

# An Overview on Cosmetic Surgery

Sarah Bonell\*

Melbourne School of Psychological Sciences, University of Melbourne, Australia

## Brief Report

Cosmetic surgery is a sort of plastic surgery that tries to improve the look of a person, but it should be undertaken with prudence. Cosmetic surgery continues to gain popularity, with 15.1 million treatments performed in the United States in 2013, a 3 percent rise over the previous year. Cosmetic surgery may be performed on practically every portion of the body, but it is not a decision to be made lightly. Because the outcomes are generally permanent, it is critical to be certain of your decision, to work with a qualified practitioner and to have the correct motivation. Before surgery, a surgeon may recommend a patient for counselling if they suspect there is an underlying problem that surgery will not fix, or if the patient exhibits symptoms of Body Dysmorphic Disorder (BDD). When objective data shows otherwise, BDD can lead a person to believe there is something gravely wrong with their looks. Another sort of plastic surgery is reconstructive surgery. It tries to restore function and restore a normal look to a damaged section of a person's body, such as after a mastectomy. This article will exclusively discuss cosmetic surgery.

Plastic medical procedure for corrective reasons is performed to change your look. It may entail reshaping the body's contour and structure, smoothing wrinkles, or removing balding spots for some. Varicose vein therapy or breast augmentation may be chosen by others. Men and women can pick from a variety of cosmetic surgery techniques to create an image that helps them feel more confident and comfortable with their looks. Despite the fact that cosmetic operations are rarely covered by health insurance, the number of people opting for cosmetic plastic surgery continues to rise. Bosom increase, liposuction, nose reshaping, eyelid medical procedure, stomach fold and facelift are the most famous corrective strategies.

Plastic medical procedure is a careful speciality that spotlights on re-establishing, remaking, or changing the human body. Reconstructive medical procedure and corrective medical procedure are the two fundamental sorts of a medical procedure. Craniofacial medical procedure, hand a medical procedure, microsurgery and consume treatment are largely instances of reconstructive medical procedure. While reconstructive surgery tries to rebuild or enhance the function of a bodily component, cosmetic surgery strives to improve its look.

Many people today opt to get plastic surgery as a result of their mental condition and lack of confidence in their own body. Rather of learning to accept and appreciate themselves as they are, millions of individuals choose to have something changed about them since it needs less mental/emotional effort and is readily available. People with eating problems are one example of this; a person with body dysmorphia may seek surgery in order to feel skinnier than they actually are. The main issue is that many eating disorder patients are not overweight, thus this surgery will be ineffective in improving their physical health or looks. These patients believe that they will emerge from the operating room looking like a new person and that they will be able to feel secure in their new physique. Certain people may experience this, but the majority of people

with these conditions will not be able to change their opinions with surgery. Physical surgery would be a waste of time and money for these people, who require rehabilitation and mental therapies. A considerable proportion of persons who want to get plastic surgery are victims of anxiety, depression, or other mental diseases, in addition to eating disorder sufferers.

Before going into the operating room, people should consider the risks associated with any surgical procedure. Some persons, such as the elderly and those suffering from obesity or diabetes, are at danger from general anaesthesia. During surgery, certain persons are at a higher risk of bleeding. Smokers and persons who take anti-clotting drugs like warfarin are among these patients. If general anaesthesia isn't possible, Ishii says the treatment can be done using local anaesthetic that numbs the face.

These individuals, like eating disorder patients, mistakenly assume that surgery would improve their mental health. These individuals are entitled to mental health therapy, as surgery will almost certainly not be able to change their beliefs. Cosmetic surgery, on the other hand, may have profoundly positive effects on the transgender population and people with major face damage. Trans-people who choose to have surgery to align their physical form more closely with their gender identity report feeling more at ease in their own skin and being able to see their external figure the way they want, giving a marginalised and under-recognized group a significant amount of control over their own lives. Burn victims and other patients who have had significant facial deformation benefit psychologically from plastic surgery; victims of an accident or attack often feel as if they have lost a lot of their power and having a variety of surgical procedures available to them may make the healing process go more smoothly. These methods are designed to help people who have undergone traumatic situations reclaim their normality and lead as normal a life as possible.

The most crucial distinction to keep in mind is that the phrases "plastic surgery" and "cosmetic surgery" are not synonymous. Due to a misunderstanding of the words, the public has misunderstandings regarding the two specialisations. Cosmetic surgery is often known as "aesthetic surgery." It is an optional course that focuses on beauty aesthetics. Patients should pick a health care professional based on his or her training, education, experience and established practise history, according to the American Medical Association. In the end, prospective patients must select a physician depending on the operation they will undergo. They should know how often their doctor conducts the operation and what kind of training he or she has. Before committing to a doctor, consumers should speak with others who have gotten patient care from the doctors they are considering and ask to see the results [1-5].

Patients who have cosmetic surgery are on average 41 years old. Younger people are more likely to seek operations such as breast augmentation, liposuction, rhinoplasty (nose job) and dermabrasion, whereas elderly patients are more likely to seek blepharoplasty (eyelift), breast lift, facelift and Botox.

\*Address for Correspondence: Sarah Bonell, Melbourne School of Psychological Sciences, University of Melbourne, Australia; E-mail: Sara\_bone@student.unimelb.edu.au

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Received 09 January, 2022, Manuscript No. JCTT-22-53227; Editor assigned: 11 January, 2022, PreQC No. P-53227; QC No. Q-53227; Reviewed: 14 January, 2022; Revised: 21 January, 2022, Manuscript No. R-53227; Published: 28 January, 2022, DOI: 10.4172/2471-9323.22.8.173

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**How to cite this article:** Bonell, Sarah. "An Overview on Cosmetic Surgery." *J Cosmo Tricho* 8 (2022): 173.