

Short Note

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Short Note

Looking Drop-Dead Gorgeous or Throwing Yourself Towards Death:- The Pros and Cons of Cosmetic Surgery

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Abstract: Cosmetic surgery is the subfield of plastic surgery that enhances appearance mainly for aesthetic reasons. Currently, cosmetic surgery interventions are highly considered appealing and popular all around the world. Several factors have contributed in this rapidly evolving field such as scientific and economic development, breaking down barriers and cultural norms, globalization, social media and mental disorders. Nowadays, the morality of cosmetic surgery is facing many dilemmas due to its benefits and drawbacks. It is proven that the advantages of cosmetic surgery include improved body confidence, mental health, and function. Additionally, aesthetic corrections can upscale the quality of life and create career opportunities for special targeted groups. Also, cosmetic surgery has a major impact in gender affirmation procedures. Although, herein we also describe the disadvantages of this widely developing field such as minor and major medical complications, potential postoperative risks and addiction in plastic surgeries associated with damaging economic issues. Lack in self-confidence, altered mental health status and ethical crisis consist another negative aspects of aesthetic surgery's impact.

Keywords: aesthetic; Medical ethics; plastic surgery; advantages; disadvantages

Cosmetic Surgery: A Comprehensive Examination of its Benefits and Drawbacks

The realm of cosmetic surgery stands as a realm where individuals seek to modify or enhance their physical appearance. This branch of medical science offers a range of procedures promising aesthetic improvements but is also accompanied by a spectrum of advantages and disadvantages that demand careful contemplation before undertaking any surgical intervention[1].

Pros of Cosmetic Surgery

Enhanced Self-Esteem and Confidence:

The psychological impact of cosmetic surgery cannot be overstated. For many, the transformation post-surgery can be life-altering, elevating self-esteem and confidence levels. Individuals often experience a newfound assurance in their appearance, enabling them to navigate social interactions and professional spheres with enhanced poise and self-assurance[2].

Psychological Well-being:

Cosmetic surgeries, when successful, have shown remarkable effects on mental health. Correcting perceived physical imperfections can alleviate psychological distress, mitigating anxiety and depression that stem from dissatisfaction with one's appearance including people who seek gender affirming plastic surgery. This positive change contributes significantly to an individual's mental well-being [3].

Improved Quality of Life:

Beyond the aesthetic improvements, certain cosmetic surgeries profoundly impact an individual's quality of life. Procedures such as breast reconstruction after mastectomy or correcting facial deformities not only restore physical appearance but also aid in functional restoration, enhancing overall well-being and confidence in day-to-day life [4].

Functional Corrections:

Some cosmetic procedures address not just aesthetic concerns but also functional issues. For instance, rhinoplasty not only alters the appearance of the nose but can also rectify breathing problems or nasal deformities, significantly improving an individual's health and functionality[5].

Career Advancement:

In industries where appearance holds substantial weight, cosmetic surgery can be a tool for career advancement. Actors, models, and individuals in public-facing professions often consider procedures to maintain or enhance their physical appeal, potentially opening doors to more opportunities in their respective fields.

Cons of Cosmetic Surgery

Risks and Complications:

The inherent risks associated with any surgical procedure are present in cosmetic surgeries as well. Complications like infections, scarring, nerve damage, and adverse reactions to anesthesia can occur. Moreover, surgical errors may lead to irreversible damage or, in extreme cases, fatal outcomes, highlighting the critical nature of these procedures[6].

Financial Implications:

The cost of cosmetic surgery is a substantial consideration. Most procedures are not covered by health insurance, placing the entire financial burden on the individual. The expenses encompass pre-operative consultations, the surgery itself, post-operative care, and potential follow-up procedures, making it a costly endeavor[7].

Psychological Ramifications:

Unrealistic expectations and dissatisfaction with results can have adverse psychological effects. Cases of body dysmorphia, where individuals obsess over perceived flaws, can worsen post-surgery if the anticipated outcomes are not met. Emotional distress and dissatisfaction with one's appearance after surgery can lead to severe psychological repercussions[8].

Societal Pressures and Ethical Concerns:

The societal emphasis on beauty standards creates pressure on individuals to conform, raising ethical concerns about the motivations behind altering one's appearance. This societal pressure often overshadows the individual's intrinsic qualities, fostering a culture that values aesthetics over other attributes[9].

Potential Addiction and Dependence:

Some individuals become addicted to cosmetic procedures, repeatedly undergoing surgeries in pursuit of an idealized appearance. This dependency can spiral into physical, emotional, and financial strain, leading to a cycle of dissatisfaction and further surgeries[10], [11].

Conclusion

The decision to undergo cosmetic surgery is multifaceted and must be approached with a thorough understanding of its implications. While it offers potential enhancements in self-esteem,

mental well-being, and career prospects, it is crucial to acknowledge the associated risks, financial burdens, and potential psychological impacts. It's imperative for individuals contemplating cosmetic procedures to undergo comprehensive consultations, manage expectations realistically, and weigh the decision carefully.

Furthermore, societal perceptions need to evolve, valuing diversity and individuality beyond conventional beauty standards. This shift in perspective would alleviate the societal pressures compelling individuals towards cosmetic alterations solely for aesthetic reasons. Ultimately, the choice to undergo cosmetic surgery should be a well-informed and conscious one, considering both its advantages and drawbacks.

Ethical Statement: Being a Short note, there were no ethical issues and IRB permission is not required.

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