

Plastic surgeries: a way to become more beautiful, or someone's unhealthy idea

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Cosmetic Surgeries: A Way to Become More Beautiful? Or someone's Unhealthy Idea? Not so long ago, plastic surgeries were concentrated in the area of reconstruction which was caused by congenital defects, trauma-related injuries, skin cancers and burns. The advances in surgical techniques facilitated by modern technology however paved the way for additional surgical procedures to be extended to cosmetic reconstruction (La Gasse 227). "Cosmetic or aesthetic surgery is defined as operations or other procedures that revise or change the appearance, color, texture, structure or position of bodily features to achieve what patients perceive to be more desirable" (Khoo 237). The greater acceptance of the cosmetic reconstruction also came with increased incidence of lawsuits filed. Such, the question is raised whether cosmetic surgery is a way to become more beautiful or someone's unhealthy idea considering the number of dissatisfied patients and risks associated with the procedure. Studies showed that many of those who seeks cosmetic procedures aim to achieve improved self confidence and self-esteem, loss of self-consciousness, and enhanced feelings of Personal happiness and efficacy (Bradburry 227). Inferring from these reports, it followed that achieving the perceived beauty through surgery is only a means towards a greater end of enhancing one's sense of self. While the procedure is not deemed to be a necessity as the absence of the procedure does not impede one's regular function, reports showed that there is a psychological benefit derived from the procedure that enhances one's functionality and self-esteem. This enhanced sense of self however that patient expects from cosmetic procedure is not without risk. The less than desired result can defeat this aim and studies have shown that a less

than optimal result could cause post-traumatic stress disorder (PTSD) especially those patients who are susceptible to post-operative psychological issues (Bradburry 227). Among other possible issues that are associated with cosmetic procedures are body dysmorphic disorder (BDD) which is “ characterized by a preoccupation with an imagined or minor defect causing the individual significant emotional distress and impairment in functioning (Bradburry 228). It could also result in muscle dysmorphia which is subtype of BDD which makes the affected patient to to weightlift and become diet compulsive. There are also other psychological risks of having an eating disorder and social anxiety disorder after a patient has undergone a cosmetic procedure. Given these risk associated with cosmetic surgery, it may become easy to argue against it that cosmetic reconstruction is really just someone else’s unhealthy idea. Experts agreed however that the risks associated with cosmetic procedure can be minimized if proper procedures are administered in the pre and post period of the surgery. According to the Plastic Surgery Institute of California, the psychological issues brought about by cosmetic procedures is often a result of an unreal and inappropriate expectation of the patient thus leaving them unhappy with the results no matter how good the procedure was undertaken (2007). Thus, certain steps were recommended to minimize such risk and to achieve an optimal result with the procedure which a patient will undergo. Among the steps recommended by the study of Bradburry on how to minimize risk with cosmetic surgery are; seek help for psychiatric disorders or psychological problems before going for surgery, examine aims and expectations honestly, find a reputable surgeon/practitioner and value good two-way

communication (229-230). Seeking help for psychiatric disorder or psychological problem before going for surgery is critical especially to those who are susceptible to psychological issues or already experiencing psychological issues. Patients who already have psychological issues tend to become dissatisfied with the result no matter how good the procedure is and it would be prudent to forgo the procedure for such patients to avoid the psychiatric issues that the procedure may put forth to the patient. The Plastic Surgery Institute of California elaborated on the setting the expectations of the patient right because plastic surgeons do not have magic wands and the procedures can only go thus far (2007). Cosmetic surgeries may be unnecessary but it is not necessarily unhealthy. Surgeries, whether cosmetic or otherwise will always have their risk and as long as both the surgeon and the patient practiced due care before, during and after the procedure, the risk associated with cosmetic surgery can be reduced while enhancing the probability of an optimal result. We now live in a very competitive society where people recognizes the importance of self improvement, whether for social or professional reasons (Plastic Surgery Institute of California). Pursuing that objective of improving one's self even if it means undergoing through cosmetic surgery is perfectly acceptable because the benefit of enhanced sense of self that increases one's functionality and competitiveness far outweighs the risks associated with the procedures which, in the first place can be tremendously decreased if proper care is administered. Works Cited Bradbury E. " Clinical risk in cosmetic surgery." journal article - practice guidelines 15(6) (2009): 227-31. LaGasse, Nancy. " Plastic Surgery: Plastic Surgeon and Cosmetic Dermatologist: Complications

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