

A time to heal

Photographs help illustrate the healing process



Day one, just hours after surgery



Day two



Day three



Day four



Day five



Day six



Day seven



Day eight

Future from page D4

At home

"I'm feeling really good," says Hartshorn five days after surgery. "The bruising is not too bad, other than some black over my eyes."

Hartshorn took pain medication for just two days. Some of her stitches were removed four days after surgery; the remaining stitches will come out in three more days.

"Friday was the only rough night," she says. "The bandages all around my head and my neck were real tight. Saturday was a lot different. I don't let the pain bother me. On Saturday when I was feeling better, Robert made me a lobster dinner. He's a great guy. He tells me every day how pretty I am."

One week after surgery, Hartshorn's son, Brett, arrives from out of town. "Mom, you don't look that different, just younger," he tells her.

On Thursday, Feb. 1, Hartshorn is behind the receptionist desk at LaFortune's office. She's been back at work for a week.

"She how much nicer my neck is," she says. "I've been real pleased with the results. It's pretty much what I expected. It

was kind of scary the first day I took the bandages off and saw all the bruising. But the swelling went down fast. I expected my whole face to be bruised, but it wasn't."

LaFortune puts his arm around Hartshorn. "Don't you think she looks great, stunning?" He says. "I'm proud of her. I'm surprised she looked so good immediately after surgery. I could see immediately how pretty the results were going to be. We're talking two hours after surgery."

Hartshorn still feels some numbness in front of her ears and on her eyelids. Also, her neck feels a bit tight when she chews, but that will loosen in time, Houin told her.

Hartshorn says the surgery met her expectations. She still looks like herself, only younger. "Even my mother says I look like me."

Her advice for anybody contemplating a similar surgery: "I'd tell them go for it! It was so much simpler than I thought."

See next week's Health & Fitness for Part 2 of "Facing the Future" for cosmetic surgery trends, costs, choosing a surgeon and a facility, and risk factors.

MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150. e-mail: rskoglund@oe.com, home.com or faxed to (734) 591-7279. St. Joseph Mercy Hospital in Ann Arbor will offer a Diabetes Support group 2-3:30 p.m. the first Friday and 7-8:30 p.m. the third Tuesday of each month in the Exhibition Room of the hospital Education Center. Call (734) 712-2804.

THRU-MARCH 20

HEALTH SEMINAR
New Life Health Seminars will present "A Quest for a Healthier You," a free seven-session health seminar presented by local medical professionals 7:30-8:45 p.m.

Tuesdays at the Summit on the Park, Arts II Room, Canton. Topics include: Diet & Nutrition, Stress Management, Heart Disease, Exercise & Weight Control, Cancer Prevention, and Diabetes. To register, call (734) 844-8660.

TUES, FEB. 27

BREATHING PROBLEMS
Oakwood Annapolis Hospital will start "Annapolis AirForce," a support group for people with breathing problems such as asthma, emphysema, pneumonia, chronic obstructive pulmonary disease, heart attack, congestive heart failure and stroke. The group will meet in the Physicians Dining Room at 3 p.m. the last Tuesday of every month. The hospital is located at 33155 Annapolis (at Venoy, one-half mile south of Michigan Avenue), Wayne. For information,

call (734) 467-2324.

RESTLESS LEGS

The Restless Legs Support Group will meet 2 p.m. at Opti-Eyes on Warren Road (across the street from J. L. Hudson's) in Westland. Call Jan Prentiss, (734) 453-4847.

MARCH 1 & 8

CHRONIC PAIN WORKSHOP
S.O.S. Workshops will present a two-session symposium on healing and coping strategies for healthcare professionals and those living with chronic pain 7-9 p.m. in the Birmingham Community House, 380 S. Bates, Birmingham. Four health care professionals will discuss complementary perspectives on how to "get a grip" on chronic pain, including anger management, integrative medicine, acupuncture, Reiki and more. The cost is \$59, call (248) 644-5832.

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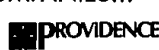
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