

# Transformed

## Seven plastic surgeries complete change that started on the inside

By Tammy Keith

Lisa Woodward-Gwin, 47, of Conway saw a photo of herself taken at a niece's wedding, and it changed her life.

The bride was beautiful, but Lisa didn't feel the same.

"I hated those wedding pictures. I said, 'I've got to get something done.'"

The "something" turned into seven plastic surgery procedures in 2005, from a face-lift to breast reduction. "I just love it," she said smiling, sitting on the couch in her home in Catherine Place subdivision.

The Enola native had battled her weight in the past, but she wanted more than to be thinner. Lisa said she started researching plastic surgery. "I prayed about it and prayed about it," she said.

Lisa said she had recently become a Christian, and she wanted her outside to match her inside. "I did not want to be this person any more. I was a new person on the inside. ... I wanted to be a new person on the outside," she said.

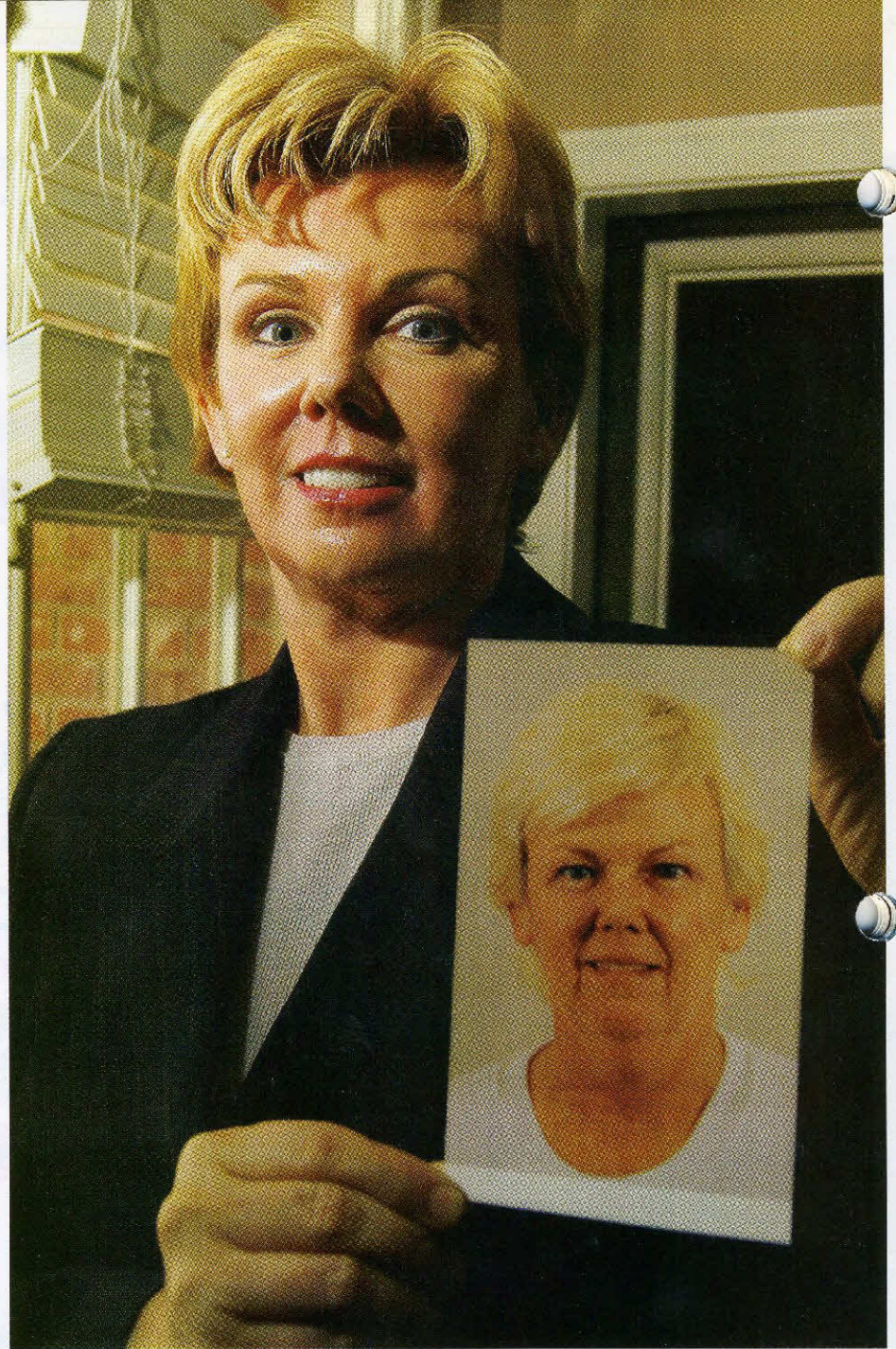
She found Dr. Jim English, a Little Rock facial, plastic and cosmetic surgeon. Her first surgery included a face-lift, chin implant, liposuction of the neck and eyebrow lift.

"My mother cried when I came home because I was so swollen, but when the swelling went down, it was like, 'Oh, my word, let's go for it.'"

She told English "he could do anything but do not touch my nose. I've got my daddy's nose," she said with a laugh.

Lisa subsequently had breast reduction, going from a 38 DD to a 36 C, liposuction of her stomach, hips and legs, a tummy tuck and had 1 1/2 pounds of excess flab taken off each arm.

She said none of the surgeries scared her. "You



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Lisa Woodward-Gwin looks at photos (left and above) taken before she had plastic surgery. She had seven procedures in 2005, from a face-lift to breast reduction.

do it in his office in a chair like a dentist's chair.

His anesthesiologist is the best. You get an IV, he (anesthesiologist) holds your hand and says a prayer, and he says, 'Where do you want me to take you?' I'll 'Take me to Hawaii.'"

She said when she wakes up, she is allowed to go home and there is a follow-up call every day for a week. She has never stayed in the hospital after a procedure.

"Dr. English is so good, and he's such a perfectionist," she said.

"My husband was very supportive," she said of Richard Gwin, who is known as Yogi. However, "I did it for me," she emphasized.

They married in 1993, before she had any work done. They met at Kroger, where Richard still works. Lisa quit work to stay home with her father when he had a stroke, and her mother lives with them.

Lisa said her husband teases her that they are using the money for their "old age" for her procedures. "I said, 'Oh, no, I'm not going to get old, I'm going to stay young,'" Lisa said with a laugh.

Her smile has been enhanced with veneers done by Dr. Jimmy Flanagan of Conway.

Her transformation has cost in the neighborhood of \$100,000, and insurance doesn't cover any of the work.

Lisa said she knows some people might think she has gone too far.

"I'm not addicted to it," she said, adding that she only wants one more surgery, a thigh lift, planned for November. "I'm happy, but I'm not obsessed with it."

Lisa also had Botox injections and Restylane to fill in the lines on her face.

Not long before the interview, Lisa had undergone a Baker-Gordon chemical peel, "the deepest chemical peel you can have." All her wrinkles and lines will be gone thanks to this procedure, she said.

Lisa had to wash her face with water only and apply Crisco four to six times a day. She said it would take three to six months to completely heal. She also had



to stay out of the sun. Lisa said she stood and looked longingly at the pool in her backyard last summer, banned from swimming because of the procedures.

"This summer, I'm going to be in that pool," she maintained.

She'll have to buy a new bathing suit, first, because hers is too big. In the last year, Lisa went from a size 16 to an 8, even an occasional size 6.

When she looks in the mirror now, Lisa is happy with the reflection. "I don't think of me as being pretty — I just think of me as not being that big person."

Even though she knows there are risks, Lisa said she would encourage any woman to have plastic surgery.

"If you have sags and bags, don't be miserable. Life's too short," she said.

"It's just been a great experience. I have really, really been blessed."

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