

HELLO!

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CHERYL COLE
Invites us behind-
the-scenes in the
studio and talks of
her 'heartbreak'

**EXCLUSIVE
INTERVIEW**

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PHOTO EXCLUSIVE



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**ROCKED BY RUMOURS
BRAD AND
ANGELINA
THE REAL STORY INSIDE**





Good cosmetic surgery should look natural says Dr Leslie Stevens

A cut above

Do careful research before going under the knife, advises the man at the cutting edge of cosmetic surgery and behind Sharon Osbourne's glow

There's a reason why Dr Leslie Stevens has become America's hottest cosmetic surgeon and the phone at his Lasky Clinic is constantly ringing off the hook. It's not simply that he has more than 20 years of experience in his field, or even that his reputation for delivering excellent results and meticulous patient care is second to none. According to him, it's all down to Sharon Osbourne. "I would never, ever break the confidential trust that my patients place in me by naming the celebrities who come to me," he explains. "But then Sharon talked about me on TV, so now I am known as her surgeon."

Sharon, now 57, has always been refreshingly candid when it comes to revealing how she manages to stay looking so great. But she went a step further when she invited her surgeon to join her on national television. "I've had a tummy tuck, body lift, lipo on my hips, inner thigh lift, butt lift, face lift, eyelid lift, breast lift and Botox," she told the audience on *The Sharon Osbourne Show*. "And I get a lot of people asking me every day, 'Who is your doctor?' The plastic surgeon Dr Leslie Stevens is the artist who has done all of this to me."

Sharon receives her treatments at Dr

1 DO YOUR RESEARCH There are many doctors who carry out cosmetic procedures, but be sure to check they are fully qualified. In the UK they should be registered with the British Association of Aesthetic Plastic Surgeons (BAAPS). Once you have checked their credentials, visit their website and look at before and after photos of their work. Look for a body like yours in the "before" shot, then look at the results. If you don't like what you see, don't make an appointment.

2 DON'T MAKE RASH DECISIONS

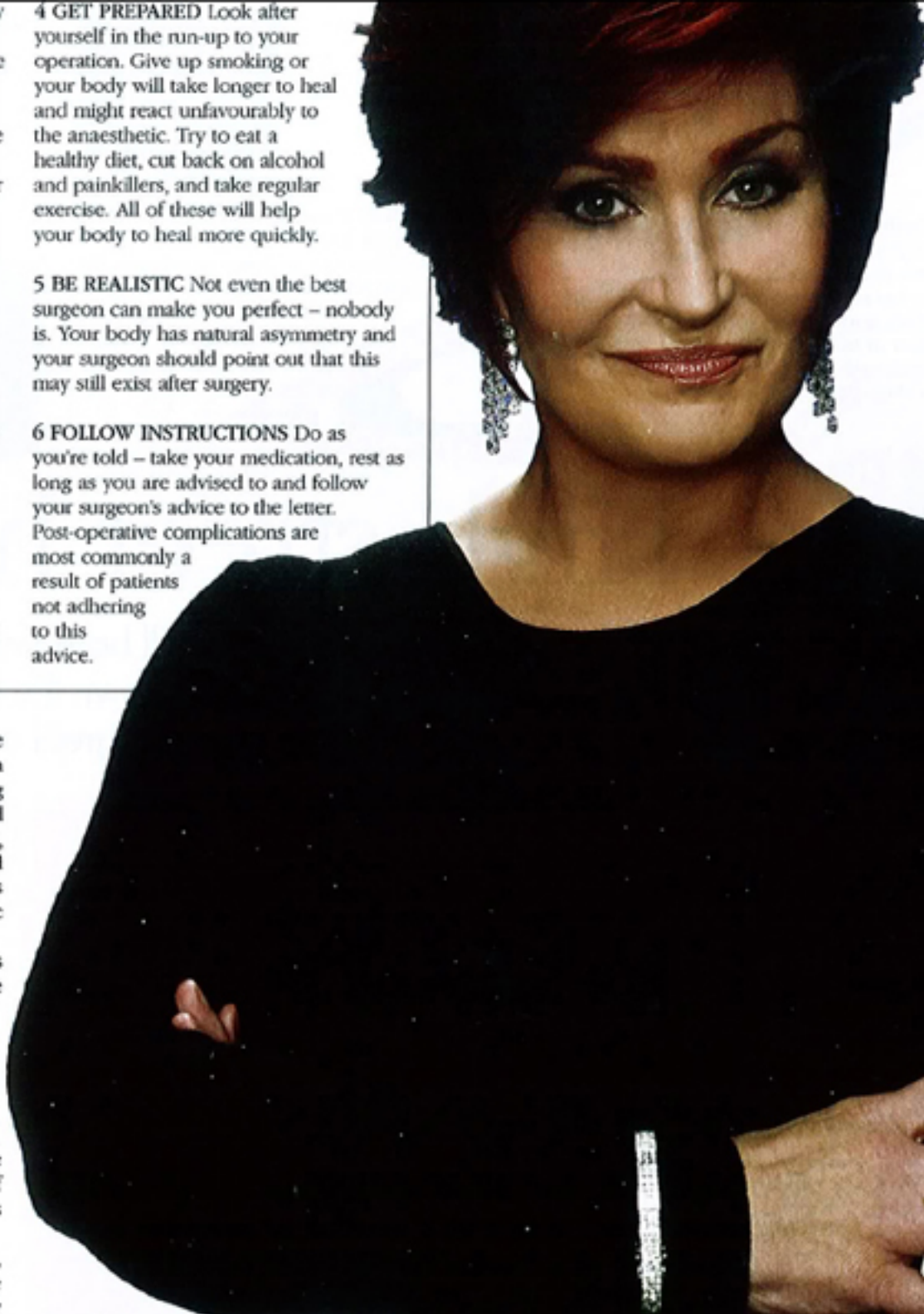
Don't be taken in by fancy marketing, glossy brochures and surgeons' ads. And steer clear of brand new procedures that have not been tested properly. Take your time to choose a procedure and be sure it is safe and proven or you will have to live with the consequences.

3 ASK QUESTIONS Quiz the surgeon about how many times he or she has carried out the procedure and how long they have been doing that particular type of surgery.

4 GET PREPARED Look after yourself in the run-up to your operation. Give up smoking or your body will take longer to heal and might react unfavourably to the anaesthetic. Try to eat a healthy diet, cut back on alcohol and painkillers, and take regular exercise. All of these will help your body to heal more quickly.

5 BE REALISTIC Not even the best surgeon can make you perfect – nobody is. Your body has natural asymmetry and your surgeon should point out that this may still exist after surgery.

6 FOLLOW INSTRUCTIONS Do as you're told – take your medication, rest as long as you are advised to and follow your surgeon's advice to the letter. Post-operative complications are most commonly a result of patients not adhering to this advice.



As time has passed, Sharon, now 57, seems to have shed years as well as pounds. She thanks Dr Leslie Stevens for her fabulous and youthful new look (above), which is a million miles away from her 1980s persona (left, with husband Ozzy)

Stevens will never name names, over the years numerous celebrities have been photographed leaving his clinic, including Barbra Streisand, Michael Douglas and Catherine Zeta Jones, Lulu, Hilary Swank, Carmen Electra, Jennifer Aniston and Brad Pitt. It is little wonder he has become the most Googled cosmetic surgeon in the world.

However, the secret to his success lies in the results he achieves rather than the famous names he treats.

For him, the art of a good cosmetic surgeon is the ability to deliver a look so natural that nobody need ever know that you have had anything done. Reassuringly, he estimates that around 50 per cent of LA's top stars – both male and female – have had some sort of cosmetic procedure, most of which is undetectable.

"You see so many obviously pulled, tightened and distorted faces around," he explains. "But the truth is that you only notice the bad cosmetic surgery. The good surgery goes unnoticed. And that's the point – the last thing anyone wants to look is 'done'."

For more information

- Dr Leslie Stevens is now taking consultations in the UK. Visit drlesliestevens.com.
- To find a plastic surgeon in the UK, contact the British Association of Aesthetic Plastic Surgeons (baaps.org.uk), or visit goodsurgeonguide.co.uk, a site regulated by BAAPS and aimed at helping anyone who is considering cosmetic surgery.
- For more information about plastic surgeons in the US, visit plasticsurgery.org, the site of The American Society of Plastic Surgeons.