

What You Should Know About Cosmetic Surgery

There used to be a time when cosmetic surgery was the snooty prerogative of celebs who would frequently be photographed after a “holiday” looking all dewy and refreshed, much to our awe and amazement! Back then, those who could afford surgery strictly adopted a “don’t kiss and tell policy” when questions were raised about their newly relaxed appearance. With increased media exposure, however, more and more people are displaying interest in nip and tuck procedures purely for aesthetic purposes. As a result, cosmetic surgery has found a place in the public domain.

Although people are a lot more up-front about cosmetic surgery than they used to be, the fact is that going under the scalpel is not for everyone. While TV shows might sing its praises, and gush about how a little tweaking here and there can send your self-esteem sky rocketing, it isn’t quite that simple.

Do You Need Cosmetic Surgery?

To answer this question it’s important to understand the nature of the term. [Cosmetic surgery](#) helps you alter physical features or parts of your body that function perfectly well, but might still make you unhappy. Contrary to popular perception, those who seek out cosmetic surgery aren’t usually people who are chronically dissatisfied or unhappy with their appearance. On the contrary, most people who choose to alter their appearance are basically happy and well-adjusted.

This is where the question of “need” comes in. If you’re chronically depressed enhanced breasts or perfectly arched brows aren’t going to bring about any changes in your state of mind. In fact, if done for the wrong reasons, cosmetic surgery can be a dangerous tool for your self image. For the most part, those who seek out cosmetic procedures are people who are reasonably happy with their appearance but wish they could have something (usually a minor aspect) about their physical appearance altered so they’ll look and feel better.

What Cosmetic Surgery Can Do for You

Although your cosmetic surgeon can give you a realistic picture of your physical appearance post surgery, he or she can’t and shouldn’t guarantee any change in your psychological well being. If chosen judiciously, however, cosmetic surgery can bring about positive emotional changes. Research conducted on patients after cosmetic surgery reveals that most patients indicated increased self-confidence, and an enhanced quality in their personal and social lives. This isn’t hard to understand. When you look better you feel better. This enhanced self-perception has a positive effect on your relationships.

Making Cosmetic Surgery Work for You

Now that you’ve made the decision to have cosmetic surgery it’s necessary to mentally and emotionally prepare yourself for the surgery. Expect enhancement of your present looks, not movie star perfection. The less realistic your expectations, the more you set yourself up for disappointment when the bandages come off. Your surgeon should be able to give you a fair picture of what the end results might be.

Don’t expect a miraculous makeover of your entire life. In other words, the work of a [cosmetic surgeon](#) isn’t a magic wand that can set right a troubled marriage or end loneliness. If you expect your newly enhanced looks to correct other personal issues you might have, that’s not going to happen. In fact, if you’ve just been through a traumatic experience such as a death in the family, have recently gotten divorced, or lost a job, you should probably postpone any plans for cosmetic surgery. The surgery will only compound these life stresses and increase the possibility of heightened expectations.

Also, understand that cosmetic surgery is a medical procedure and as such there is always an element of risk attached. Complications can occur.

At the end of the day, cosmetic surgery can be a powerful way to realize your physical potential, which in turn can lead to beneficial effects in your personal, social, and professional lives. If you do your research, ask questions and are realistic in your expectations, there’s no reason why cosmetic surgery won’t enhance the quality of your life as it has for so many others.

About the Author

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