MY BLEPH (Upper Eyelid Surgery)

By Jennerifer Graham

Ok so I finally got to the point where I was frustrated with people always asking me if I was tired all the time. Yes I agree that as a mom of two I am tired quite a bit of the time, but I was being asked on a Monday morning when I had the whole weekend to rest. So I decided to do what many of our patients do and that is to have a blepharoplasty (excess skin removed from the upper eyelid.) When I revealed to my friends and family what I was having this done, I always got the same comment "you don't need it". In the end I decided to do what I suggest to people everyday, do this for yourself and no one else. Improving on your appearance is a personal decision and it is something that you do for yourself.

November 12th the night before surgery

I had not been nervous at all until the night before. We were having a get together at the office and one of our patients that had an Upper Eyelid Blepharoplsty one month before was at the event. She noticed that I wasn't my usual self and asked what was wrong. I told her that I was very nervous about my surgery and that I finally understood what patients were trying to tell me when they said it's different when the surgery is on your face. She was very nice and after talking me through my anxiety I really felt much better. We are blessed that our patients often times become our friends. I got home that night and slept great.

November 13th The morning of surgery

OK I would be nervous if I didn't have a zillion things to do. Getting two kids ready and out the door by 6:45 is a magic act. Rick (my boyfriend and father of the 5 yr old) is helping to tame the fight between the 5 year-old and the 11 year-old (my daughter). Now we are in the car and I have taken my Ativan as instructed 2 tablets before getting to the office and bring the rest with me in case I need more during the procedure. I begin to think as it kicks in that I should take this every morning because the banter in the backseat doesn't seem so bad (Rick is driving).
After dropping both children off we arrive at the office where I am greeted with smiles and hugs (and yes everyone gets that treatment if we feel it won't creep you out). I take another Ativan and say goodbye to Rick. I am lead into the surgery room by Robyn (The Medical Assistant) and I am given a gown and a blue surgical bonnet. The gown leaves little to be desired but the bonnet I like a lot. Dr Gaudet enters the room with a warm smile and makes me feel at ease. He makes markings on my eyes and then asks if I need to go pee. Ok awkward but I go since he seems rather adamant about it.

When I arrive back in the room I lie down on the exam table and get comfortable. Dr Gaudet lets me know that he is going to do the first injection of local and that it will sting and burn. I really love it when he keeps his promises, WOW he was right it did burn and then sting. I really don't handle any amount of pain very well so I took another Ativan and elected to have Marlane (our aesthetician and, massage therapist) come into the room and perform Reiki. I have to tell you this helped to calm me down a lot. After he had injected both eyes Dr Gaudet put his hand on the top of my head. That was probably the most calming thing of all. I felt totally at peace and very comfortable.

The rest of the surgery went quite well. I never at anytime had any pain at all. When it was over Robyn applied ice and had me rest for about half an hour. Rick came and picked me up and I was able to see myself in the mirror for the first time. I was a little shocked but amazed at how much of a difference it had made already even though I was swollen.
Upon arriving home I took another Ativan, Tylenol with codeine, applied two wet gauze pads to my eyes and two small sandwich bags of peas and slept partially sitting up to avoid swelling. I slept quite sound until late that evening when I got up to eat. I am told that ice fairies came in to check on me and change out my warm ice. Good thing because ice is key to good healing.

Saturday November 14th

The next day I didn't have any pain at all. I was just very tired so I did what I do best and that is sleep and of course I continued icing. I didn't take any pain medication the only medication I needed the next few days was Advil. I didn't have pain; your lids just feel tight due to the sutures. I am bruised today on both of my upper lids and a little below my right eye I am also swollen.

Sunday November 15th

Not quite as swollen today but still applying ice 20 minutes every hour, it helps a lot not only with the swelling but it alleviates the need for Advil.

Monday November 16th

I am back at work today and feeling well. I am black and blue still and swollen somewhat but other than that it's fine.

Thursday November 19th

Sutures are removed about one week after surgery. It only takes about fifteen minutes to have them removed and it feels so much better after they are gone. I am glad that I had the surgery. Everyone that said I didn't need to have it done were amazed at how "rested" I looked and "refreshed". People that didn't know that I had surgery asked if I had recently been on vacation because I looked so rested.

It has been six months since my surgery and I am very happy with my results. Everyday I look in the mirror and am happy that I don't have that "heavy eye look".
All I can tell you from my experience in closing is that for a surgery that takes place in a comfortable office setting and takes under two hours it certainly made a big difference in my life.

Before

6 month post-op

My new look is subtle, natural and very refreshed with no change in the shape of my eyes.
If you have any questions please call our office 603-431-5488 or feel free to send me an email jennifer.graham@nhcosmeticsurgery.com.
Jennifer Graham
Patient Care Coordinator

JUST SAY NO TO FLANKS

by Nancy A. Bascom

Webster's Dictionary describes our love handles or flanks as the fleshy side of our anatomy between the ribs and the hips. I define our flanks as the fatty side of our waist, impervious to years of diet and exercise. That is why when Dr. Gaudet received a new liposuction machine to use in the office; I decided to have my flanks removed. Years of diet and exercise could not do what two hours of liposuction did in just one morning. It was amazing and fabulous.
The decision was an easy one once I realized all the women of Suite 206 have had their flanks or love handles removed thru liposuction. Robyn and I were the last to enjoy the benefits of this simple procedure. Marlane, Jennifer and Traci, had already had it done. This was an interesting revelation to me that all of us have had our flanks lipo'd. We currently have four women in the office of various ages and sizes. Robyn is in her twenties, Jennifer is in her thirties, Marlane is in her forties and I am in my fifties. We are all different sizes, shapes, heights and weights, but we all share a very common feature, unwanted flanks. I think all women share this common problem called flanks and I don't know of one person who would not like to get rid of them. No more muffin tops in our jeans and dress pants, no more bulges thru our tops and dresses, yes it's a simple idea we can all benefit from …so ladies, just say no to flanks.
Unfortunately not everyone is a lucky candidate, but to those who are Congratulations! I know you'll enjoy the experience and all the benefits. And to any guys out there who may be interested, this procedure works great for you too!

The following song was written for Dr. Charles J. Gaudet
in appreciation for his talented work and exceptional skill.

F l a n k l e s s
(Melody: Jack the Knife)
I have no flanks on my right side
I have no flanks on the left
I am flankless for the first time
and honey, I have no regrets.
It's amazing and it's wonderful
and to that I can surely attest.
But it's CJG working his miracles
and doctor
you're the best!