

Tessa went to the Mecca of plastic surgery, New York City, for a new face

Tessa Hewitt, 34, is a very attractive woman. In her early twenties she worked as a model and wanted to stay looking that good. This year she visited one of America's best plastic surgeons in New York to have her nose reshaped, her eye bags removed and her top lip made fuller. Tessa thinks it was worth it. What do you think?

Tessa's Diary

3 January 1996:

In less than two weeks, I fly to New York. The surgeon, Dr. Michael Evan Sachs was recommended by a friend who had a face-lift by him last year. The result looked fabulous.

I had my first consultation with him last summer. He instructed me to drink a glass of pineapple, grapefruit and papaya juice every day for a month to help with the healing process. It's not easy finding papaya juice in Britain in the middle of the winter!

13 January:

The day before I leave. My friends have been calling round to wish me well. They're all very curious. I've made no secret of the fact that I'm having plastic surgery on my face. People ask me if I'm worried, but I have no concerns whatsoever.

14 January:

Checked into my hotel and went sightseeing. Tomorrow I undergo my surgery. I'm having my lips and eyes done and my nose resculpted. I'm feeling very calm.

15 January:

The clinic is very smart and relaxed, and there are many other women there like me. It's not just film stars who have plastic surgery. I met with my doctor and we reviewed my desires once again. He explained the techniques and what I might expect. I'll be having my lips filled with muscle from my scalp through a small incision in the head, which will not be visible. The bags from under my eyes will be melted away and my nose will be sculpted without breaking any bones thus no packing and no pain.

In 10 minutes I'm going to have

a twilight anesthesia, which will make me sleepy but it's not a general anesthetic, thus no tubes down my throat and no danger. In another hour, this stage will be over!

Later that day..

Feels like I've woken from a lovely long sleep. My face feels puffy, but I'm not in any pain. The nurse tells me everything went well. Had a peep in the mirror and laughed. My top lip is swollen and I look a bit like a duck. My eyes are slightly discoloured. Dr. Sachs said goodbye to me and told me to get as much rest as possible over the next few days.

17 January:

Slept last night in the hotel, with a lovely nurse to look after me, which is all part of the service if you're on your own. I slept well and Dr. Sachs called this morning answering questions and making sure I was drinking my juices. Spent the day lounging around in my hotel room watching TV, ordering room service and examining my face. I'm slightly bruised and a bit more puffy. I have a strip of plaster over my nose. I can't wait to see what's underneath. I feel really well, but I must rest on doctor's orders.

21 January:

Put make-up on to camouflage my bruises and faced the streets of New York. Felt self-conscious. My lip is still protruding and I can't stop touching it. I know I wanted a fuller lip, but this is ridiculous! The doctor said my face will look much better in another week. He said the swelling was the natural reaction to the surgery and was the body's way of washing the surgical area clean so it could heal perfectly. I must be patient.

After surgery - Tessa now has a more confident outlook having had her nose reshaped, eye bags removed and top lip made fuller.

Later that day...

The surgeon unveiled my new nose. It's absolutely perfect - smaller, neater and bump-free. He says it's very stable because nothing was broken, but I still don't want anybody to touch it. I can't stop admiring it in the mirror. It feels bunged up and is a little tender when I touch it.

22nd January:

Flew home today. No problems on the airplane. Dave met me at the airport and immediately started teasing me about my thick lip. He nicknamed me duck. A few more days and I know he'll be impressed with my new look.

28 January:

My face is virtually healed, and friends have been calling around to have a look. They expected it to be battered and bruised and can't believe it's recovered so quickly. They all tell me I look great. Dave thinks so too. I certainly feel good. I'm still looking in the mirror all the time and thinking, "Is that really me?"

3 February:

I went down to the pub last night and was the talk of the village. So many people complimented me, saying I looked much younger and healthier. A few locals didn't even know I'd had surgery, but couldn't work out why I looked slightly different.

Update:

I feel so much more confident now. It took a month for my lip to settle, but after that you would never know I had facial surgery. The result looks so natural I'm thrilled. When I look in the mirror I feel like grinning back at my reflection. If I'd listened to everyone else, then I would never have gone through with it. Thank goodness I did. It was worth every penny.

As told to Julia Childs



Prior to surgery Tessa had a pronounced nose, baggy eyes and a thinner upper lip



Ever since I was a teenager, I'd always known I'd have cosmetic surgery. I thought that when the time was right, I would tidy myself up. Now I feel that time has come.

Everyone keeps saying I don't need plastic surgery, including my partner David, but the thing is, I don't want to look old.

I've been saving, for five years for the operation, and now I'm going to spend my money. My eyes have started to get baggy and lined underneath, and my nose has grown slightly longer and has a small bump from a riding accident, and I've always wanted a fuller top lip. My body and mind felt young and fit and I wanted a face that goes with them. This operation is for me, for my confidence and self-esteem.