

# The transformation begins

*'Extreme Makeover' winner tells future candidates to plan on recuperation*

BY SUSAN JENKS

FLORIDA TODAY

Minutes before the most-extreme part of her "extreme makeover," Terre Lynn Richey was on the phone, closing a deal on a condominium.

But since her cosmetic surgery April 6, the 58-year-old Realtor's ordinarily hectic pace definitely has slowed down.

"You need to sleep," she said. "I would advise anyone doing this to take at least a week off for themselves."

In Richey's hometown version of the popular ABC television show, "Extreme Makeover," she underwent an upper and lower eyelid lift; a neck and chin lift; and some laser skin resurfacing around the eyes and mouth.

For the Palm Bay resident, the 1½-hour operation was the centerpiece of her free makeover, provided by a team of mostly Brevard County physicians, who call themselves the "Space Coast Extreme Makeovers Team."

Richey was picked from more than 300 initial applicants. Several other candidates will be selected in the weeks ahead from more than 300 to 500 new applicants who have come through the group's Web site at [www.spacecoastmakeovers.com](http://www.spacecoastmakeovers.com).

"We view this as an ongoing process," said Dr. Ross Clevens, a Melbourne facial plastic surgeon, who performed Richey's surgery. "It's '24/7' under her chin the first week, then afterward for a month at night."

"It's so annoying," she said. "I just want to take the crazy thing off."



**Eager anticipation.** Before her 1½-hour surgery, Richey was making phone calls. Afterward, she realized anyone undergoing plastic surgery needs to "take at least a week off for themselves."



Delinda Karnehm, FLORIDA TODAY

**Delicate operation.** Dr. Ross Clevens, left, gives Terre Lynn Richey an upper and lower eyelid lift, neck and chin lift and laser skin resurfacing as part of Richey's extreme makeover.

Otherwise, she expresses few regrets. Not only was the cosmetic procedure far less painful than she imagined, but her family already sees incremental improvements in her appearance.

"I expected it to be a lot worse," she said. "But I'm doing better

each day."

What comes next?

Possibly a change in eyewear, some fashion advice and a body wrap or two at Maxine's Salon & Spa. ■

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## Members of the Extreme Team

**Dr. Ross Clevens**, a board-certified facial plastic surgeon with offices in Melbourne and on Merritt Island.

**Dr. Ronald Richardson Jr.**, a Melbourne-based cosmetic dentist; dentist for the Florida Marlins since 1995.

**Dr. Lee Sheldon**, a dental-implant and plastic surgeon in the Melbourne area and former host of a weekly health and medical television show.

**Dr. Paul Befanis**, a board-certified ophthalmologist

specializing in cataract and refractive eye surgery; founder of Brevard Eye Centers.

**Rod and Risa Stewart**, owners of Club Performax; fitness and weight-loss consultants.

**Susan Extein-Elam**, owner of Maxine's Salon & Spa in Melbourne; hair, makeup and fashion consultant.

**Dena Bernhard**, a software engineer and Web designer with Harbor City Software; created the project's Web site, [www.spacecoastmakeovers.com](http://www.spacecoastmakeovers.com)