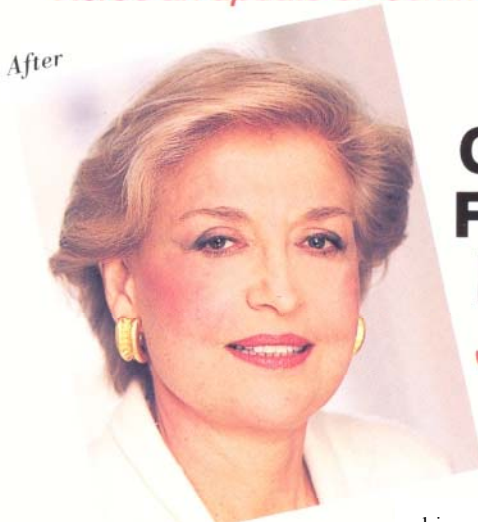


# McCall's

## A GUIDE TO

# COSMETIC SURGERY

Here's an update on common procedures as well as a look at the latest techniques.



### A CHANGE FOR THE BETTER

**J**oan Kowal, a busy New York City wife and grandmother, decided to improve her looks with cosmetic surgery. "I just felt I could look better, not younger," Joan

explains.

So two years ago, in July 1987 at the New York Eye & Ear Infirmary in New York City, Joan had a face-lift (with liposuction), eyelid surgery to remove the bags above and below her eyes and rhinoplasty to reshape her nose.

Her family was very supportive. "My three kids said, 'Go for it, Mom-you only live once,'" says Joan. Yet making other people happy was not her reason for having the surgery. "You do it for yourself-it's between you and your mirror. And it isn't a matter of having a healthy, forward outlook."

After consulting with several plastic surgeons, Joan selected Michael E. Sachs, M.D., P.C., director of research in the division of facial plastic and reconstructive surgery at the New York Eye & Ear Infirmary. "You have to have confidence in your surgeon. A friend had used Dr. Sachs, but I also wanted to go with someone who was young-not so much in age, but up-to-date with the newest methods," says Joan.

Although Joan chose to have the surgery in the hospital, the three-and-a-half-hour operation could have been done in her doctor's office, which has an ambulatory surgical suite. Recalling her state of mind the morning before surgery, Joan says, "I wasn't nervous. I met other people who were having things done .... It was very pleasant."

Joan doesn't remember feeling any pain during or after surgery. After the operation, a bandage was wrapped around her head and chin and was removed the next day, before Joan was discharged from the hospital. "I was a little black and blue near my mouth and around my eyes, and it lasted a couple of weeks," she says.

After two weeks of healing, Joan began to see the changes in her face. "I was happy with the result, and my family *flipped* when they saw me-they loved it," she says. During two follow-up visits, Dr. Sachs removed stitches around her hairline, under the lower eyelashes and in front of and behind her ears. Two years later the scars are barely visible.

Joan works part-time in her son Richard's chiropractic office and was employed there at the time of her surgery. "When I came back, patients asked me if I'd been on vacation-I looked so rested," she recalls. Joan has no regrets about having cosmetic surgery. "I felt very good that I did what I wanted to do," she says.

Two of the techniques performed on Joan were developed by Dr. Sachs. The first known as Fat Melting Blepharoplasty, was used to get rid of her puffy lids and the bags underneath her eyes. Instead of the traditional method of blepharoplasty in which the fat is cut from the lids, a heated needlelike instrument is used to evaporate the fat. "When you melt the fat, you have more control, and it leaves



Joan Kowal (left), shown before having cosmetic surgery to eliminate sagging skin on eye-lids, face and neck and to refine her nose; and today (far left).

a smooth, natural contour to the eye. Plus, healing is better, says Dr. Sachs. The second technique is Finesse Sculpting Rhinoplasty, in which the bone of the nose is thinned and sculpted. Since the bone is not broken, there's less swelling, and less healing time is needed. In addition to the eyelid and nose surgery, Dr. Sachs used liposuction to remove fat from Joan's face and neck. "Liposuction during a face-lift produces a smoother skin foundation," says Dr. Sachs. After this procedure, Joan had a face-lift in which the underlying muscular structure in her neck and face was tightened.



Although she wanted her nose reshaped (left), Joan didn't want it to look unnatural. The result (right): a nose that suits her facial contours.

According to Dr. Sachs, current Manhattan prices for the procedures Joan had done are approximately as follows: face-lift, \$10,000; eyelid surgery, \$5,000; Finesse Sculpting Rhinoplasty, \$5,000. Surgeons often give patients a lower "package" price if they're having more than one type of cosmetic surgery done at once, says Dr. Sachs. "What you're paying for is the surgeon's time, and it would be more costly for him to do one of the three surgical techniques on three different people than to do all of them on one person."

Joan offers some final words of advice for other women who are thinking of surgically improving their looks. "Don't expect a completely new face-that could be devastating," she says. "After the surgery, it's still your face, only better. Remember to set realistic goals."

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