



## ARTICLE HIGHLIGHTS

- > Toronto plastic surgeon Dr. Trevor Born likes to use Restylane or Perlane to plump up lips and smooth out lines or deeper folds around the mouth; he can also inject Perlane along the contours of the jawline to give it more definition. "There will be swelling for three to five days so I recommend having it done two weeks before the event. With permanent fillers like Artecoll, plan on six to eight weeks in advance."
- > Liposuction can be hard to resist when you want to look great in a gown or a tux. Born says that the tummy, saddlebags, inner thighs and love handles are all popular sites for lip. "It takes three to four months for things to settle in, and about a year and a half to see the final results. I recommend having the procedure done at least three months in advance." Breast augmentation can be done a month before your wedding, but Born doesn't recommend it. You need time for swelling and bruising to come down, so three to four months is much better, and remember: about two per cent of patients will experience a capsular contraction. "Let's face it," concludes Born, "you don't heal as well when you're facing the stress of a wedding, so give yourself time to get back on track after having an cosmetic surgery."

