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Issue Date: November/December 2005

Family affair



Family bonding doesn't have to be restricted to family dinners or a vacation. Just ask the Murphy family of Nashville, Tenn. Milbrey Murphy and her two daughters, Amanda and Cindy, had always been close, but two years ago, they decided to take their bonding activities to a new level: Botox treatments.

"We've always done everything together so it was just natural to go get Botox and other fillers together," says Murphy, 71. "We figured it could be sort of a team effort to stay young and beautiful."

The trio goes four times a year to Dr. Deborah Sherman's Nashville office to receive their wrinkle-erasing Botox treatments. They also get the filler Restylane about once a year.

"It's fun because it's nice to compare each other's results," says Cindy Murphy, 43, a registered nurse. "Then, we can go shopping together afterwards and each feel more beautiful when we try on clothes."

The Murphys are not the only family to discover the rewards of having plastic surgery together. In March 2004, Dr. Sheldon Sevinor of Boston made family plastic surgery famous when he operated on five women in the same family in a single week. The procedures ranged from facelifts to liposuction.

According to Dr. Sherman, the surgical procedure most frequently shared by spouses and other family members is the eyelid tuck. However, "The most common overall procedure is Botox, because it's a safe and affordable treatment that produces a 'wow' effect in just one visit, with no downtime or recovery issues."

In a 2004 survey conducted by the American Academy of Facial, Plastic and Reconstructive Surgeons, 35% of surgeons reported couples plastic surgery as an emerging trend, and 18% cited mother/daughter surgeries.

"Going with my family gives me the self-confidence I need to get the procedure done and keeps me grounded," says Amanda Murphy, 42, also a registered nurse. "You go in there and it can be a little intoxicating with all the procedures they offer."

The Murphys say they will continue receiving Botox for as long as they want to look young. Says Amanda: "We want everyone to think we came from a stellar gene pool."