

makeover marvel

A 51-year-old female patient describes the process she underwent when Sydney plastic surgeon **Dr Kourosh Tavakoli** performed a combination of procedures to give her a fresh new look. Tara Casey reports.

Gail is a 51-year-old operating theatre nurse with two small children. She decided some time ago that she was unhappy with the overall appearance of her face. After careful reflection and much research she went to see Sydney plastic surgeon Dr Kourosh Tavakoli.

'I'd been thinking about getting something done for some time,' says Gail. 'I didn't get married until I was 40 years old and so had my first child at 40 and my second at 43. Even though people used to tell me that I looked quite young for my age, I still felt that time had taken its toll. There were a few things about my face that I just didn't like, especially around the mouth – the jowls were sagging a bit – and I've always hated my nose,' she explains.

Many patients opt to undergo one procedure at a time but as a veteran theatre nurse Gail was experienced enough to know how to do her research and confident enough to undergo all the procedures she wanted at once.

'I thought, if I'm having an operation on my face I might as well have everything I want done at the same time,' she says.

Gail began her search for the right doctor by asking her colleagues for advice. 'I knew a few doctors and I asked around for their recommendations,' she says.

'Then I looked up each doctor's website and narrowed it down to just two, then saw both for a consultation. I chose Dr Tavakoli because he has a very good reputation.'

Nine months after her initial consultation, she returned to Dr Tavakoli and booked herself in for the surgery.

Dr Tavakoli performed a six-hour operation to rejuvenate her face and refine her nose, comprising a short scar facelift, upper and lower blepharoplasty, rhinoplasty, lip augmentation and finishing with Botox injections in her forehead.

Gail says she was very bruised immediately after the procedures but her profession had prepared her to expect this as a first result.

It's now been five months since her surgery. She says an operation of this scope was bound to take some time to recover from and, though the recovery process has been a gradual one, it was well worth it.

'When I look at myself now I'm really pleased with the result,' she says.

However, it wasn't until she saw Dr Tavakoli's final set of 'after' photos that she realised the full extent of the dramatic changes to her appearance.

'People I haven't seen in a long time know there's something different but can't quite put their finger on what's changed. That's a good thing! I didn't want to look like someone else – I still wanted to look like me but maybe better, or younger and healthier,' Gail says.

'Dr Tavakoli's work on my nose was very subtle, but I really like the result. I have no regrets, I'd do it all over again!' **acsm**



BEFORE



AFTER facial rejuvenation by Dr Tavakoli