

Having Plastic Surgery Discreetly

You've done it at last! You've found and consulted with a board-certified [ISAPS member surgeon](#) about the procedure you want, and scheduled the big day. It's a decision you've made for you, and you alone. Perhaps you're comfortable sharing this decision with other people in your life — or perhaps you have a few reasons to keep it to yourself.

There are a few advantages to letting your family, friends and co-workers know about your surgery. You can ask them for help with after-care and tasks like cooking and driving, for instance. On the other hand, if you have reason to believe your decision to have plastic surgery will be met with negative reactions, it's certainly not necessary to tell anyone. There are several ways you can keep your surgery on a strictly need-to-know basis:

- First, it's fine to tell a small "white lie" to protect your privacy. You don't owe anyone the answers to prying questions!
- If you're not comfortable with this approach, you can honestly say you're having a "medical procedure." This is specific enough to satisfy all but the nosiest people (we'll address them in a moment), but vague enough that it gives away nothing. Women often stop men's questions simply by explaining that they're having "female surgery." (Be warned, though, that this explanation may only intensify other women's curiosity!)
- You can simply tell everyone you're going away on holiday... and why not make it true? Consider having surgery in another city, [or even abroad](#). Stay somewhere nice, and treat yourself!
- Schedule enough time off work to allow sufficient healing before you return. Most [facial procedures](#) require shorter recovery times than [body procedures](#), but obviously, are also more difficult to conceal. You'll have an easier time keeping your surgery secret if you're healed enough to move about comfortably. Returning to your daily activities too quickly increases the likelihood that someone will notice you've had surgery. More importantly, "pushing" yourself can complicate and prolong your recovery period. Be sure to give your body plenty of rest.
- Women who have had facial surgery can cover discoloration or incisions with makeup, once their surgeon approves this. Putting cosmetics on healing areas too soon, though, may increase the risk of infection.
- People may notice something different about you, but not everyone thinks of plastic surgery right away. Instead they may ask, "Did you change your hairstyle?" To increase this sense of distraction, use your surgery as a chance to change something else about yourself — a new haircut, new makeup, new clothes. It'll boost your confidence and give others something noticeable to focus on. They may *sense* that something else about you is different, but not know quite what it is.
- In case anyone is bold enough to ask directly whether you've had plastic surgery, be confident and neither confirm nor deny. You might simply laugh and say, "Oh, thank you for the compliment!"

By far the best way to keep your surgery discreet is to strive for natural-looking improvements. Rather than doubling the size of your [breasts](#) in a single procedure, a small increase will make a big difference without drawing too much attention. If your goal is full facial rejuvenation, consider having [eyelid surgery](#),

a [facelift](#) and [chin tuck](#) separately, rather than all at once. This will minimize your discomfort and downtime while giving you more gradual – and less noticeable – results.