

## TRI-STATE EXTREME MAKEOVER



Dr. Mark Mandell-Brown prepares Joyce Lieser for cosmetic surgery

### Stage Three: Cosmetic Surgery

Everyone keeps asking Joyce Lieser the same question. "Are you nervous?"

"No, not really. Just excited." A pause. "I only hope Dr. Mandell-Brown slept better than I did."

Actually, the entire staff at Mandell-Brown Plastic Surgery Center in Montgomery, where Joyce is scheduled for a face-lift, lower eyelid surgery and rhinoplasty, seems pretty chipper this morning—despite the groggy, no-coffee-yet 8 am appointment. The small examining room is filled: Joyce, her husband Ed, Dr. Mandell-Brown, WCPO-TV photographer Paul

Grundy, reporter/news anchor Tanya O'Rourke and freelance photographer Tina Hofmann. Joyce sits. Everybody leans in to peer at her 57-year-old face.

"We've got the lift, the rhinoplasty and the eye reshaping," explains Dr. Mandell-Brown. "Today we're just doing the lower eyelids. We'll make incisions inside, take out a little fat and then reinject it into the soft tissue. A youthful face actually has fuller cheeks."

"I have plenty more fat if you need it," Joyce offers.

Ed, moving away from the group, shakes his head. "I don't

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**CORRECTION:** In the March issue, several addresses and phone numbers for Extreme Makeover were inadvertently omitted. For correct information, please see page 220.

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Dr. Mandell-Brown begins Joyce's procedure



understand any of this."

"Are you the husband?" someone asks.

"No, I'm just the driver."

Dr. Mandell-Brown addresses the issue of post-op discomfort: "Joyce will have some. If we were doing just a face-lift and her lower lids, it wouldn't be too bad. But because we're reshaping her nose too, she'll likely have more than the average patient. She'll keep her bandages on overnight, but the nose stent will be in for a week."

"How long will I be wearing that elastic chin thing?" Joyce inquires.

Dr. Mandell-Brown catches Ed's eye and tries to hide a smile. "Actually, your husband has asked me to leave that on forever."

Joyce is whisked away for a Valium and a relaxing full-body massage. An hour later, the surgery begins. "The last thing I remember," she relates two days later, "is somebody putting a needle in my arm. And then hearing, 'Joyce, wake up!'"

The following morning, at her first post-op appointment, the bandages are removed. "Nice neck, Mom!" declares daughter Dawn. "It already looks great."

Joyce feels. "Wow. Everything's really

tightened."

One week afterward, the examining room is crowded once more. Everyone peers at Joyce's new face, then oohs and aahs. Her jowls and undereye bags are completely gone. Her nose is no longer bumpy; it's perky. Bruising is minimal, with only light yellow patches remaining on her cheekbones, which now seem higher.

Yet somehow, the overall difference is subtle, not jarring. She looks healthy, happy, rested—and at least 10, perhaps 15 years younger.

"I can't say that any of the procedure or the recovery was what I'd call painful," she insists later. "Except for the worst part, which was having that nose stent removed!"

"This is a two-parter," Dr. Mandell-Brown reminds her. "After your LASIK surgery, we'll come back and do the upper eyelids and laser skin resurfacing. It's important to understand that the face-lift tightens tissues and muscles. Removing surface wrinkles will take place within a month or so."

"You see things that no one else sees!" Joyce exclaims. "I'm so glad. I love that!" ■

## The Tri-State Extreme Makeover Experts



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When considering a facelift, there are as many procedures as alphabet letters. There is the Quick Facelift, the Mid Facelift, the Full Facelift, the "S" Lift, the "J" lift, not to mention the "Weekend Lift."

For Joyce, we will perform what we have brought to the Tri-State: "the Mandell-Brown Natural Lift." Most midwesterners don't want the "overdone" look. With the Natural Lift the tissues are restored to their original position and not over pulled like some of the California stars or those visiting East Coast surgeons.

Instead of taking fat away, we actually add some back to create more youthful fullness around the eyes and cheeks where some other doctors previously recommended over-suctioning or removing.

As we grow older, that fatty tissue simply begins to drop. It's a natural consequence of aging—and, to some degree, heredity. So a

good face-lift is more about restoring than taking away.

In Joyce's case, we performed a lower face-lift, which not only pulls skin; it also tightens underlying tissues and muscles. We also removed fat deposits from beneath her eyes and reduced the bump on her nose. But there's more to come. After her LASIK surgery, we'll go back and remove the fat from her upper eyelids. We'll also use a laser to remove surface wrinkles and perhaps inject a bit of Botox.

When Ed says he doesn't quite understand why this is so vital to Joyce, that's not unusual. Males typically don't change their hairstyles or even their attire. Yet we're now seeing that some 20% of our patients are men looking for rejuvenation treatments because of pressures in the marketplace, a desire to maintain a competitive edge and to look as youthful as they feel.

Also, one of my first patients was a woman whose husband dismissed her desire for a face-lift. But once she had it done, Mr. Against-It began bragging to everybody about "my new, young bride." Ed has already said the most loving, supportive thing a husband can: "If it's important to Joyce, then it's important to me."

—Dr. Mark Mandell-Brown

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