

Boosts Self Esteem

- Increases self esteem resulting in a positive impact on a person's life **(Mendelsohn, 2015)**
- Self esteem is vital to confidence levels and self-image **(Coila , 2013)**
- If one is happy with the way he looks, his self-esteem and confidence will increase **(Gazette, 2014)**

PROS

Enhances Appearance

- Improves appearance such as rhinoplasty, liposuction or a tummy tuck **(Mendelsohn, 2015)**
- Transforms one's physical appearance to be more beautiful and attractive. **(Gazette, 2014)**

Improves Relationships

- A person comfortable with his outward appearance tends to have better social and romantic relationships **(Mendelsohn, 2015)**
- Reports on improved social lives and personal relationships after surgery **(Gazette , 2014)**

Solution to Certain Health Issues

- Sinus infections can be potentially reduced by a nose job, and the risk of breast cancer in men can be lowered with the removal of that tissue **(Coila, 2013)**
- Birth defects can be repaired, reconstructive surgery after an accident **(Coila ,2013)**

Pros and Cons of Plastic Surgery

Complications

- Pain is almost certain after plastic surgery, and in some cases, recovery times can be as long as six months. **(Coila, 2013)**
- May result in severe reactions to anesthesia or may develop health problems such as hemorrhaging. **(Coila, 2013)**
- Unsightly scarring, called hypertrophic scars which are thick and red. **(Holley, 2013)**
- Bruising and swelling, Ptosis, or drooping and sagging **(Holley, 2013)**
- Risks, such as infection, haemorrhaging, paralysis and nerve damage. Scarring, pain, discomfort or reduced sensation in the area where the procedure **(Gazette, 2014)**

Addiction

- Low self esteem and body dysmorphic disorder may result in addiction at the expense of the actual necessities (**Holley, 2013**)
- Obsession over a specific facial or body feature may be an indication of mental health issues which require therapy as an option instead of surgery **(Coila, 2013).**



CONS

Costs

- Plastic surgery procedures are generally expensive. Also to be factored in are surgeon fees, hospital fees and anesthesia fees. Lost wages, costs of medication and after care will add up to the overall cost of plastic surgery **(Holley, 2013)**
- Expensive and is usually not covered by medical insurance. Financial loss might occur due to recovery leave **(Coila, 2013)**
- Plastic surgery incurs high maintenance as it requires upkeep **(Gazette, 2014)**

Potential Unpleasant Outcomes

- Consult with a doctor before their procedure and develop a realistic idea of what the end result will look like often have better experiences. **(Coila, 2013).**
- One has to be realistic of the outcome as he will not look exactly the same as his celebrity idol. **(Gazette, 2014)**

Medical Risks

- May result in medical complications, including death **(Holley, 2013)**
- Most common risks include infection, severe bleeding, nerve damage, tissue death (necrosis), seroma or fluid collecting around the affected area and bruising (hematoma). May also result in blood clots and deep vein thrombosis. **(Holley, 2013)**