

Bridalplasty- The New Pre-Wedding Trend

There are several pivotal days in every woman's life that will live forever in her memory; one of these is her wedding day. This milestone event for many young women means the end of "singleness" and the start of life's most important partnership. For other women, perhaps on a second marriage, a wedding can symbolize a new beginning and the renewal of hopes and dreams.

Every woman wants to look her best for her wedding, and there is a long tradition of elaborate bridal preparations that can sometimes take up to a year or more. Exercise and weight loss regimes are begun well in advance of the scheduled date, long before fittings for the wedding gown, venue bookings, or choice of menus.

A new trend emerging in the US is "bridalplasty", a term that's been coined to refer to plastic surgery procedures carried out by a bride-to-be during the months leading up to her wedding days. This wedding makeover trend is not limited to brides, as many grooms are also opting for body improvement plastic surgery before embarking on matrimony.

It's not clear whether this trend spawned the American reality show, "Bridalplasty" or whether the show has influenced the increased number of wedding makeovers. In either case, the TV show, co-hosted by a plastic surgeon, showcases specific plastic surgery, i.e., bridalplasty, procedures as contestants compete in wedding-themed challenges for prizes that include free plastic surgery procedures taken from the competing brides' wish lists.

Wedding makeovers, including pre-wedding plastic surgeries, are of course not new, but reality shows such as "Bridalplasty" have brought attention to cosmetic plastic surgery procedures. These shows serve not just only as entertainment, but to inform women of both the benefits and precautions to take before embarking on surgery.

The most popular bridalplasty procedures to appear on brides' wish lists are:

- **A nose job (rhinoplasty):** Often only a slight modification of the nose can bring balance and harmony to a bride's features, and the results will be immortalized in the inevitable wedding photographs.
- **Breast Augmentation:** A longstanding desire for more voluptuous breasts can be realized and will no doubt influence the bride's choice of a wedding gown style.
- **Liposuction:** Modifications made on various parts of the body such as stomach, waists, and thighs will create a more shapely appearance in the all- important wedding dress...and later for the honeymoon. (This is the procedure most likely to be found on a groom's wedding makeover wish list, too.)

"Brides-to-be are great candidates for plastic surgery", says Miami plastic surgeon, Dr. Michael Salzhauer. "They are most likely to be young, healthy and highly motivated.

"It is vital to plan procedures so that there is ample healing and recovery time - at least two to three months - before the wedding date."

Board-Certified Plastic Surgeons, Dr. Michael Salzhauer and Dr. Mel Ortega of Bal Harbour Plastic Surgery Associates offer complimentary consultations to discuss all your pre-wedding beauty needs.