

Mini Face Lift Diaries

by Marlane Landau AE, LMT

April , 2009

First, let us start with a little background on me. I am a 46-year-old mother of two young adults with up and coming families of their own. Yes!!!! This means not only am I a mother I am also a grandmother.

As my kids keep populating this planet, I keep walking by mirrors. I do not look bad for my age but really the older I get the more I look like my older brother. PLEASE. (I have a friend that will attest to this he told me I am virtually his twin). I started to see little differences in my face the past three years. Slowly, these changes came about where I could see shadows under my chin. My oval face became more squared looking and I have the beginnings of the dreaded jowls and a thicker neck. Of course all my friends would say; "you don't need anything done you look good just the way you are." I love my friends and they have to say that but that doesn't change the fact that I still see my brother.



Then one day I am driving the car with Jen, a co-worker and friend in the back seat and my daughter, Koren sitting next to me in the front seat and out of no where my daughter says to me "Mom what's up with that?". I look at Koren and say, "What's up with what? She points to my lower face and she says "those jowls, what's up with your jowls."

OH, MY GOD! In that split second, I knew everything I've been seeing is real. Out of the mouths of babes, as they say, my babe being a 23 year old. Jen is in the back seat her eyes roll up into her head as she is doing the CUT signal across the neck with her hand to Koren. I made my decision right then, a mini face-lift!

I may be a grandma but I don't have to look like one. I scheduled my surgery for September 11, 2009.

August 28th 2009

I am going to take all the steps possible to heal as fast as I can. I start taking Arnica Montana orally and apply Arnicare gel on my skin where I am expecting any kind of bruising, two weeks prior to surgery. I tell my daughter I am having surgery on September 11th. I tell her this because she will be having a baby shower on September 19th and I am going to be a little bruised and still have stitches. Now Koren did not say mom you do not need surgery. Funny!

September 10th 2009

I have groceries, a ride for tomorrow, a friend to stay with me for the evening, a clean home and 4 bags of frozen peas. Frozen peas, you ask...? I'm glad you did. The frozen peas are going to help with bruising. I will ice and ice again with the peas and do everything Dr. Gaudet says because I am not always the best patient but I know he's right. I am very excited for tomorrow.

I know what my friends and family are thinking, but I also know that I'll be charging in there with good thoughts & well wishes for a speedy recovery from all who know me and love me.

September 11th 2009

Surgery day! I'm heading to the office with my friend Traci for an 8:00 appointment. It's nice to be able to have a procedure done like this right in the office with no general anesthesia. Traci will be attending and sending Reiki my way. I arrive and Robyn the medical assistant gives me my instruction, gown and this beautiful blue hair cover, smiles and leaves the room. "I am so ready for this."

Dr. G and Robyn come in at this time to prep me and then let Traci join us but... not only did Traci join us so did Jen and Nancy. I think they were there to party! Surgery started, while my co-workers are having a ball, I was listening to Sara Bareilles's version of "Sitting on the dock of the bay". I was so relaxed I decided to take a nap and a few hours later I'm all dressed up in my compression garment and ready to go home. Nancy brought me home and is staying the evening with me.



I have decided to have this procedure done without pain meds. and as the evening rolls around I find I am glad I did. There seems to be no pain only tenderness and mild discomfort in the neck area from the liposuction and there are anchor stitches just above my ears that feel a little like Frankenstein's bolts other than that nothing. Nancy is very diligent with the icing. The first 48 hours are very important to ice. It helps with swelling, discomfort and bruising.

I am taking two Benadryl and going to sleep on my comfy recliner now all wrapped up in frozen peas, its 9:30.

OMG Nancy is the ice Nazi, Attila the Ice, oh OK she will be known from this day forward as the ICE QUEEN. She woke me up every two hours to add fresh frozen Peas to keep me cold. "NANCY... I took Benadryl tonight."

September 12th 2009

I get to take a shower this morning. Yeah! I feel good, my face feels tight, and it is looking kind of round to me as I am swollen right now. I am surprised to see minimal bruising. I expected much more. I do notice a slight difference in the look of my chin. The incisions look awesome. We are taking pictures today. OK it's the ICE QUEEN again. I need to put my compression garment on. Got to go for now.

Good evening! I had a very nice day today the Ice queen left this morning but I did heed her warnings "Remember the first 48 hours are crucial" so I iced all day. All I smell are peas. Traci is joining me for the evening.



The morning after mug shots. "Where's the stripes?"

September 13th 2009

I slept well last night; I only got up two times to refresh my peas. Mirror time! Face is still round, no bruising to speak of, and my incisions are clean. I still have a swollen chin so I cannot get a real glimpse of how it's going to turn out.

Koren my daughter comes to visit and she brings with her home made soup. Her boyfriend made it for me AWHHH!! Buffalo Chicken Soup.

My 48 hours are over so I can start with warm packs instead of frozen peas. I decided to bag the heat and stick with the ice. It does feel nice to ice when things feel tight. I am in my compression garment until Friday. I still have not taken pain meds not even Tylenol.

Evening time, I have a little light bruising around my ears and down my neck just in spots though. No one would even notice.

September 14th 2009

I look so much better this morning. Some of the roundness has left my face. I am seeing a little of my young chin again. I don't seem to have anymore bruising then I had last night. I am still icing but not as often just when I start to feel tight. There still seems to be very little discomfort.

Traci and I are going to a local pub tonight for a bite to eat. They know me there, this should be interesting.

I just returned from the pub and know one noticed a thing. I even had a young guy try to pick me up tonight! :-) The G- mans work on me is simply amazing!

September 15th 2009

OK I have a little more discoloration than yesterday but still not to noticeable. I am off on a shopping spree today so I'll just keep my hair down. Swelling looks about the same as yesterday. I feel great!

I am taking pictures today for all of you! Traci and I went out for dinner again tonight. I think I can still manage hiding the bruising. I have not had to use makeup yet.

I am going back to work tomorrow morning so I better get my beauty sleep. I put my compression garment back on and ice and off to bed with me.



Day 4 without makeup

September 16th 2009

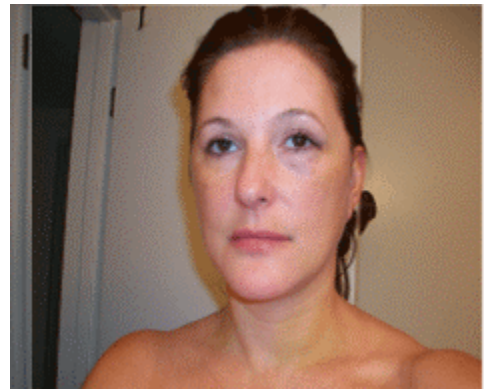
Good morning, it's a work day today! I look into the mirror this morning and HELLO I have a black eye looking back at me. The bruising on my neck is kind of yellowish-greenish looking no black and blue or red. That I guess is reserved for my eye. Thank God for camouflage makeup because I am definitely going to need it today. I am taking picture this morning of the bruising and one with the makeup.

OMG I have just put on my makeup and because all my focus was on my black eye I failed to notice I have my young chin back today!!!! I am so excited. There is still a little swelling and puffiness on my jaw line but what a difference a day makes.

All the office staff was shocked today. They didn't think I needed it done and now they all want it done. I say it took 5 years off, Jen said 10 years. Its funny how much a slight change can change you. My skin even looks younger. I worked a late day today and when I got home was off to dinner with Traci again. There has been no notice of my surgery as of yet.

It was nice to put my head garment on tonight with ice.

Good Morning, a black eye! No Makeup A little camouflage then I'm ready for work



September 17th 2009

Not much difference today with the bruising but the swelling continues to improve. I am looking forward to tomorrow it will be 1 week and I will be having the stitches in front of my ear removed.

September 18th 2009

Yeah! First set of stitches out today and it feels so much better. I'll be able to get the stitches behind my ears out next week. I am continuing to ice in the evening before I go to bed with my head garment on to reduce any swelling I get from the day. It really does feel good to ice. I sleep with the garment on.

September 19th 2009

Today was my big test. My daughter Koren had her baby shower out in the bright sunshine and all of the family and her friends were there. No one noticed a thing. Koren was the only one there that knew I had anything done. Even the black eye was covered so well with camouflage makeup Koren had a hard time spotting it. I love Jane Iredale's camouflage makeup.

September 25th 2009

I am healed. The rest of the stitches came out today there was no discomfort and I feel free. There is still some swelling very slight though and that could be expected for up to 3 months because of the lipo. I look great and I like it the way it is now and can only expect more improvement. Robyn is good at what she does. Dr. Gaudet is an artist in his own profession. I can't wait to show it off :-)



If you are considering a mini face lift in your future and have any questions I'll be more than happy to share my experience. Come on in and take a look for yourself.

Information Nights!

From time to time the girls here at the office like to hold themed evenings for our patients, clients and their friends. We find that it is a good way to introduce all of you to our office and all that we offer. During these special nights we like to bring local businesses in as well to show their wares. If there is anything you would like to talk about, do or see you can call Jen or Marlane at 603-431-5488 or email us @ marlane.landau@nhcosmeticsurgery.com. We love your ideas and will do our best to fulfill your desires.

So far we have held a Spa foot night with wine tasting and have done Lash extension demonstrations, Jane Iredale make-up classes, and chair massage. Some ideas for future events are: Bridal make-up events, Botox & filler nights, Fashion shows the list can go on forever...

The Natural Magic Of Arnica! By Traci Burke, CMA, LMT

Arnica Montana is a yellow "daisy-like flower which was used as a folk remedy in such forms as a tea or tincture/tonic 100's of years ago. They used the Arnica for wound, bruises & swelling to the body.



Today Arnica may be found in numerous forms such as : homeopathy (small tablets / pellets), creams, gels, lotions, etc.

I have been using arnica for many years myself, starting in my early days as a young mother while working with 2 naturopathic physicians. They introduced me to arnica after I slammed my finger in a drawer. I have been a faithful user ever since.

I have found it works well for folks who are going to have surgery. By using the homeopathic form of arnica (tablets) under the tongue 24

hours prior to surgery in conjunction with arnica gel that is applied topically can greatly reduce swelling and bruising that surgery can cause. Whether for eyelid surgery, facelifts, tummy tucks or breast surgery arnica may help you to speed up the healing process.

Arnica in its many forms may be found at any health food store in the area and also at your local pharmacies. Remember if they don't carry it they will order it for you. If you have any questions on Arnica please call your local naturopath, homeopath or call our office.... Traci