



Fiancé Ryan was very supportive of Jessica's procedures.

Before

Getting married was the impetus these brides needed to make the changes they'd always wanted

## NIP/TUCK

# BRIDES

**"I HAD RHINOPLASTY, BOTOX AND JUVEDERM FOR MY WEDDING DAY"**

JESSICA, 25, PHOTOGRAPHER, MARRIED ON JUNE 6, 2009.

"Before my wedding, I was confident about my looks, but I didn't like my profile. I'm a fashion photographer and, as I look at beauty images a lot, I feel that a good profile makes a big difference to your features. I'd been thinking about having procedures for about four years before I took the plunge. I wanted to be 100 per cent happy with my wedding photos, so that gave me the incentive to go ahead with it.

I did a lot of research and sent enquiries to about 10 surgeons before I chose Cosmos Clinic\* in Sydney's Double Bay. I wanted to know the time frame for the surgery, possible

risks, healing time and costs. When I went in for my consultation, I was adamant I didn't want to completely transform my nose. I wanted it to look the same front-on, with minor surgery to smooth out my profile. My surgeon was very reassuring and I was confident he'd give me the results I was after.

I had rhinoplasty 10 weeks before the wedding. The recovery phase was pretty uncomfortable, and I couldn't breathe through my nose because of the stitches. I looked pretty horrible for a week or so – my eyes were puffy and dark bruising extended around my eyes. But two-and-a-half weeks later, I was out and about. There was still some bruising under my eyes, but I could cover it with make-up.

The Botox and Juvederm were more of an afterthought. I have very deep frown lines, which I noticed were extremely prominent

in my engagement photos, and I decided that while I was having rhinoplasty, it would be the perfect opportunity to smooth out my frown lines too. I had Juvederm, a lip filler, about four weeks before the wedding. I didn't want obviously big lips, just a slight enhancement for a fuller look. I still wanted to look like me and definitely didn't want to be unrecognisable.

The only person I told about my procedures was my fiancé; I didn't want anyone trying to talk me out of it. He didn't think I needed anything done, but he understood and was completely supportive. I knew my original profile wasn't terrible and a lot of people would try and sway my decision. I'm thrilled with the results and I'm glad I had the procedures done."

**Rhinoplasty starts from approximately \$10,000, Juvederm starts from \$550, and 50 units of Botox starts from \$750.**

**"I HAD BREAST AUGMENTATION, LIPOSCULPTURE AND BOTOX BEFORE MY WEDDING"**

KATE, 21, BEAUTY THERAPIST, MARRIED ON FEBRUARY 14, 2009.

"I'd always thought about having breast augmentation to boost my confidence. I really hoped to do it prior to my wedding, so I could look my best on the day, as well as enjoy my honeymoon without feeling self-conscious in a bikini. I had liposculpture for similar reasons – I wanted my body to be in proportion. Another thing I wanted to change was my jawline, as it always looked quite square in photos. I was told having Botox injected into the muscles around my jaw would soften this.

Before the procedures, I'd always been happy with my body, but I really wanted to look my best for my wedding. My partner was initially hesitant because of the risks involved, but after meeting my surgeon Dr Tavakoli\*\*, his mind was put more at ease. I chose a medium-sized cohesive gel implant and went from a small B-cup to a D-cup.

A few weeks later, I went back to the surgery for liposculpture, which focused on my upper thighs. When I woke from surgery, I was wearing a special body garment to keep me from swelling too much, and there was some bruising. It took a few weeks for the swelling to go down before I started seeing results.

I had my Botox done at Dr Tavakoli's clinic, Luxe Medispa, by his nurse Sue. It was quite an easy and painless experience. She put some cream on my face to numb the area, then used a series of small injections. After about two weeks, I could really see the difference.

I was thrilled with the results of all of my procedures. I felt amazing on my wedding day and I could wear the dress I wanted without having to worry about padding!"

**Breast augmentation starts from \$10,000, and liposculpture starts from \$5500. ▶**



Kate (right) pre-surgery, with her bridesmaid Abby.

Before

TEXT BY LA UREN CARTER; RENATA GORTAN. PHOTOGRAPHY BY JERRY GHIONIS (WWW.JERRYGHIONIS.COM); SUGARLOVE WEDDINGS (WWW.SUGARLOVEWEDDINGS.COM); \*COSMOS CLINIC (WWW.COSMOSCLINIC.COM.AU); \*\*DR TAVAKOLI (WWW.DRTAVAKOLI.COM.AU).

## “I HAD 18 MOLES REMOVED”

REBECCA, 24, ADMINISTRATOR, MARRIED ON NOVEMBER 8, 2008.

“The moles on my back first appeared in primary school and became more prominent as I entered my teens. I really disliked them, as there were so many and they were quite noticeable. Eventually I visited a dermatologist who told me there was a chance some of the moles could become cancerous later in life. That was the moment I decided to have them removed.

My partner was very supportive of me having the procedure. He was concerned about them becoming cancerous, plus he knew how people’s comments affected my self-esteem. I went in for the procedure eight weeks before our wedding.

It was done under general anaesthetic by Dr Steve Merten from Pure Aesthetics\*.

It took about three months to completely heal and it was quite painful – I had to take 10 days off work and there were lots of sleepless nights. There’s some scarring, but it’s easily covered up with make-up. I’m very happy with the results and it felt great to wear a strapless gown on my big day.”

**Mole removal generally starts from \$285 per mole, depending on the size and location.**



Before

Rebecca was über-confident showing off her mole-free back in a strapless dress.



PHOTOGRAPHY BY GAP DESIGN (WWW.GAPDESIGN.COM.AU); VISUALITY (WWW.VISUALITY.COM.AU); \*DR MERTEN FROM PURE AESTHETICS (WWW.PUREAESTHETICS.COM.AU); \*\*DR ANGELO LAZARIS (02 9299 5504).

Hayley, with hubby Adam, loves her new bright smile.



Before

## “I HAD MY TEETH WHITENED FOR MY WEDDING”

HAYLEY, 31, PROCUREMENT MANAGER, MARRIED ON MARCH 7, 2009.

“Teeth whitening was something I’d been thinking about for a while. I love seeing a nice bright smile on other people and thought my upcoming wedding was a great excuse to have the procedure done myself. Like every bride, I wanted to look stunning on my big day, and I knew having my teeth lightened would really enhance my overall look. To be honest, I wasn’t overly concerned with the appearance of my teeth prior to having the teeth-whitening treatment, but after seeing my gorgeous smile in all the professional wedding photos, I am so pleased I decided to have it done.

I booked in with Dr Angelo Lazaris\*\*, who runs a Sydney-based clinic specialising in cosmetic dentistry. He gave me the BriteSmile treatment, which involves applying a masking agent over my gums and lips to protect them, before painting a special whitening gel on my teeth for four short, 20-minute sessions, during which I was able to lie back and watch a DVD. The gel was activated by a blue light.

I was really happy with the results and would definitely recommend this treatment to others interested in having their teeth whitened. My partner was really impressed with the results as well, and was very supportive of my decision. Dr Lazaris did a fabulous job and is an absolute pleasure to deal with.

I couldn’t stop smiling on my wedding day because I was so happy, and with my beautiful, bright teeth, I had no concerns showing them off all day long!”

**Teeth-whitening procedures start from approximately \$600. COSMO**