

## **It Is About Time to Consider Plastic Surgery Socially Acceptable!**

The perception of beauty has changed throughout the story and varies from one culture to another. Regardless of the “trend”, there is always a growing need to conform to those standards, fit in, and being considered as beautiful. That explains why an increasing number of people, particularly young women, consider changing their appearance. With the evolution of the technology, the internet, and rise of celebrities, we are continually exposed to a wide array of advertisements for cosmetics, surgical procedures, fitness programs, and other factors that attract target demographics. Despite the fact the plastic surgery has been around for a long time, it is still a taboo and undergoing these procedures is frowned upon. The role and perception of beauty constantly change and although plastic surgery takes away the “natural look”, it is about time to deem these treatments socially acceptable.

One of the most significant gains from undergoing plastic surgery is improved self-confidence. Contrary to the popular belief, strong desire to change appearance or correct some “flaw” usually in the facial area is not primarily caused by dysmorphophobia. Dysmorphophobia is defined as a preoccupation with an imagined defect regarding a person’s physical appearance. The decision to undergo a plastic surgery can be a rational, conscious move made by an individual with a desire to not only improve appearance but self-esteem at the same time. For example, some individuals have certain physical features with a tremendous impact on their overall quality of life such as skull deformations, excessive pigmentation, and many others. While some people, simply, learn to live with these features, others find it difficult to cope thus avoid social interactions. In these instances, the plastic surgery goes beyond removing these abnormalities; it provides a person the ability to have a normal life.

Besides correcting abnormalities, plastic surgery is used for medical reasons such as to relieve a migraine or to cover up the damage caused by thermal burn, deep scars, and other injuries sustained in different kinds of accidents. In this case, plastic surgery helps patients restore the original appearance they had prior to the unfortunate event or improves the quality of life by relieving pain.

When discussing the role of plastic surgery, it is important not to forget the fact it enhances one’s health condition, particularly for women with large breasts. Ladies who are faced with this issue experience mild to severe back pain and other symptoms; which is why breast reduction procedure poses as an ideal solution.

Of course, there is always the risk of taking it too far and numerous are the cases wherein the individual becomes addicted to nips and tucks. It adds to the society’s perception of surgical procedures as unhealthy, unnecessary, and those who undergo them are branded as superficial. Nonetheless, we seem to underestimate the importance of letting people live their lives the way they see fit. Every individual has

the right to improve his or her appearance and be happy and we have no say in someone else's decisions. This is about accepting differences, we may not like plastic surgery and would never do such a thing, but it is important to accept someone else's choices.

Plastic surgery has been around for decades, but it still faces stigma. Although we live in the 21<sup>st</sup> century, it is still unacceptable to change the appearance, regardless of the reason. Society evolves just like beauty and if it makes someone happy, who are we to judge?

“What Are the Pros & Cons of Cosmetic Surgery?” LIVESTRONG.COM  
<http://www.livestrong.com/article/71935-pros-cons-cosmetic-surgery/>

“Plastic Surgery Pros and Cons List.” OccupyTheory <http://occupytheory.org/plastic-surgery-pros-and-cons-list/>

“The Pros and Cons of Cosmetic Surgery.” Health Reform Navigator  
<http://www.health-reform-navigator.com/2013/12/the-pros-and-cons-of-cosmetic-surgery/>