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Choosing Cosmetic Surgery: looking in the Mirror

In modern society attitudes to cosmetic surgery have changed dramatically with an increased acceptance of people choosing how they wish to look.

Cosmetic surgery has lost its connotation as "vanity surgery" and patients have come to realize that if performed for the right reasons a profound and positive change will occur; not only physically, but emotionally and psychologically.

In 2012, over 10 million cosmetic surgical and non-surgical procedures were performed by board certified doctors in the United States.

The most frequently performed surgical procedure was breast augmentation. Cosmetic surgical procedures increased more than 3% in the past year.

Women had more than 9.1 million cosmetic procedures, 90% of the total - with 1 million men accounting for the remainder.

While some people say that looks don't count there is significant evidence pointing to the contrary. Unfortunately looks do count and unfortunately it has been shown that attractive people are usually initially perceived and prejudged to be cleverer, more competent, friendlier and more successful than those less attractive.

People want cosmetic surgery for many different reasons. Very often the decision is intensely personal as they often seek to change a feature that they've never liked and that has bothered them for a long time.

Others want to look younger and refreshed – referring mainly to the older patient who has tried Botox and fillers and now needs a "tincture of cold steel" to lift and rejuvenate their facial appearance.

Female patients in their 30's and 40's often request a "Mummy Makeover" – a combination of breast augmentation (and/or lift) combined with a Tummy Tuck to correct sagging breasts and tummies after they have completed their families.

Younger female patients in their 20's often request breast augmentation or cosmetic nasal surgery.

Body contouring surgery is frequently requested by females of all ages as well as by males who require removal of diet and exercise resistant fatty tissue collections.

One of the most important keys to a successful outcome is to assess if the patient has realistic expectations with regard to the surgery being considered.

Patients must be reminded that cosmetic surgery won't make you look like someone else or solve your personal or financial problems. But it may give you greater self-confidence and add to your happiness and sense of wellbeing. If you look good, you feel good and if you feel good you will have a healthier outlook on life.

Successful results often depend on how well a patient communicates with their plastic surgeon. Patients must make certain they feel comfortable with their surgeon and that they are completely open about their goals and questions.

Why Do You Want Cosmetic Surgery?

Many patients have good motives for requesting cosmetic surgery. They've thought it over very carefully, have good self-image, understand the risks of the procedure they're considering, are in good health, and are doing it for themselves.

Other people, however, are doing it for the wrong reasons i.e. To try to please someone else - often their spouse or partner - and their expectations exceed what the procedure can do.

Before contemplating Cosmetic Surgery ask yourself:

- What is my motivation? Am I doing it for someone else, or for myself?
- What do I want to change and why?
- How long have I wanted to do this?
- What are my expectations?
- Does my surgeon agree that my goals are reasonable?

If you have answered the above questions honestly and still feel that the rewards of a procedure are worth the risks, then plastic surgery is an option that you should choose to pursue.



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