ELEVATE

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ARTICLE HIGHLIGHTS

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BY PAM FULFORD

THREE ALLURING LADIES SHARE THEIR ENHANCEMENT ADVENTURES

WHAT DID YOU HAVE DONE? And why did you do it? Those seem to be the two most common questions we ask when the subject of cosmetic surgery comes up. We just have to know. Maybe we're considering it ourselves and want to make sure our feelings are somehow validated. Or we get some kind of vicarious thrill out of [illegible] appearance.

Sandra Milligan is a case in point. A successful hairdresser who owns H.I.T.E.C. Hair Design in York ville—they specialize in hair extensions—her life has seen many changes over the last several years. She has undergone personal and career transformations, and her first experience into cosmetic surgery was a reflection of that.

"I had never planned to be a hairdresser," says Milligan. The 28-year-old is another straightforward woman who knows what she wants. "My first love was horseback riding—I founded the [illegible] Training Equestrian Club in Sudbury and my career would have something to do with horses." However, her plans were derailed when her car was hit by a drunk driver [illegible] of therapy. I tried riding again but it was painful. The therapist suggested I go back to school, so I decided to take hairdressing." Her journey finally took her to Toronto, where [illegible] happened to be a well-known cosmetic surgeon, Dr. Marietta Zorn.

"I loved body, especially my legs, was very slim due to all the years of riding. When I gained, it seemed to turn to fat. Labor had intervened, [illegible] hips." Imagine Milligan's dismay when the Hallies' hips, [illegible] and out of proportion. It was also hard to buy clothes because her waist was quite small." After discussing it with Zorn, who the doctor would refer to for her appointments, Milligan decided that liposuction on her lower hip and outer thighs would be the best option for her. Exercise and diet hadn't eliminated the fat; maybe surgery would.

"The end results were much better than I had anticipated," confides Milligan. "The whole line from my waist down to my knee is slimmer." She admits that the procedure was very painful for the first week afterwards, and the tingling remained for several months. "However, I don't like taking painkillers, so that had a lot to do with it."

Despite her aversion to pain medication, Milligan decided that surgery was an excellent way to change the things about her body she couldn't change through working out or eating.

Hanning showed a similar determination when she had her rhinoplasty. "People thought I was crazy to do it, but I thought, I don't care. This is something I really want. Afterwards, they all thought my nose looked great."

As for deep mum surgery, all three women agree that they would have more. In fact, Hanning and Milligan have both had their butt done and are enthusiastic about the results. "If you can only change one thing, for your teeth. I felt like I'd had a mini facelift," says Hanning. She and her dentist, Dr. Tavi Bolinger, disagreed about whether she needed periodontal work—he thought she did—and what colour her teeth should be. Laughs Hanning, who took his advice on both, "I wanted this for while, he said a clean white would be more natural. He was right, of course. In the end I got 14 veneers—ten on the top and four on the bottom.

THE STEREOTYPE OF SOMEONE WHO HAS ENHANCEMENTS IS THAT OF A PERSON WHO HAS LOW SELF-ESTEEM; BUT, IN REALITY, THAT IS RARELY THE CASE.

Glenn had consultations with several doctors but ended up choosing Dr. Trevor Born. "A guy I was dating suggested I go to see him and I felt comfortable with him right away." After lots of research, she had a fairly clear idea of what she wanted: a C-cup with the implants being inserted under the muscle for a more natural look. "I'm pretty skinny and was concerned that they might be visible if they were implanted on top of the muscle."

Unlike Milligan, her recovery was relatively easy. Maybe it was the painkillers. "The one rule home was really difficult, but after that I went to bed for two days. I think I slept the whole time," she adds. But three days after surgery, she was up and back driving her car. One of the things she had to do was lose nine [illegible]. One of the definite perks of enlarging her breasts. "I am so proud of them," she laughs. "I used to be shy about wearing a bikini, but not anymore."

As for her family, "Glenn says they were mostly supportive. "My mother didn't think I needed anything, but she did drive me to the surgery. My grandmother, however, thinks they're great." She hasn't broadcast the fact that she had breast augmentation, but says some people have guessed. "One girl at school made an unpleasant comment, but people can be judgmental. I figure that's their problem. I am totally comfortable with what I did and couldn't be happier."

Her sentiments echo those of Milligan, who states her position bluntly. "My family and friends were mostly supportive, but it was my decision. I won't justify why I do things no matter who it is. People are going to have to trust that I can choose what's right for me."

It's changed my profile and my upper lip looks fuller."

The first thing Milligan did when she came to Toronto was to get her smile fixed. "I went to see Dr. Sol Weiss at The Art of Dentistry. He was great. My smile has always been 'gummy', so I had laser gum surgery and he did some bonding and whitening of my teeth. It made a big difference—I'll probably get veneers at some point."

Another favourite is injectables. Milligan has had Artecoll in her lips to define her smile line and make her lips look fuller and heavier. And Glenn goes regularly to Dr. Born for Perlane injections to augment her lips and recently had Artecoll to give them an extra boost. However, not surprisingly, she isn't anticipating any more surgery in the near future. "I'm happy with the way I am now."

Milligan, as befits the creativity of a hairdresser, is much more enthusiastic about having some work done. "I am a very confident person, but I always think there is something you can do to feel better. If you can do it, why not? Cosmetic surgery was like colouring my hair—it revived and illuminated my appearance."

Of the three women—and the oldest in the group—Hanning is most interested in "fighting this aging process" as she puts it. "I am the type of person that takes care of everything—my garden, my house, my car, and my appearance." Cosmetic enhancements are just one tool she uses; vitamins, exercise and healthy eating are also a significant part of her lifestyle. "I don't want to look eighteen again; but I want to look my best. And I don't think this desire comes from a place of insecurity, but a place of strength."

DR. TREVOR BORN | COSMETIC PLASTIC SURGEON