

Scheduling in surgery

Beautiful You® talks to a busy corporate woman about why she undertook plastic surgery with Murray Beagley.

Most of us live busy lives and the suggestion of having a long wanted operation purely for enhancement sometimes seems out of the question. However surgery is not so bad and can be fitted into your life, enhancing your emotional well being and lifting your self-esteem.

Our interview is with a busy executive in Auckland, New Zealand. She is a corporate woman who spends a lot of her time hosting events and looking after VIPs. It is important for her to look her best and in today's society your best in a natural sense has changed to the best you can be. So she chose to have some surgery. In selecting her surgeon she was very aware of choosing someone who had the ability to do a good quick, efficient job with a first class result. Someone who was experienced and who would be there for her as a back up long term.

Her selection process brought her to Murray Beagley. He is a Cosmetic and Reconstructive Surgeon who joined the Auckland Plastic Surgical Centre in 2004. His private practice offers a broad range of cosmetic, paediatric, hand, skin cancer and reconstructive surgery. He is a Consultant Plastic Surgeon at Middlemore Hospital with a special interest in hand, hypospadias and microvascular surgery and directs the Congenital Hand Service at Starship Hospital. He has operating privileges at Auckland's leading private hospitals including the MercyAscot group and the Southern Cross hospitals (Brightside, Gillies and The Auckland Surgical Centre). He participates regularly in voluntary surgery missions to developing countries. Murray is an active member of the following associations, Australasian Society for Aesthetic Plastic Surgery, NZ Foundation for Cosmetic Plastic Surgery, and the British Society for Surgery of the Hand, New Zealand Society for Surgery of the Hand, New Zealand Association of Plastic and Reconstructive Surgeons, Interplast Australia.

Q&A

You chose a surgeon who was backed by the New Zealand Foundation of Cosmetic Plastic Surgery and had many years of training. Did he meet your expectations?

Absolutely, from the moment I met Murray he made me feel very comfortable. We discussed each procedure at length as well as my expectations for each procedure. I was very happy with my final results.

Tell us about the surgery you have had?

A Mini Abdominoplasty (tummy tuck) and Mastopexy (breast lift).

What initially inspired you to have surgery?

For me the decision is about being the best you can be at whatever age you are! Approaching my 45th birthday and being involved with an amazing man, I decided that I wanted to take care of those areas that I was not happy about.

How much time did you have to take off and did it affect your busy schedule?

The surgery took place on a Wednesday and I was back to work on the Monday, ten days later. I was more active after the surgery than I should have been. During that time I had been out for coffee, visiting friends and generally did more than Murray would have liked me to do. I believe being well prepared for the surgery assisted in the recovery process. I didn't have much discomfort.

An operation has many risks, were they explained clearly to you?

Murray was extremely thorough when explaining each procedure as well as all risks involved. I felt very comfortable and happy.

How did your partner feel about you having surgery and was he understanding?

My partner was extremely supportive, his feeling is that I was absolutely fine the way I was, however, if I felt strongly about having the surgery he would be fully supportive.

What were his reasons to support you having surgery?

I am very lucky that his reasons for support are very genuinely my happiness. If I am happy, he is happy.

How did he feel pre-surgery?

He was far more relaxed than I was. As we got closer to surgery day, I was becoming more apprehensive and nervous. He was the one that kept trying to comfort and reassure me that everything would be all right.

What was his reaction to the finished results?

It has been three months since the surgery date, so we really haven't seen the full result yet, however, what he has seen he has liked and enjoyed.

How do you feel about the finished results and would you have more?

I am very pleased with the results. When you make a decision to undergo surgery, there is a process of self-discovery you go through. If this process is about perfection, you will inevitably be disappointed. My journey is about improvement and being the best you can be at whatever age you are. Surgery is not the panacea for all that you dislike about your body. It is vitally important you continue to eat healthily, exercise and look after your body. If sometime in the future I feel I would like to have another procedure I would go through the same decision making process. I do not want to become one of those men/women who have gone too far, I am very conscious about striving for perfection and being realistic. I do not want to be a 45 year old trying to look twenty. I want to be fabulous at 45!

Top image pre-surgery.
Bottom image post surgery.

