

An Individual's Drive for Plastic Surgery

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"A woman without paint is like food without salt." was once said by Roman philosopher, Plautus. This quote is relevant to this subject because it shows the importance of physical appearance to an individual. To compare a woman without paint, basically saying a woman without cosmetic improvement to food without salt shows that an individual loses its flavor or significance. The journey for physical improvement or enhancement cuts across gender, age and ethnicity. History of cosmetic surgery dates all the way back to 10,000 BCE. Civilizations have various structures of cosmetics, which are not always sensible or recognizable to cosmetics users today. For centuries cosmetic surgeries were used in religious rituals, to enhance beauty, and to promote good health. Cosmetic regime or handling throughout history can be demonstrative of a civilization's functional concerns, such as protection from the sun; class system; or of its conventions of beauty. In an article called, A History of Cosmetics from Ancient Times, takes a look in ancient times practice with cosmetic use. In 10,000 BCE. "men and women in Egypt use scented oils and ointments to clean and soften their skin and mask body odor. Cosmetics are an integral part of Egyptian hygiene and health. Oils and creams are used for protection against the hot Egyptian sun and dry winds. Myrrh, thyme, marjoram, chamomile, lavender, lily, peppermint, rosemary, cedar, rose, aloe, olive oil, sesame oil, and almond oil provide the basic ingredients of most perfumes that Egyptians use in religious ritual" (A History of Cosmetics from Ancient Times). Even in ancient times men and women were fixated on their image and used cosmetics to intensify their appearance. In 4000 BCE, "Egyptian women apply galena mesdemet (made of copper and lead ore) and malachite (bright green paste of copper

minerals) to their faces for color and definition. They employ a combination of burnt almonds, oxidized copper, different-colored coppers ores, lead, ash, and ochre -- together called kohl -- to adorn the eyes in an almond shape. Women carry cosmetics to parties in makeup boxes and keep them under their chairs,” (A History of Cosmetics from Ancient Times). Even then women are putting a mask on to beautify their features. Just like today's society woman are seen carrying their cosmetics in bags rather than makeup boxes. In 3000 BCE, “Chinese people began to stain their fingernails with gum arabic, gelatin, beeswax, and egg. The colors used represent social class: Chou dynasty royals wear gold and silver, with subsequent royals wearing black or red. Lower classes are forbidden to wear bright colors on their nails. Grecian women paint their faces with white lead and apply crushed mulberries as rouge. The application of fake eyebrows, often made of oxen hair, is also fashionable,” (A History of Cosmetics from Ancient Times). Histories progress with cosmetics keeps on going and gets more advanced.

In an article, The History of Cosmetic Surgery, by Randolph C. Robinson, MD, a cosmetic surgeon talks about the first cosmetic surgeon. “ In ancient India, there was such a healer known as Sushruta who was arguably one of the first cosmetic surgeons in the world. In his book, it is clearly mentioned that plastic surgeries were in existence in India during the 6th century BC. Sushruta was the first one to perform skin grafts. He and his disciples used a piece of skin from other parts of the body to graft it on face skin to correct the look of the person. His way of surgery involved grafting the skin with a small bridge of tissue” (Robinson). This is fascinating seeing how early in history we have individuals

experimenting and performing life changing procedures to make the appearance of an individual look better. “Gradually, the techniques of plastic and cosmetic surgery became more refined and precise. However, such surgical procedures were categorized under standard therapeutic surgeries. In 1798, Pierre Desault of Greece named such surgeries as plastikos, which means molding. The term ‘plastic surgery’ was evolved from this Greek name later,” (Robinson).

Cosmetic surgery use was spreading across the world and it wouldn’t be too long until western civilizations got their hands on these new procedures. These new surgeries were mostly used in America for industrial accidents and war wounds. “Many American surgeons performed such procedures to correct the outer look of patients with any physical deformities due to automobile and industrial accidents. After the war in 1923, the first modern rhinoplasty was performed in the United States. During the American eugenics movement, many surgeons learned the modern techniques of cosmetic surgery. Later in 1931, a team of surgeons performed the first public face lift,” (Robinson). As practice of cosmetic surgeries kept on getting bigger, they started to experiment with different types of procedure. “Gradually, cosmetic surgeons also learned new ways to augment the breast shape and size in women. Uplifting the breasts through specially designed outfits was already famous during that time. Many women then used corsets and brassieres to enhance the look of their breasts. In the 19th century, surgeons first performed the breast enlargement procedure by using artificial implants made from rubber, paraffin, ivory and glass. Reconstructive breast surgery was first done by Czerny in 1895. He performed the first successful mammary reconstruction

on an actress who had undergone a cancerous surgery and removal of a breast tumor. Later in 1903, Charles Miller introduced the breast augmentation surgery in the USA. He used silk floss and silk, celluloid and many other foreign materials for breast implants. However, the results were not satisfying. Gradually, surgeons found the successful silicone injections and used them to perform breast augmentation,” (Robinson). Following the history of cosmetic surgery really shows how far this world has come. Surgeons practice became better and better by looking at their defects and correcting them for the patients. Practicing in this field is very important because you can find new methods or techniques to be successful in surgery. “Eventually, a select number of medical boards and associations (such as the American Academy of Cosmetic Surgery, founded in 1985) were formed and sanctioned to provide continuity of care and research along with a network for medical providers working in the field of medical plastic and cosmetic surgery. Such organizations have stringent membership requirements that require significant continuing medical education to stay abreast of recent advancements in technology, procedures, and safety. Choosing a cosmetic surgical specialist with board credentials and associations membership better assures patients that they’re receiving care from an approved and properly trained specialist,” (Robinson).

Fastforwarding to our day and age of plastic surgery is bigger than ever. Our procedures have grown with our technology and practices. The expanding visibility of cosmetic surgery is having a powerful impact on humanity. In an article, *New Statistics Reflect the Changing Face of Plastic Surgery* shows data released by the American Society of Plastic Surgeons (ASPS). “New data released by the American Society of Plastic Surgeons

(ASPS) shows continued growth in cosmetic procedures over the last year, and a shift in the types of procedures patients have chosen since the start of the new millennium. According to the annual plastic surgery procedural statistics, there were 15.9 million surgical and minimally-invasive cosmetic procedures performed in the United States in 2015, a 2 percent increase over 2014,” (New Statistics Reflect the Changing Face of Plastic Surgery). Also in an article called, Plastic Surgery Is Surging in America released a graph of the number of cosmetic procedures performed in the United States which jumped from 115 percent from 2000 to 2015”

Cosmetic procedures in the United States

This includes both surgeries and minimally invasive procedures.



Source: American Society of Plastic Surgeons

THE WASHINGTON POST

(Plastic

Surgery Is Surging in America). This data does not surprise me. Our world is filled with individuals trying to be perfect and getting procedures done so they can achieve the look they desire. "While more traditional facial procedures and breast augmentations are still among the most popular, we're seeing much more diversity in the areas of the body patients are choosing to address," said ASPS President David H. Song, MD, MBA, FACS,” (New Statistics Reflect the Changing Face of Plastic Surgery). Since 2000, ASPS statistics show considerable growth in: “Breast lifts, up 89 percent (99,614 in 2015, up from 52,836 in

2000), buttock lifts, up 252 percent (4,767 in 2015, up from 1,356 in 2000), Lower body lifts, up 3,973 percent (8,431 in 2015, up from 207 in 2000), Upper arm lifts, up 4,959 percent (17,099 in 2015, up from 338 in 2000)” (New Statistics Reflect the Changing Face of Plastic Surgery). Cosmetic surgery is becoming a norm for our society, even men are seen getting work done to enhance their look or to help their health. Men's goals for cosmetic surgeries may involve a more balanced nose, a reconstructed or rejuvenated face and a slimmer waistline. "As plastic surgery is becoming more common and accepted in men, we're seeing more of them undergo procedures to tighten and tone problem areas, like the breasts," said Dr.Song. "This procedure is often done in younger men who face genetic challenges with the size and shape of their breasts, and when appropriate, surgery can make a big difference in their lives," (New Statistics Reflect the Changing Face of Plastic Surgery).

Together, men and women are becoming progressively aware about their physical appearance and are pursuing cosmetic enhancement. The main goal of cosmetic surgery is to improve a person's appearance and, thus, self-esteem and self-confidence. Cosmetic surgery can be performed on any part of the face and body. There are countless types of cosmetic surgery for the face. For instance, botox, cheek lift, chemical peel, chin surgery, cosmetic dentistry, dermabrasion, eyebrow/forehead rejuvenation (brow lift), Blepharoplasty (eyelid surgery), face-lift, facial contouring, facial fillers, facial wrinkles, laser hair removal, laser resurfacing, neck lift, otoplasty (ear surgery), rhinoplasty (nose surgery), skin problems (blemishes, spider veins, scar revisions, tattoo removal), and wrinkle treatment. That list just covers the face but there are numerous cosmetic surgeries performed on your body as well.

For example, abdomen reduction (tummy tuck) arm lift, Liposuction, breast augmentation, breast lift, breast reduction surgery, buttock lift (belt lipectomy), circumferential body lift, Inner thigh lift, and laser hair removal. Cosmetic surgery can bring long lasting and dramatic changes to your outside appearance, therefore it is important to understand how these changes may affect you on the inside. By understanding the medical risks, physical effects during healing, how the surgery will affect them personally and professionally, what lifestyle changes may accompany the recovery period, and the expenses involved you are further preparing yourself for you surgery choices. Also discussing your goals with your surgeon will help answer any further questions on your cosmetic surgery.

In an article called, Cosmetic Surgery explains the risk that can occur from these procedures. “All surgeries, including cosmetic procedures, carry risk. Those with a history of cardiovascular disease, lung disease, diabetes or obesity have a higher risk of developing complications such as pneumonia, stroke, heart attack or blood clots in the legs or lungs. Smoking also increases risks and interferes with healing” (Cosmetic Surgery). Hence meeting with your surgeon is a must and should include a discussions of these risks depending on the patient’s health history. “Possible complications for any surgical procedure include: complications related to anesthesia, including pneumonia, blood clots and, rarely, death, Infection at the incision site, which may worsen scarring and require additional surgery, fluid build up under the skin, mild bleeding, which may require another surgical procedure, or bleeding significant enough to require a transfusion, obvious scarring or skin breakdown, which occurs when healing skin separates from healthy skin and must be

removed surgically, and numbness and tingling from nerve damage, which may be permanent” (Cosmetic Surgery).

In the article Cosmetic Surgery it also prepares the individual before cosmetic surgery. Some questions to consider before pursuing cosmetic surgery are, “What are the specific attributes of my appearance that I want to change?, Do I have realistic expectations about the results of the surgery?, What aspects of my life will be affected such as family, work, travel and social obligations?, Is this a good time in my life to have cosmetic surgery?, Have I talked about my concerns and questions openly with my doctor?” (Cosmetic Surgery). Also important questions to talk about with your surgeon are, “What are your qualifications?, How long have you been board-certified?, How many procedures have you done similar to the one I'm considering?, What other health care professionals will be involved in my care?, What results can I expect?, Will I need a physical examination prior to surgery?, Are there risks unique to my health history?” (Cosmetic Surgery). Also being educated on the procedure is very important as well and the type of questions you should ask are, “What does the procedure do? What does it not do?, Is this the right treatment for me? Are there other procedures I should consider?, What are the risks and complications associated with this procedure?, How long is the recovery period?, Can I expect much discomfort? What are my pain management options?, Will I have any scars and if yes, what will they look like?, If my procedure requires stitches, when will they be removed?, What kind of activity restrictions will I have following surgery?, How long before I can go back to my regular routine?, How long before I see the final results of my surgery?, How long will

the results last?, How much does the procedure cost?” (Cosmetic Surgery). Bringing a notepad and a pen to your appointment or consultation to write down the answers to your questions is key to making the right decision.

Cosmetic surgery has never been as in demand or even socially acceptable as it is now. With so many individuals choosing to go under the knife, it is hardly surprising that the demand for treatments is booming. Cosmetic surgery is an unsettling process and surgery is always a risk regardless of its nature. The question that comes to mind is why people want plastic surgery or what is driving cosmetic procedures to be done? Plastic surgery is a corrective specialty that is used for personal or medical purposes. Many people think about plastic surgery is just used for making your nose smaller or breasts bigger, but in reality peoples drive to get procedures done is much more deeper than that and are influenced everyday by our surroundings.

In an article called, Factors that Motivate People to Undergo Cosmetic Surgery by Adrian Furnham and James Levitas goes into detail of the components that drive people to get cosmetic surgery. “The role of attractiveness in Western society has been extensively explored by evolutionary and social psychologists. A meta-analysis of more than 900 studies by Langlois et al provides further support that people are treated differently based on how physically attractive they are perceived to be. Given the influence that physical attractiveness has in our everyday lives, it is perhaps not surprising that people seek a means to alter their appearance to conform to societal ideals of attractiveness,” (Furnham and Levitas). In our society being beautiful gives you advantages in the workplace, in finding a mate and

generally in life. Beautiful people tend to be typically treated better by others. “Cosmetic surgery is concerned with the “maintenance, restoration or enhancement of one’s physical appearance through surgical and medical techniques” . The American Society for Aesthetic Plastic Surgery reported an increase of 446% in cosmetic procedures since 1997 and an overall increase of 8% in 2007, with a 17% increase in men undertaking cosmetic surgery. With the increased prevalence, accessibility and evolution of cosmetic surgery in Western society, it is becoming increasingly relevant to explore the various internal and external factors that motivate people to undergo cosmetic surgery. The technological advances in cosmetic surgery have made it safer and less invasive, with a faster recovery time, as well as lowering the cost of procedures. Thus, people have become less anxious, and more willing to consider and accept cosmetic surgery as a possible option for altering their physical appearance” (Furnham and Levitas). Although there is always a risk when it comes to cosmetic surgery, the advancement and evolution of our technology with cosmetic surgery serves as one of the factors as to why people choose to get it. It has come a long way and Surgeons are finding techniques to have successful operations. “The decision to seek out plastic surgery has recently attracted a significant amount of attention. Studies have focused on evolutionary, psychosocial and health behavioural covariates of those who have undergone cosmetic surgery, as well as more attitudinal and belief system factors such as life satisfaction, self-esteem and body image” (Furnham and Levitas). In this text they studied American women’s interest in obtaining cosmetic surgery. “They found that all four factors they investigated – namely, body dissatisfaction, physical appearance, teasing (being teased

about 11 different body parts) and media influence (feeling pressured to appear like people in the media) – were related to the desire to have cosmetic surgery. The best predictor of their interest in obtaining cosmetic surgery was body dissatisfaction, which has been investigated extensively. Delinsky found that media exposure and vicarious experience predicted a greater likelihood of undergoing cosmetic surgery. Similarly, Brown found that vicarious experience of cosmetic surgery increased the likelihood of undergoing cosmetic surgery for women. Their results also suggested that women are more likely to undergo cosmetic surgery than men, and that older men report less desire to undergo cosmetic surgery than younger men” (Furnham and Levitas). An individual's body image and how they perceive themselves is a leading factor of getting cosmetic surgeries. The medical definition of body image is based on the individual's emotional beliefs and attitudes about the image they perceive.

Another factor contributing to whether an individual gets cosmetic surgery is their view on religion. “Research exploring religiosity as a possible factor predicting the likelihood of undergoing cosmetic surgery is sparse. Previous research has shown that religiosity significantly predicts attitudes toward controversial topics in Western society such as abortion, genetic screening and euthanasia. It is also suggested that religiously conservative individuals of all faiths will have stricter views about ‘deception’ and sins of vanity and will be less likely to undergo cosmetic surgery than more liberal or atheist individuals,” (Furnham and Levitas). Being religious stops an individual from undergoing surgery and will deeply influence their decisions.

“The increasing number of television programmes concerning cosmetic surgery, both fact and fiction, has increased public awareness of the benefits it can offer and has mainstreamed society’s awareness of cosmetic procedures. Crockett showed that cosmetic surgery reality television plays a significant role in cosmetic surgery patient perceptions and decision making. Patients who watched a considerable amount of cosmetic surgery reality shows reported a greater influence from television and media to have cosmetic surgery, compared with low-intensity viewers. High-intensity viewers felt more knowledgeable about cosmetic surgery in general and believed that cosmetic surgery reality television was more similar to real life than did low-intensity viewers” (Furnham and Levitas). Plastic surgery reality television plays a significant role in cosmetic surgery patient perceptions and decision making. For example E Networks hit show Botched. Botched features people getting surgical consultations, by two doctors named Dr. Paul Nassif and Dr. Terry Dubrow. The show also shows the procedures to repair cosmetic work that was badly performed or that has worn out. Partial breasts and buttocks are visible during consultations, though additional nudity is blurred. Viewers with a weak stomach may become sick or grossed out due to the operation scenes. They sometimes get graphic and shows the intensity of cosmetic surgery. The show also teaches us the pros and cons of extreme surgeries. In an article Five Important Lessons the Show “Botched” Teaches Us by Dana Hanson-Firestone says, “One of the things that we learned is that massive sized breast implants have the potential to deform the shape of your breasts. Some surgeons may refuse to perform such a procedure while others are willing to give it a try if that is what the patient wants. We learn by watching the

consequences that some others have experienced and it lets us know that some extreme plastic surgeries come with high risk of unsatisfactory results and the need for more surgeries to fix the problems that they cause” (Hanson-Firestone). Another article called Why Plastic Surgery Gone Wrong Show Botched is a Must-See, by Kat Hobza explains some of the episodes on Botched. “Botched does an excellent job of making negative examples out of patients who are driven to perfection. Alicia has what the doctors describe as the "worst case" of a botched boob job they have seen. After nursing her infant son, Alicia was displeased with the flatness of her chest — she went in to get breast augmentation and came out with a uniboob. Her chest was a disaster. Dr. Dubrow had to repair Alicia's botched boob job in two surgeries, and even with all the complications Alicia has had, she keeps insisting she wants a larger chest than what Dr. Dubrow recommends. The surgeon remains firm in his insistence that she not go bigger than his recommendation, and the results are incredible. On more than one occasion in Botched, the patients push for some skewed and warped form of perfect, and the surgeons push back. Viewers are left with a healthier attitude about appearance and perfection” (Hobza). Another episode that showed a case of patients cosmetic journey was the “the human Ken doll.” “One of the most shocking moments in Botched is when Justin, "the human Ken doll" wants Dr. Dubrow and Dr. Nassif to give him leg muscle implants. Justin has had 132 procedures, has designed many of his implants himself and has started to stay awake during his procedures so he can better instruct the surgeon on what to do. Anyone watching the show can see that Justin needs a psychologist or therapist to assist him with his skewed body image and possible addiction to plastic surgery

way before he needs leg muscle implants. The surgeons, to their credit, refuse to perform the surgery. Dr. Dubrow said Justin's excessive surgeries and implants could easily become life-threatening, and they refuse to be a part of it. It was refreshing to see that in our plastic drive for perfection there are still physicians who can draw the line on something other than human skin” (Hobza). These extreme examples of patients who had an experience with cosmetic surgery really gives the viewer some knowledge on this subject.

Social media also plays a huge part in an individual’s decision to get cosmetic surgery. In an article called, How Social Media Influences Plastic Surgery explores social media's role. “Plastic surgery is gaining popularity by the day, and one primary cause for this hype is the widespread growth of social media. The American Academy of Facial and Reconstructive Surgery recently conducted a poll on the influence of social media on plastic surgery, and the results were interesting. Plastic surgeons are experiencing a 30 percent rise in the number of clients interested in cosmetic surgery through social media,” (How Social Media Influences Plastic Surgery). As human beings we are social by character or nature. The evolution of social media into the plastic surgery space has transformed how we communicate and also impacts things like cosmetic enhancement. ”In this digital age, you can’t escape the selfie craze. Posting selfies on your social media pages is not only a fun way to showcase your events but also a constant reminder of your appearance. Selfies help us remember and notice any wrinkles, turkey necks, and not so bikini bodies we may have. Many people seeking plastic surgery are actually inspired by the appealing looks they want to portray online” (How Social Media Influences Plastic Surgery). Cosmetic surgeries help

rejuvenate and enhance your appearance on social media and gives those individuals a great response on their pictures. In today's society an individual's attractiveness is based on the amount of likes or views the person gets. "People use social media platforms to share their life. Most individuals who have successfully undergone plastic surgery often post pictures of their looks before and after the cosmetic procedure. Others blog about going for a Botox or Dysport, or post tweets about their planned breast augmentation procedures. With social media, plastic surgery is now something to showcase as both males and females make decisions about their looks and are proud of it," (How Social Media Influences Plastic Surgery). Social media has and will forever make its mark on plastic surgery, and it's not necessarily a bad thing. It's a great tool that helps patients to embrace themselves more positively and empowers people from all over the world to make changes and decisions with what they want in their bodies. Also clients have the chance to hear or read both the positive and negative reviews of each surgeon before making an important decision. However, plastic surgery is not for everyone and should only be done with a proper consultation with your doctor.

Social media is a huge influence on an individual's decision on cosmetic surgery but so is the influence of celebrities. In an article called, Do Celebrities Influence Plastic Surgery On Kids? studies celebrities effect on the subject. "The influence celebrities have on the public is quite powerful. It is one of the reasons companies spend so much money on hiring celebrities as spokespeople for their products. One of the names given to the trend of young people deciding to have cosmetic surgery is the "Kardashian effect" (Do Celebrities

Influence Plastic Surgery On Kids?). Celebrities have the influence especially on young woman to make drastic changes to their appearance. Teenage getting ready process includes, waxing, shaving, plucking, working out, skin care products and now you can add cosmetic surgery. “The American Society of Plastic Surgeons reported that 64% of doctors that perform facial surgery have seen an increase in the number of patients visiting them under the age of 30. They also reported that, back in 2013, almost 18.000 teenagers between the ages of 13 and 19 had some form of Botox. The media, as well as the general public, point to magazines, social media accounts and websites that feature celebs such as Kylie Jenner who is still in her teens and has already had worked performed on her appearance. The public feels these outlets encourage young people to emulate the appearance of those they follow in order to imitate the lifestyle they imagine the celebrities enjoy on a daily basis” (Do Celebrities Influence Plastic Surgery On Kids?). For instance, the results of the Kylie Jenner lip challenge was extreme. The challenge was that teenagers insert their lips into a shot glass, small jar or bottle, then suck out the air, creating a vacuum. In article called 20 Reasons Why You Shouldn’t Try The Kylie Jenner Lip Challenge gives us pictures of individuals who tried the challenge. Here is an example of an individual who tried to get the fuller lip look and only caused pain to his face and feature instead.

www.voice.ng



The hope is they'll end up with pouty lips like the reality TV star. If you explore the #KylieJennerLipChallenge hashtag on Twitter, tumblr or Instagram, you will find an extreme amount of embarrassing photos of young women and men doing potentially irreversible damage to their faces in the name of beauty. "According to the American Academy of Facial and Plastic Reconstructive Surgery (AAFPRS), 82% of surgeons they surveyed say that celebrities play a big part when it comes to influencing the decision of patients to have cosmetic surgery. Edwin Williams III, the President of AAFPRS, said that photoshopped images of celebrities also played a big part even though the images were digitally altered. The fact that young adults and teens are at a highly impressionable age makes them want to have treatments to emulate their favorite celebrities. Another reason that some celebrities have a big influence on the public is their openness about having plastic surgery. The fact that many celebrities are more open about the work they've had done lessens the stigma about having plastic surgery for some people," (Do Celebrities Influence Plastic Surgery On Kids?). From this information I think it's clear

that celebrities should be more aware of their influence when it comes to cosmetic surgery and the crowd they are guiding.

Another factor that is controlling whether a person gets cosmetic surgery is fear. Countless people all over the world have anxiety and fear when it comes to surgery. In an article called, *Overcoming Fear: Common Cosmetic Surgery Fears* talks about how having fear could be beneficial to your cosmetic surgery. “Reasonable fear is a good thing, especially about cosmetic surgery or plastic surgery; because FEAR can actually encourage you to be cautious about which Surgeon you choose – AND lead you to check their qualifications as a fully certified Specialist Plastic Surgeon,” (*Overcoming Fear: Common Cosmetic Surgery*). Fear also makes you take recovery time and doctors orders more seriously. “ Many of these cosmetic surgery horror stories or ‘botched surgery’ outcomes unfortunately stem from people using a less than qualified or under experienced Surgeon team, or trying to save money by choosing the cheapest surgery option and not considering that some things cannot be fixed. Regardless of the source of your fear, it is important to know the steps you can take to calm your anxiety enough to move forward with your desired procedure – whether cosmetic or medical,” (*Overcoming Fear: Common Cosmetic Surgery*).

In a very educational Ted Talk called *Looks aren't everything*. Believe me, I'm a model by Cameron Russell talks about body image has a big impact on how you are seen. In her Ted Talk Cameron changes her outfit on stage, to show the audience how easy it is to change individual opinions of her. Despite beauty being superficial and meaningless, it does play a huge role in our lives. To become a model, Cameron is feminine, white and tall. She

describes this as winning the genetic lottery. Cameron looks at modelling as extremely fake and shallow and the skills learned in the career are minimal. Most of the shots are heavily directed, edited and unrelated to who she is as a person. Cameron gives the statistic that “78% of 17 year old girls are unhappy with how they look hoping that if they look like underwear models they will be happier” (Looks aren't everything. Believe me, I'm a model). However, Cameron says “models are the most insecure people around – their whole life revolves around how they look” (Looks aren't everything. Believe me, I'm a model). Her take away from her talk is to make people feel more comfortable acknowledging the power of image in our perceived success and perceived failures. This talk is a prime example of how individuals are obsessed with their image. We live in a society that constantly tells us we have to be perfect, that is why plastic surgery is on such a high because of individuals need to feel beautiful and be perfect.

Whether its religion, social media, celebrities impact, television, fear, health, or having improved self esteem; all of these factors help influence or drive an individual's decision on whether to get plastic surgery or not. In our world today we are exposed to cosmetic surgery everywhere we look and in today's society it has become normalized due to technology and generation growth. The majority of the time undergoing cosmetic surgery does cure people's self diagnosed problems but we often find that those looking to do it, don't actually look into the true extent of what they're about to experience. In an article called, A Review of Psychosocial Outcomes for Patients Seeking Cosmetic Surgery by Roberta J. Honigman, Katharine A. Phillips, and David J. Castle, gives the reader a review

on the psychological and psychosocial outcomes for individuals undergoing cosmetic surgery; “to address whether elective cosmetic procedures improve psychological well-being and psychosocial functioning and whether there are identifiable predictors of an unsatisfactory psychological outcome,” (Honigman, Phillips, Castle). “By “psychological,” we refer to the emotional state of the person; by “psychosocial,” we include parameters pertaining to functioning in social and work/study domains,” (Honigman, Phillips, Castle). By conducting a search of appropriate computerized databases for studies that evaluated psychological and psychosocial status both before and after elective cosmetic surgery. They identified 37 relevant studies of varying cosmetic procedures that utilized disparate methodologies. “The studies reviewed here suggest that most people are satisfied with cosmetic surgery and experience a positive psychological and psychosocial outcome. However, it is clear that some individuals are not satisfied, even when the outcome is objectively acceptable. Such patients have been variously referred to as “insatiable” patients and “polysurgical addicts.” For such individuals, the focus of their concern may shift to some other body part following the surgical procedure, or they may be chronically dissatisfied with the cosmetic result. Some of these dissatisfied individuals seek further interventions, often with increased distress and acrimony on the part of both patient and practitioner. It is likely that many, if not most, of these individuals suffer from body dysmorphic disorder (also known as dysmorphophobia), a recognized psychiatric disorder that consists of a distressing and/or impairing preoccupation with a nonexistent or slight defect in appearance” (Honigman, Phillips, Castle). Studies examined from the psychiatric literature indicate the

body dysmorphic disorder patients usually have a poor psychosocial outcome after the cosmetic procedures and that occasional patients with the disorder are even violent toward the treating surgeon. “A recent survey of 265 U.S. cosmetic surgeons by the American Society for Aesthetic Plastic Surgery found a high rate of awareness of body dysmorphic disorder and a reluctance to operate on these patients. Of surgeons who had operated on patients with the disorder (n = 178), in 43 percent of cases, the surgeon reported the patients’ preoccupation with the perceived defect to be greater after than before the intervention, and only 1 percent were considered symptom-free after the operation” (Honigman, Phillips, Castle). The authors conclude that although most people appear satisfied with the outcome of cosmetic surgical procedures, some are not, and attempts should be made to screen for such individuals in cosmetic surgery settings. It is the surgeon’s job to assess the patient’s wants and expectations of both the proposed procedure and the desired outcome in their cosmetic journey. “In the studies reviewed here, unrealistic expectations by the patient of the outcome of the procedure tended to be associated with poor psychosocial outcome. Sarwer and Didie suggest that a distinction can usefully be made between expectations regarding the self (e.g., to improve body image) and expectations in terms of external parameters (e.g., enhancement of one’s social network, establishing a relationship, getting a job). Some evidence points to the latter as being more concerning; for example, if the person views the proposed procedure as a panacea that will solve all their life problems—for example, ending their social isolation and getting them a job—the specialist should be wary of performing the procedure”(Honigman, Phillips, Castle). It seems that patients need to be assessed before

getting cosmetic work done. There should be empirically based questions to evaluate unrealistic expectations for surgery but, they do not exist and are greatly needed to determine if patients are good candidates for cosmetic procedures. “Another important direction for future research is the development of empirically based screening questionnaires that will assist surgeons in selecting individuals for cosmetic procedures who are likely to have a good outcome in psychosocial terms” (Honigman, Phillips, Castle). By having these questionnaires would only benefit the cosmetic procedure situation by getting more information on the patients health.

Plastic surgery can be exciting. For many, being able to choose plastic surgery is something they've dreamed of for a long time. Choosing how you look and feel about yourself means taking control of your life and gaining confidence. However, cosmetic surgery is never the answer to emotional turmoil. Actually, it is in the patient's best interest to have a healthy mental outlook if wanting cosmetic surgery. A cosmetic surgery procedure can help you raise your confidence and make you feel like a better you, by getting the body you've always dreamed of, but the choice to go under the knife should not be one entered into lightly and should be taken seriously. Plastic surgery isn't something to rush into. That's why an individual must make sure that the reason you want a little nip and tuck is a good one before going in for a consultation. As a wrap up of this research we have identified the main components an individual looks to get cosmetic work done and what's stopping them from getting work done. For instance, religion, social media, celebrities impact, television, fear, health, or having improved self esteem are all components involved in an individual's

decision making of getting cosmetic surgery. The psychological effects that could come with cosmetic surgery is the word 'body dysmorphia.' Individuals who have a twisted idea of their physical appearance may be heavily affected by body dysmorphia. This condition may lead to other unfortunate outcomes, such as the development of eating disorders, depression, self-harm, and self-mutilation. While the complexities of body dysmorphic disorder (BDD) is still being studied, what we do know is that it stems from a general anxiety disorder. This is a prime example of why many people with BDD who select cosmetic surgery, choose to have numerous procedures rather than just one. It is not uncommon for these individuals to exit the operating room and then discover more physical "flaws" that they want to have fixed. Though cosmetic surgery is often perceived in a negative light by society, there are many individuals who undergo surgery and return to their daily lives with positive psychological changes. In an article called, *The Psychological Effects Of Cosmetic Surgery* said it best. "Mental health professionals have found that the psychological effects patients experience are largely dependent on the goals they set themselves prior to surgery. People who were chasing after the ideal or demanding physical perfection were usually unsatisfied after surgery and some sought more drastic measures to alter their physical appearance. However, people who entered surgery with realistic expectations and achievable goals often saw great improvements in their self-esteem and experienced higher levels of happiness," (*The Psychological Effects Of Cosmetic Surgery*). The decision or choice to have surgery should be yours, and yours alone. After all, it's your body and you have to live with the consequences.

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