled a list of guidelines and a recommended schedule of treatments throughout the year, leading up to your big day.

### **9-12 MONTHS PRIOR:**

- If you are considering a surgical solution, contact me so that I may send your photographs and requirements to the plastic surgeon so that he is in position to discuss your options, including: breast surgery, body contouring and facial rejuvenation.
- Schedule a consultation with skin centre in Thailand. If you're looking to rejuvenate your skin and create a smoother, more radiant, youthful complexion for your special day, then the clinic will help you realize your goals.
- Begin your advanced skin care regime (Facial Services, Chemical Peels, Microdermabrasion, Body Contouring treatments for cellulite and tightening)

## **EYELID SURGERY**

### **Understanding Blepharoplasty**

Every year, hundreds of thousands of men and women choose blepharoplasty to improve the way they look. Droopy eyelids can make you look older and can also impair vision. Blepharoplasty corrects these problems and also removes puffiness and bags under the eyes that make you look worn and tired. This procedure cannot alter dark circles, fine lines and wrinkles around the eyes, nor can it change sagging eyebrows. Though blepharoplasty is often performed as a single procedure, your surgeon may also recommend a browlift, facelift, or skin resurfacing to achieve the best results.

### **Understanding the Surgery**

In upper eyelid surgery, the surgeon first marks the individual lines and creases of the lids in order to keep the scars as invisible as possible along these natural folds. The incision is made, and excess fat is removed or repositioned, and then the loose muscle and skin are removed. Fine sutures are used to close the incisions, thereby minimizing the visibility of any scar.

In lower eyelid surgery, the surgeon makes the incision in an inconspicuous site along the lashline and smile creases of the lower lid. Excess fat, muscle, and skin are then trimmed away before the incision is closed with fine sutures. Eyelid puffiness caused primarily by excess fat may be corrected by a transconjunctival blepharoplasty. The incision in this case is made inside the lower eyelid, and excess fatty material is removed. When sutures are used to close this kind of incision, they are invisible to the eye. They are also commonly self-dissolving and leave no visible scar. Under normal conditions, blepharoplasty can take from one to two hours.

### **What to Expect After the Surgery**

Immediately after the surgery has been completed, your surgeon may apply tiny sterile bandages. This is not done for transconjunctival blepharoplasty. It is not crucial that the eyes be covered. However, an ointment to prevent dryness of the eye area may be used. A certain degree of swelling and bruising is normal. Cold compresses, as well as head elevation when lying down, will enhance healing and relieve discomfort. Your surgeon will prescribe medication for discomfort.

