

'I CAN SEE MY FEET AGAIN!'

Fabulous
60s

Great-granny Carol Watts, 63, from Kent, flew to Turkey to transform her body...

As I stepped on board the plane, my tummy tingled with nerves. I'd never flown on my own before and, heading into the unknown, I naturally felt apprehensive. But my fears were soon forgotten when I touched down and was met by a chaperone from RevitalizeInTurkey – the clinic where I was about to have a tummy tuck and breast reduction.

I'd been thinking about having cosmetic surgery for at least four years before I actually took the plunge. Years of overeating and yo-yo dieting had left me with saggy skin on my tummy that hung down and made me self-conscious.

I tried my best to hide it in baggy clothes but it made me feel depressed. I just wanted to change the way it looked.

I'd been to see a surgeon in the UK but the surgery was too expensive for me. So when an advert for RevitalizeInTurkey

popped up on my Facebook page, I visited their website and started reading the forums.

After that I got in touch with Jackie, the English rep, and she

arranged for me to meet the surgeon during his next trip to London in November 2015.

During my consultation he asked me how much smaller I wanted my bust size to be. 'As small as possible,' I laughed. At a size 40F I found it hard to buy pretty bras – most either didn't do up or had thick back straps.

I also wanted to have a face and neck lift and was told the combined price would be £8,000, half what I'd been quoted in the UK. The price also included flights and accommodation in a villa shared with other female patients. Using money I'd

saved from my redundancy in July, I decided to go for it.

On the morning of my operation I naturally felt nervous but there was no way I'd back out. After the surgery I slept on and off for the day and the aftercare was excellent.

I had originally planned to



Carol and her daughter before the op

have a neck and facelift during the same trip but when I developed a chest infection due to being a smoker, they couldn't risk putting me under again.

Thrilled

I was disappointed but also relieved they were so thorough and I respected their decision. I also quit smoking there and then – it really scared me.

A week later my bandages came off and I couldn't believe how I looked – I could actually see my feet!

I was thrilled with the

Carol's advice
If you're thinking of going abroad for surgery, I would recommend doing your research and reading reviews. Better still, if you can find someone who has been to the clinic try to talk to them and ask questions.

Surgery abroad – what to think about

Surgery abroad is often much cheaper than here in the UK but it's vital you do your homework first. Here are some things to consider...

- 1 What is the post-op recovery time before it's safe to fly?
- 2 What is the aftercare plan? Where will you have check-ups and what will you do if any complications arise?
- 3 Do the clinic staff speak English? Will you be able to make yourself understood?
- 4 How will you ensure your surgeon is properly regulated and trained?
- 5 What kind of travel insurance will you need? Standard holiday cover won't be sufficient.

Before signing up for an op, find out as much as you can about the clinic and surgeon. In an ideal world you should meet the surgeon first.

results and felt like a weight had been lifted, not just physically but emotionally too.

My boobs were much smaller – down to a 36D. I'm so happy with them now.

A month later, in February this year, I returned to the clinic and the villa for my neck and facelift.

Back for more

I didn't want anything too drastic, just some subtle changes, so I had my upper eyelids, cheek and neck lifted. My oldest daughter Sara, 43, was worried I'd come home looking 20 years younger! I told her not to worry, I just wanted to enhance what I already had.

When I got home lots of people commented on how much the eye surgery had

opened my eyes up. All the ageing bagginess had gone.

I'm planning to go back to the clinic for one last visit in October when I'll be having multiple liposuction around my tummy, my back, inner thighs and bum. This time it will cost £2,700.

I wouldn't say the surgery has made me feel younger because I've always been young at heart, but it has made me feel so much happier about myself and given me that little extra confidence. I did this for me.

My depression has lifted and I don't try to cover myself up all the time. I'm even happy to wear a bikini now!

◆ For more info, go to revitalizeinturkey.com



Before

After