

# Looking *picture perfect* for your big day...

An American report produced in September last year\* noted a growing trend amongst brides-to-be for cosmetic surgery to help create the perfect look for their wedding day, and it's a fashion that is steadily gaining acceptance in Australia.

The most popular procedures for brides-to-be – and often their mothers as well – are wrinkle reduction, facial volumisation, eyelid surgery, rhinoplasty (nose job), breast enhancement surgery (augmentation/lift/reduction), and various other body contouring procedures such as abdominoplasty or liposuction, with many women using their wedding as the perfect opportunity to change areas of their face or body that they don't like. "It's about confidence and quality of

life," says Dr Ellis Choy, plastic surgeon at the state-of-the-art rooms of Zilver Lining in Sydney. "A wedding is regarded as a highly positive event, and the people involved want it to be perfect. That often includes enhancing their appearance."

A fully qualified specialist plastic surgeon, Dr Choy founded Zilver Lining in 2011. His purpose-built practice provides a wide range of non-surgical and surgical plastic and cosmetic procedures, with a specific focus on the latest enhancement and rejuvenation techniques for the face, breasts and skin. "It is not just about the breadth of our practice, it is also about the depth of our service," says Dr Choy. "It is more than just the surgery, it is



*The Zilver Lining rooms in Sydney.*

## *A younger-looking, more refreshed appearance...*



**Before:** This prospective mother of the bride looked older than her years, with sagging tissue beneath her eyes and drooping lower eyelids. She went to Dr Choy for lower eyelid enhancement surgery.

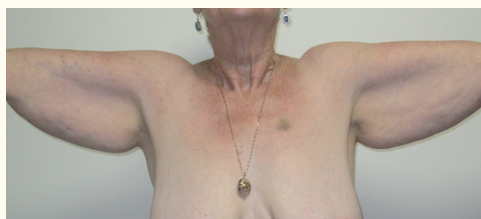


**After - 1 month post-op:** The improvement is already noticeable, with barely perceptible surgical scars.

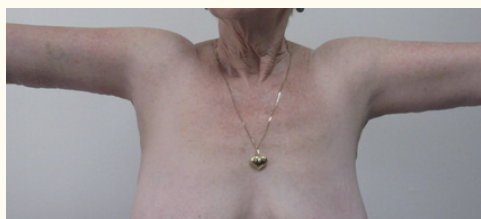


**After - 3 months post-op:** This lady looks younger and refreshed.

## Reducing excess skin and fat on the arms to create a sleek silhouette and increase personal confidence...



**Before:** This lady presented with excess tissue on her arms that she felt was unsightly. She never wore short sleeves and was self-conscious of her arms.



**After:** Arm reduction surgery performed by Dr Choy leaves the patient's arms looking sleek and the patient gains increased personal confidence in her appearance.

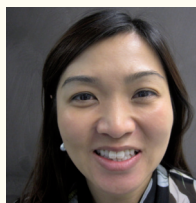
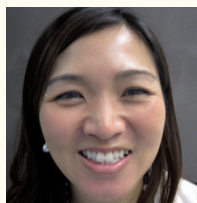
“Following surgery I have lots more confidence and no longer hide my arms under long sleeves. This has made such a difference in my life. I am receiving comments that I seem happier and more outgoing. I am also enjoying shopping for new clothes!”

### Checklist for the wedding party:

- Begin planning any surgery 9 to 12 months before the wedding day
- If you are having breast augmentation, choose your wedding outfit after you have had the procedure
- Schedule any smaller procedures for 3 to 6 months before the wedding day
- Make sure your final appointment is at least one month before the wedding day
- Make sure your partner is supportive of the surgery

### Anti-wrinkle injections chase away fine lines...

This lady wanted to erase fine lines around her eyes using injectables.



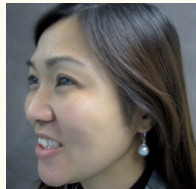
Before...

After



Before...

After



Before...

After

also about what our service will bring to the lives of our patients – a real life augmentation.”

Dr Choy's philosophy of patient-centred treatment and his vision of the role of artistry in his work is encompassed in the design of the Zilver Lining practice. “We deal with form and shape defined by lines,” he says. “As a plastic surgeon, my aim is to bring forth the brighter side of life in our patients. So whilst on the one hand we offer artistry in plastic and cosmetic surgery, on the other we offer a quality of life decision to be delivered in an elegant, creative and special way.”

For brides-to-be considering surgical enhancement, it's not only about looking gorgeous on the day, but also in the photographs that will last for many years afterwards. Whereas the concept of surgery was once considered quite dramatic, today it causes no more surprise than revealing that you colour your hair, and women who have

been considering the treatment for months or years often find their wedding day prompts them to take that final step. Dr Choy recommends that brides-to-be considering surgery make their first appointment at around 9 to 12 months from the wedding date. He will then suggest a timetable for the treatment, depending on what is being undertaken. He encourages a very patient-centered philosophy at the core of his practice, incorporating all his patients' specific needs and concerns in his custom design of an individualised care plan. At Zilver Lining, Dr Choy aims to provide complete care for each of his patients. “Beauty is more than just being pretty, it's from the inside out, the complete experience,” he explains. “This is more than the aesthetic destination. This is also the artistic journey. This is the art of a beautiful bride.”

### About Dr Ellis Choy



Dr Ellis Choy is a fully qualified specialist plastic surgeon. He is a member of the Australian Society of Plastic Surgeons and the Australasian Society of Aesthetic Plastic Surgery. He holds specialist surgical fellowship from the Royal Australasian College of Surgeons (RACS) in plastic and reconstructive surgery. The RACS is the only statutory recognised body for the training of plastic surgeons in Australia.

*\*Report tabled by US plastic surgeon Dr Tenley Lawton.*



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