

## **Kristin's Story**

### **How Plastic Surgery Changed My Life: It revealed "Me!"**



In 2003 I had just turned 52, was 50 pounds overweight and looked like a middle age lady. Jowly, heavy eyelids, sagging lower face and neck. Every time I looked in the mirror the image I saw was of a tired, frumpy woman. Inside though, I still felt vibrant and 30 years old, energetic and ready to take on the world. I am in the beauty business, and do presentations to colleagues in the industry. I felt ready to make some physical changes but was unsure of what to do and what doctor to see. Then, I had the opportunity to take a cosmetic training course from Dr. Benjamin Bassichis and looked at some of his patient before and after pictures. Being in the cosmetic industry and as a former plastic surgery nurse, I had never found a surgeon whom I thought had the vision I was seeking. That is, I wanted to look like a fresher natural version of myself. I sat down with Dr. Ben and we discussed surgical options together. I scheduled my surgery and never looked back.

What I didn't anticipate is how much the surgery changed every aspect of my life. Suddenly my look was soft, refreshed and relaxed. People asked me if I had lost weight, changed my hair, or been on vacation. Then I started working on my body, changing my diet, increasing my exercise and committing myself to become as radiant on the inside as I looked outside. I set a goal for myself of running a 5K race and training for a half marathon. I finished the 5K in January feeling and looking like a million dollars! In fact, I won second place in my age category and I continue to run, exercise and take great care of myself.

My plastic surgery with Dr. Ben started a positive revolution in my life. So much has changed. I have been promoted to a much higher level job with better pay. My romantic life with my husband is enhanced -- he says he's got "his girl" back. I love buying new clothes and wearing makeup to accentuate my refreshed appearance. I've updated my hairstyle to a modern stylish cut. I'm constantly complimented on my looks. People mistake me for late 30's when in reality I'm 54 now. My formerly saggy lids have given way to sexy doe eyes and my whole face has a fresh, youthful contour.

I have never looked back. This is the best thing I could have done for myself and beyond words. Every time I look in the mirror I smile because now the "me" that I see really looks like me. I would do it all over again in a heartbeat. Dr. Ben is my hero!

Kristin, age 54



"I love looking in the mirror now!" - Kristin