



DO ME NICE

Dr Mazen Bdour, Jordan's foremost consultant plastic surgeon, shows us how to improve on nature's "work in progress"

Since we were feeling quite "plastic" this month, we headed out on a team trip to the plastic surgeon – just to prove that we can be as shallow and fake as everyone else. In fact, we even asked two of the Skin team, Manal and Sallar, to come along and see top cosmetic surgeon in Amman, Dr Mazen Bdour. Why did we take two young, absolutely fine looking people to see a plastic surgeon? Because in the eyes of a skilled cosmetic surgeon, they're not fine at all, they're quite ugly actually!

According to Dr Bdour, "Plastic surgery in Amman has risen considerably over the last five years, with breast augmentation being the most notable surgery on the rise. The ratio of breast reduction to breast augmentation was about 90/10; these days I would say it is definitely around 50/50. The age of women asking for breast augmentation ranges from 21 to 60."

When asked if he has encountered any psychologically unstable people (like the freaks you see on *Nip/Tuck*) we are told that they are very rare in Jordan, unlike America. He believes that only one per cent of his patients have requested unrealistic results from surgery. Once he had such an absurd request that he told his patient "It'd be better for you to wait till Jesus has returned!"

The most popular surgery asked for in Amman would definitely be rhinoplasty, otherwise known as a nose job, which is the most challenging of all cosmetic surgeries. Close runners up are the tummy tucks and liposuction.

We asked Dr Bdour to have a look at Manal and Sallar and tell us what they need done to their faces; we thought we'd leave the body parts out to avoid causing severe depression... ●

Sallar, 23 Procedures needed:



Otoplasty (ear surgery): This involves cutting cartilage out of the ear and re-shaping it to produce a more symmetrical look.

Rhinoplasty: "Your nose is way too huge for your face!" Poor Sallar, and he thought it was perfect. The tip is okay but the rest needs to be shaved down on the sides to decrease width, and the top of the nose needs to be shaved to make it straight. Sallar's nose is deviated to the right.

Chin advancement: "No, Sallar, you don't have a double chin", Dr Bdour says, to obvious relief from Sallar. "But you need chin advancement as your chin does not come out of your face enough." This surgery entails cutting in through the gum, fracturing the jaw, bringing it out and then screwing it back into place. Lovely.

Botox: After about ten minutes of Sallar struggling to hold a frown so that Dr Bdour could check the lines on his forehead, he finally made it... only to find out he needed Botox. His frown lines are visible even when relaxed and Botox would prevent the lines getting deeper.

Manal, 28 Procedures needed:

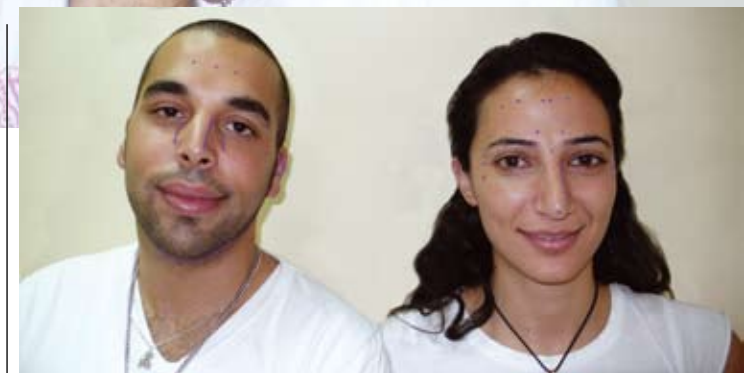


Rhinoplasty: Manal's nose is deviated to the right side and therefore her face is asymmetric. The tip of the nose needs to be raised as it is too long, as well as de-bulked to give more definition. The bump on her nose also needs to be shaved down slightly in order to give her nose a more feminine and concave slant.

Botox: This is needed on the forehead and around the eyes to prevent wrinkles and worry lines from getting deeper with age. The botox would also be used to lift the brows slightly.

Lip fillers: Manal's lips are uneven and she would need a filler, using hyaluronic acid, on the left side of her top lip to even it out.

NB: Manal was also told to be careful with her upper neck area, if she doesn't watch her weight as she gets older she could develop "turkey neck syndrome" (as we like to call it).



Plastic surgery Facts

Rhinoplasty
Cost: \$2,000-2,500
Surgery time: Around two hours under general anesthetic.
Hospital stay: Overnight.
Healing time: Cast on nose for a week, bruising for up to two weeks, final results after 12 months.
Risks: Callouses can develop on bone after surgery causing shape to change; breathing difficulties.

Chin advancement
Cost: \$2,000-2,500
Surgery time: Two hours under general anesthetic
Healing time: No solid food for one week, swelling and bruising up to four

weeks, area may be numb for up to three months
Risks: Loss of sensation in chin and lips; the bone may not unite where it has been fractured. Asymmetry may result.

Otoplasty
Cost: \$1,500-2,200
Surgery time: 90 minutes (local)
Healing time: Bandage worn around head for five days, swelling and bruising for two weeks, but must be very careful of bumps to ears for six weeks
Risks: Bleeding, asymmetry and infection

Botox
Cost: Depends
Surgery time: 5–20 minutes
Healing time: None
Risks: Slight bruising (rare)