

An Overview of Plastic Surgery: Types, Benefits and Considerations

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Introduction

Plastic surgery is a specialized surgical field that involves the restoration, reconstruction, or alteration of the human body. It is commonly associated with enhancing or modifying one's appearance, but it can also be used for medical purposes, such as correcting birth defects or repairing damage caused by injury or disease. The practice of plastic surgery dates back to ancient times, with evidence of surgeries performed in India and Egypt as early as 800 BC. However, modern plastic surgery as we know it today began to develop in the late 19th and early 20th centuries, with the advent of anesthesia and antiseptic techniques [1].

Description

Today, plastic surgery has become a booming industry, with millions of people around the world undergoing procedures each year. According to the American Society of Plastic Surgeons (ASPS), there were nearly 1.8 million cosmetic surgical procedures performed in the United States in 2020 alone, including breast augmentation, liposuction and nose reshaping. Cosmetic surgery, one of the most well-known types of plastic surgery, is performed to enhance or reshape a person's appearance. This can include procedures such as breast augmentation, facelifts, rhinoplasty, liposuction and tummy tucks. These procedures are typically elective, meaning that they are not medically necessary and are usually performed for aesthetic reasons [2,3].

Reconstructive surgery, on the other hand, is performed to restore function or appearance that has been lost due to injury, illness, or congenital defects. This can include procedures such as breast reconstruction after mastectomy, cleft lip and palate repair and reconstructive surgery after trauma or burns. While plastic surgery can offer many benefits, it is important to understand that it is a major surgical procedure that carries risks and potential complications. Before deciding to undergo any type of plastic surgery, it is essential to do your research, find a reputable surgeon and carefully weigh the potential risks and benefits [4,5].

Types of plastic surgery

There are many different types of plastic surgery, each with its own unique goals and techniques. Here are some of the most common types of plastic surgery:

1. Breast Augmentation – Breast augmentation is a procedure that involves the placement of breast implants to increase the size and

improve the shape of the breasts.

2. Liposuction – Liposuction is a procedure that removes excess fat from specific areas of the body, such as the abdomen, hips, thighs, or buttocks.
3. Rhinoplasty – Rhinoplasty, also known as a nose job, is a procedure that reshapes the nose to improve its appearance and/or function.
4. Facelift – A facelift is a procedure that lifts and tightens the skin on the face and neck to reduce the appearance of wrinkles and sagging skin.
5. Tummy Tuck – A tummy tuck, also known as an abdominoplasty, is a procedure that removes excess skin and fat from the abdomen to create a smoother, more toned appearance.
6. Blepharoplasty – Blepharoplasty, also known as eyelid surgery, is a procedure that removes excess skin and fat from the upper and/or lower eyelids to create a more youthful and rested appearance.
7. Breast Reduction – Breast reduction is a procedure that removes excess breast tissue and skin to reduce the size of the breasts and improve their shape.
8. Botox – Botox is a non-surgical procedure that involves the injection of a neurotoxin to temporarily paralyze the muscles that cause wrinkles and lines in the face.

Benefits of plastic surgery

Plastic surgery can offer many benefits, both physical and psychological. Here are some of the most common benefits of plastic surgery:

- Improved Appearance – Plastic surgery can improve the appearance of specific areas of the body, such as the breasts, nose, or abdomen, leading to increased self-confidence and self-esteem.
- Correction of Birth Defects – Plastic surgery can correct a wide range of birth defects, such as cleft lip and palate that can affect a person's appearance and/or function.
- Reconstruction after Injury or Disease – Plastic surgery can repair damage caused by injury or disease, such as burns, fractures, or cancer, restoring both appearance and function.
- Improved Physical Health – Some plastic surgery procedures, such as breast reduction or tummy tuck, can improve physical health by reducing pain or discomfort associated with excess tissue or skin.

Plastic surgery is a medical specialty that involves the reconstruction, restoration, or alteration of the human body. It has become increasingly popular over the years, with people turning to it for various reasons, including cosmetic enhancement, reconstructive surgery and medical reasons. While plastic surgery has its benefits, it also comes with risks and it is essential to weigh the pros and cons before undergoing any procedure.

Cosmetic surgery, in particular, has gained popularity in recent times, as people strive to improve their physical appearance. While some see it as a way to boost their self-esteem and confidence, others argue that it promotes unrealistic beauty standards and reinforces body shaming. Additionally, some people develop body dysmorphic disorder, a mental illness characterized by an excessive preoccupation with perceived flaws in their appearance, leading them to seek multiple surgeries and never being satisfied with the results.

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Received: 22 February, 2023, Manuscript No. JCTT-23-94769; Editor assigned: 24 February, 2023, PreQC No. P-94769; Reviewed: 11 March, 2023, QC No. Q-94769; Revised: 15 March, 2023, Manuscript No. R-94769; Published: 22 March, 2023, DOI: 10.37421/2471-9323.2023.9.203

On the other hand, reconstructive surgery aims to restore function or improve the appearance of body parts that have been affected by injury, disease, or congenital defects. It plays a crucial role in improving the quality of life for people with conditions such as cleft lip and palate, burns and breast cancer.

Conclusion

Plastic surgery can be a viable option for those seeking to improve their physical appearance or restore function to affected body parts. However, it is essential to consult with a qualified and experienced plastic surgeon to understand the potential risks and benefits of the procedure. It is also important to have realistic expectations and avoid the pressure to conform to societal beauty standards. Ultimately, the decision to undergo plastic surgery should be a personal one based on informed choices and not influenced by external pressures.

Acknowledgement

None.

Conflict of Interest

No conflict of interest.

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How to cite this article: Wollina, Uwe. "An Overview of Plastic Surgery: Types, Benefits and Considerations." *J Cosmo Tricho* 9 (2023): 203.