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REAL PEOPLE

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28, marketing and
sales manager

**CAN YOU GUESS WHO'S HAD
PLASTIC
SURGERY?**

These days, so many of us are making subtle changes to our appearance that it can be difficult to spot who has been under the knife. Turn the page to find out which women have had surgery – and why. By Lollie Barr

SCOTT MCGALE





REAL PEOPLE

"I've had a chin augmentation"

Rosie Rezo wore braces for two years before undergoing genioplasty in April 2007.

When my boyfriend of nine years, Tony, proposed in 2005, I was so excited, but there was one issue that marred my wedding plans: the photos. Ever since I was a child, I'd been self-conscious in front of the camera – especially in profile shots, as I've always hated my "weak" chin. I felt it didn't jut out enough and looked as though it receded into my face. This was due to my overbite, which means my upper teeth extended over my lower teeth.

My overbite also meant I spoke with a slight lisp, occasionally suffered lockjaw, and sometimes had difficulty chewing. With my wedding coming up, it seemed like the perfect opportunity to correct my overbite and fix my chin. Tony, a car dealer, was quite shocked when I told him I was considering surgery because he

"At 26, I discovered Botox ... I'd rather go hungry than not have Botox! I have it twice a year" Elizabeth Jean, 36

thought I was beautiful as I was, but he was also very supportive of my choice.

The first step was to wear braces for two years to realign my teeth. Then, in April 2007, I had surgery to reshape my chin, which would balance out my profile. I took a picture of my 23-year-old sister, Roula, to the plastic surgeon as an example of how I wanted to look, as she has a lovely profile. The four-hour surgery – which cost \$4000 – involved cutting into my jaw and extending it with metal rods to bring my chin in line with my nose and lips. I went home that day in intense pain, my face masked in compression bandages. When I took them off after two days I looked hideous; I had to take a month off work as my face was badly bruised.

It took about four weeks to really see the difference after the swelling went down, but the change wasn't as radical as I'd imagined. Tony was pleased because he didn't want me to change too much, but I wish it had been a little more dramatic, especially as I'd suffered a month of agony. However, I'm happy with it now and there are shots from our wedding in September 2007 in which I'm shown in profile – and I can honestly say I really like them.

"I've had the works!"

Elizabeth Jean has had liposuction on her thighs; her eyeliner and eyebrows cosmetically tattooed; and her teeth whitened. She has regular Botox injections.

While I have had several procedures, the irony is that most people think I've had a boob job, whereas I'm naturally a G cup. I also once met a woman who thought I'd had a nose job and, despite my protestations, she got upset when I couldn't tell her which surgeon had done it!

I've never been confident about my looks – however, my philosophy is if you're not happy with something, change it. I was 23 when I had four moles removed from my face. It made such a difference to my appearance that I wished I'd done it sooner. From then on, I was more open to the idea of cosmetic enhancement.

Being fair-skinned, I decided I wanted my facial features to be more defined, so I had cosmetic tattooing on my upper and

lower eyelids and eyebrows. A topical anaesthetic was used, but it was still very painful. The results were amazing; my eyelashes look thicker and longer. Now, I never wake up looking washed-out.

About 10 years ago, I had my teeth whitened and laser hair removal on my underarms, bikini line and lower legs. Then, at 26, I discovered Botox. I'd read a magazine article explaining how it could help with migraines, from which I suffered terribly, and although it helped with my headaches, it was the cosmetic results that were most impressive. My eyebrows lifted slightly, which opened up my eyes. Now, I have injections for frown lines, creases on the sides of my nose, and the wrinkles around my eyes – and I'll have it until the day I die. I'd rather go hungry than not have Botox! It costs about \$400 each time, and I have it twice a year.

The most complicated procedure I had was liposuction in 2005. I was out of proportion and wanted smoother lines on my legs. Even though I've put on weight since, my trousers still hang better as the liposuction removed my saddlebags.

I'd have no hesitation in having more work done. Next on the agenda is

blepharoplasty (eyelid surgery), as I've noticed they've started drooping. I'm very open about the work I've had done; I believe it's not about being beautiful or perfect, but being the best you can be, and if plastic surgery gives nature a helping hand, why not? I was once engaged to a plastic surgeon, but he didn't undertake any procedures on me; he used to say I was the most beautiful woman he'd ever seen.

"I'm 100 per cent natural!"

Kat Jade hasn't had any surgery, but admits she wouldn't rule it out in the future.

By the time I reached high school, I was six feet tall (183cm), and feeling body conscious. I towered head and shoulders above everyone else, and felt lanky and ungraceful. I was also flat chested, struggling to fill a B cup. At 17, I toyed with the idea of getting fake boobs, and I remember stuffing my bra to help me imagine what I'd look like with a bigger bust.

Soon after, I was spotted by a talent scout and joined a modelling agency. Suddenly, the physical traits I'd been so self-conscious about were desirable. Modelling gave me much-needed body confidence. I realised it wasn't necessarily the models with the best bodies who got the most work, but, more often, the ones who were most confident in front of the camera. It was then I started to embrace my skinny, long-legged figure. Around that time, Kate Moss appeared in Calvin Klein ads in singlets, and it made me realise that small breasts could be sexy if you were at ease with your body.

Today, I like to wear clothes that draw attention to my collarbones and shoulders, as I think they're my most attractive features. I also have a small waist, which I like to show off in vintage dresses. Like most women, I have some body issues. If there was one thing I could change it would be my feet; they're really ugly and covered in bunions from gymnastics and ballet! And I would love to have a perkier bum.

I certainly don't have anything against plastic surgery, but I'm terrified of needles and don't like the idea of being cut open, so right now it's not an option. However, as I get older I'll probably end up changing my mind – although, rather than surgery, I'd be more inclined to take a gentler route with procedures like skin peels. ▶



"I've had a tummy tuck and a boob job"

Dayna Davidson is mum to two-year-old twins Charlotte and Isabella. She underwent a radical abdominoplasty and breast augmentation in October 2007.

Before becoming a mum, I never imagined I'd have plastic surgery. As a marathon runner and triathlete, I've always been fit and had a positive body image. However, after giving birth to the twins, my stomach muscles stretched and tore to such an extent that they didn't knit back together properly, and I was left with a pouch of skin that hung down over my bikini line.

I started training again six months after the birth and also had three months of physiotherapy, but although I lost 18kg of baby weight, nothing seemed to make a difference to my flabby stomach. Even after eight months of swimming and running, I didn't feel confident enough to put on a bikini, and started wearing support underwear to hold my stomach in. There were physical complications, too, as my abdominal muscles weren't supporting my back, which made exercise painful. It really knocked my confidence.

After speaking to my GP, I decided to try surgery and was referred to a plastic surgeon, Dr Mark Kohout, who suggested a radical abdominoplasty. This involves

making an incision across the abdomen and lifting the skin. The stomach muscles are tightened, the excess skin removed, and the navel moved to its new position. Thankfully, it was covered by Medicare as it's quite common after a multiple birth.

It was my husband, Brett, who suggested I get my boobs done, too. I was shocked at first, but, admittedly, breast-feeding twins had taken its toll, and although my breasts were the same size, they had lost their perkiness. I decided to go from a B cup to a C cup, which cost about \$10,000. While the surgery was painful and I have a thin scar that runs across my lower stomach, I'm delighted to have my body back in proportion and can now fit into my bikini. Meanwhile, my husband loves my new breasts!

"I've had a nose job!"

Kelly Willingale had rhinoplasty in October 2008.

I've always been self-conscious about my nose, which seemed too big for my face. But it wasn't until January 2008 that I thought seriously about surgery. After numerous tests to discover the cause of the sinusitis I suffered - which meant my right nostril was constantly blocked - the ear, nose and throat surgeon found I had a deviated septum, which required surgery. It seemed like the perfect opportunity to change the appearance of my nose at the same time.

I had an operation last October to correct the septum, shorten my nose, and remove the hump from the top. It took about three and a half hours under anaesthetic. My nose was packed for seven days, which was uncomfortable, but not particularly painful; my face was swollen, but only with slight bruising.

When the bandage was removed a week later, I was elated to see myself with a nose that fitted my face. I was open about my surgery, but friends I haven't told will see me and say, "There's something different about you. Have you changed your hair?" That they don't immediately notice my nose tells me it looks natural. The swelling will continue to go down for the next 12 months. I just wish I'd had surgery sooner! I don't expect I'll be having more, though, as I'm happy with how I look now. ■

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