



# NAYAK

plastic surgery & skin enhancement center



My name is Patte and I will be 63 in a month. I am not a paid actress or some famous St. Louis personality. I am just an every day wife and Mother, I have written this for one reason only and that is to tell you, well, and show you the results of my "plastic surgery experience."

In October of 2007, using laymen's terms only, Dr. Nayak, set me free from my turkey neck, removed my hound dog jowls, gave me upper lids that I don't have to wipe the excess mascara from and lower eyes that no longer make me look like I just came off the set of a horror show. I also had an earlobe reduction to help reduce the size of my ears. As you may or may not know, your feet, nose and ears never really stop growing and my ears were starting to look way too big.

So maybe you are looking at my picture and thinking that I don't look too bad for a woman of 63. You have no idea how good I really do look until you see the before and after me...



Amazing, huh?

Now I am sure you have some questions, so let me see if I can answer some of them.

Most people want to know: "Does it hurt?"

I was sure the pain would be bad. I had a two-fold reason for having everything done at once. I was afraid that if I only had my neck done it would look so good the rest of my face would look worse than it had before but I wouldn't have the nerve to go through the pain another time.

I was right, at least for me, about needing to have everything done at once if I wanted to be happy with the way I looked, I was wrong about the pain.

There is NO REAL PAIN! Some discomfort, yes! But not PAIN!



The discomfort comes from the tightness in your neck and lower face if you have that lifted because it feels tight for a few days. But that is a good thing! If you didn't feel tight, the turkey neck and hang dog jowls would still be there!

The eyes and the ears were nothing at all!

[Is there swelling and or bruising?](#)

YES! How much depends on what procedures you have done and how you bruise. [My after pictures, seen here, were taken at only 3 weeks!](#) The bruising is mostly gone or can easily be covered by your regular makeup after about a week.

[Are there incisions?](#)

Sure! But even after just a week or so, they are not easily noticeable because they are hidden in your hairline or under your chin or in the natural crease of your eyelid. Again, it depends on what procedures you have done and how you wear your hair.



What was the worst part of the whole experience for me? Having to sleep on my back for two weeks. But as much as I hated that part, the results were well worth it!

I don't even mind having my picture taken any more!!!!

[So why did I choose Dr. Nayak?](#)

Although I had seen several other plastic surgeons including the place that tells you they can do all of this and more in about 1 hour where I only saw a consultant - you don't see the actual Dr. until the day of surgery - I had not found one I was comfortable with. [So a friend of mine who is a surgical nurse at an outpatient center suggested I call Dr. Nayak because she had seen how great he was with his patients.](#)

He was wonderful! He was not the least bit arrogant, and he did not act like he was doing me a favor by giving me a consultation!

And he is honest! He told me what he could do and what he could not do, and he didn't act like I was stupid for not knowing

the difference. When I told him I didn't want people saying: Oh, have you lost weight, or just gotten back from vacation. But instead, I wanted people to say: "Girl what did you do? Did you get a face lift?" Dr. Nayak told me the only reason someone might say that I looked "lifted" was if he did a really bad job, not the great job that he did do!

[His age was another important factor for me.](#) He is young, yes! But that just means that he is trained and current on all the latest techniques, which, by the way, he teaches at seminars throughout the country to some of the more "mature" plastic surgeons who weren't initially trained in these techniques. In addition to that, his hands don't shake, he has good stamina, his eye sight is perfect and he is a little obsessive/compulsive and he does faces and only faces! Personally, I found these all to be very positive traits in someone who was going to be working on my face!

And most importantly, my daughter liked him!

[Would I do this again? In a heart beat!](#) My only regret is that I didn't find Dr. Nayak sooner!

If you have questions I didn't answer or you just want to talk to someone who has been through the surgery, give the office your name & number and I will call you back as quickly as I can.

So now the only thing left is:

[What are you waiting for????](#)