

ULTIMATE GUIDE FOR THE BRIDE

Cosmetic surgery for the bride-to-be

Planning is essential before the bride-to-be undertakes any cosmetic surgery procedure.



Dr Ellis Choy
Specialist plastic surgeon FRACS (Plast).
Cosmetic, reconstructive and breast surgery

Dr Ellis Choy's timelines for the most common cosmetic enhancement procedures.

- **RHINOPLASTY** This should be performed no later than 12 months before the wedding.
- **BREAST AUGMENTATION** This should be performed no later than six months before the wedding – and before buying the dress.
- **LIPOSUCTION** This should be undertaken no later than six months before the wedding – and before buying the dress.
- **UPPER EYELID LIFT** This should be carried out no later than three months before the wedding.
- **MINI ABDOMINOPLASTY** This should be performed no later than six months before the wedding – and before buying the dress.

Dr Ellis Choy, of Northbridge and Coffs Harbour in New South Wales, is a dual-qualified plastic and general surgeon. He has had many brides-to-be as patients and understands their unique needs. He encourages the bride-to-be to bring her fiancé and perhaps even her mother to her consultations, as he feels that they need more emotional support than the average patient. He also likes for them to have two consultations before surgery, so that they get all their questions answered and are totally comfortable with the impending procedure and results.

Sometimes the mother of the bride also ends up having some surgery, usually a facelift. The most common procedure he performs on the bride-to-be is breast augmentation, followed by rhinoplasty, liposuction, breast reduction and mini abdominoplasty. Dr Choy makes sure that the bride-to-be does not buy her dress before she has had any cosmetic surgery procedure of the body, as the dress may not fit afterwards.

He feels that the motivation for many brides-to-be to have cosmetic enhancement surgery before the wedding is so that their permanent visual reminders, such as photographs and videos, portray them at their best.

Dr Choy spends a great deal of time helping them to achieve this goal.

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