

Turn that frown...

Several years ago I was fortunate enough to combine my medical background with my interest in high level motorsports, working to make the sport safer and creating a healthy environment for the drivers. At each of these meetings I'd have 101 tasks on my mind and each one of them had to be carried out with perfect timing and precision. Being a little OCD, I made it my mission to perform this role to my best ability.

One day a friend, with whom I worked, jokingly said to me "Don't worry! It might not happen!" My daughters would sometimes make similar comments. In short, despite the fact everything was under control and running smoothly, I actually looked quite stressed. The main reason for this stressed look was the whopping big crease between my brows and the furrows on my forehead. I didn't really think much of it at the time but at a cosmetic training demonstration a short time later I took up the invitation to have my forehead and frown treated with muscle relaxant injections.

To see if anyone would notice, I told as few people as possible that I had this procedure performed. Within days I started getting comments from friends asking if I had been on a holiday, one person even asked why I was in such a good mood! It was strangely liberating not having my perceived mood determined by the look on my face.

No one noticed what I had done and it was important to me to look as natural as possible. One of my patients put it perfectly when she said she wanted to look stunning, not stunned! For me personally, the happier look was welcoming but the fresher and younger appearance was an added benefit. I'll be the first person to admit that due to my schedule my injections are sometimes overdue, but knowing that I can soften my frown when I feel it's needed is reassuring.

Dr Frank Vella