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TRUE STORIES



A bold step to the new me

BY LEAH

It was an odd day. The crew was coming close and as we drove the two hours into Toronto, I wondered how I had got here. I couldn't believe I was going to the breast augmentation surgery.

For years I had been unhappy about my breast size, but here I was, at 26, successful with two teenagers and a professional job to boot. People like me don't get plastic surgery—do they?

My fiancé and I had spent months researching breast augmentations. I went on the internet to find out as much as I could and had talked with several surgeons. I even prepared myself by filling stockings with rice and putting them in a bra to figure out how large I wanted to be.

My children were very excited about it. My son in particular wanted to be reassured that I was doing it for the right reasons. And my fiancé had concerns—by definitely didn't want me to do too big. When I made the final decision to go ahead, there were certain things I knew were important. I felt that when my fiancé was able to talk someone out and I also knew choosing a good surgeon was one of the most important steps I would take.

When I met with Dr. Marc DuPéré I felt completely comfortable. His expertise and manner made me feel very much at ease and he included my fiancé in every appointment.

So here I am, the day that my physical self as I have known it changes forever.

The procedure itself was very straightforward, but I trusted Dr. DuPéré totally. I remember waking up in the recovery room and looking down at myself, thinking how glad I was that I had done this. Yes, I was very nervous and sore, but I definitely knew this was the right choice for me to have made.

Cosmetic surgery is a very personal decision and it's important to give a lot of thought to the reasons you have for doing it. After all, it's a permanent physical change to your body and shouldn't be decided on pass emotion.

My recovery was very fast and each day I got home and later, I was very comfortable about following all the post-operative instructions I had been given and I only ended up missing one week of work. Dr. DuPéré had given me his pager number in case I had problems, but of course I never had to use it. What I like the most was the natural look and feel of my new breasts. That was what I wanted but it was still a surprise.

My first day back at work I was very nervous about how people would react. I was afraid that my co-workers might not respect me as much because I had cosmetic surgery, but I had nothing to worry about. There were very supportive. And within three weeks I was dancing at the office Christmas party.

That was two months ago. On a recent follow-up visit with Dr. DuPéré we looked at the before pictures. I could hardly believe my eyes. What a difference! I'm so happy with the results. The only regret I have is that I didn't do it sooner.

There were a few changes I didn't anticipate. The hardest part was buying bras, because your shape changes in the first several months. Buying suits and business suits are also difficult to buy, because the top is larger than the bottom. I can definitely say I am more conscious of my clothes. If anything, I am more modest because I don't want my breasts to be obvious—but buying new clothes is still a lot of fun.

I guess the answer to my question is YES. People like me can have cosmetic surgery.

DO YOU HAVE A TRUE STORY TO TELL?
Write us at truestories@visageclinic.com, Tel: 416-889-3006 or send us a postcard: **Visage Magazine, 363 Bloor St. E., Suite 1902, Toronto, ON M4W 3L4.**

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