

# Patients Often Pursue Plastic Surgery in Pairs

It's always more fun to do something with a friend.

Many of our patients tell us they prefer having cosmetic surgery about the same time as a close friend or relative. Some consider it a bonding experience – a new and exciting adventure for couples, friends, mothers and daughters.

Plastic surgery buddies can provide moral and emotional support before and after the procedures. Perhaps the most practical benefit is that they can help each other while they recover from surgery.

Our patients, it seems, reflect a national trend. One study reports that in 2005, 34 percent of patients surveyed had plastic surgery with a companion.

It's not unusual for girlfriends to have surgery about the same time. Often they choose to have tummy tucks and/or breast surgery. They come in together for consultations before the surgery, and sometimes they schedule follow-up appointments together.

Some mothers and daughters schedule their surgeries at the same time so the husband/father can help during their recuperation.

Two of our patients – a bride-to-be and her future mother-in-law – decided to have surgery three months before the wedding. They wanted to look their best for the big event.

The bride-to-be had liposuction on her abdomen, chin and underarms so that she looked stunning in her strapless wedding gown. Her future mother-in-law, who wanted a more youthful figure, had a tummy tuck and liposuction around her hips. Because of the surgery she was able to choose a form-fitting dress to wear to the wedding.

Often, husbands decide to have surgery after seeing how fabulous their wives look and feel after their procedures.

That was the case with one patient whose wife opted for a tummy tuck and breast lift. After the surgery she felt much better about herself. Her husband, who had tried to keep



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in shape, decided to have liposuction to get rid of the thickness around his waist.

Now, his clothes fit better and he feels more confident about his appearance.

No matter which procedures they choose, our patients tell us they find it comforting, fun and even sensible to have their surgeries at the same time as a friend's.

Of course, to ensure that you have the best results, we recommend you consult only with board-certified plastic surgeons and make sure all procedures are performed in accredited surgery centers.

You may also wish to ask your plastic surgeon's office about patient financing programs that allow patients to make affordable monthly payments.



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*Love Your Look* is a column by Dr. Thomas Albert, Dr. Howard Hepple and Dr. Harold Bautista, the board-certified plastic surgeons of Plastic Surgery Services of Fredericksburg. For more information, please visit [www.loveyourlook.info](http://www.loveyourlook.info), call 1-800-793-7730 or email [lmackey@loveyourlook.info](mailto:lmackey@loveyourlook.info). For a free consultation with one of our doctors, just mention this story.

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