

Exploring the Link Between Cosmetic Surgery and Mental Health

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Commentary

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|| BSAPS Journal || **Publication History** - Received: 25.01.2022 || Accepted: 25.01.2022 || Published: 26.01.2022 ||

DEAR READERS,

Cosmetic surgery has become increasingly popular in recent years, with millions of people seeking procedures to improve their appearance and boost their self-esteem. While many individuals report positive outcomes and increased self-confidence following cosmetic surgery, there is growing evidence to suggest that there may be a link between these procedures and mental health.

A number of studies have found that individuals who undergo cosmetic surgery may be at an increased risk for developing mental health issues such as body dysmorphic disorder (BDD) and depression (Koran et al., 2010; Sarwer et al., 2005). BDD is a condition characterized by excessive preoccupation with perceived flaws in one's appearance, and can lead to severe social isolation, anxiety, and even suicidal thoughts (Phillips, 2001).

There are several possible explanations for this link. One is that individuals with underlying mental health issues may be more likely to pursue cosmetic surgery as a means of addressing their perceived flaws (Sarwer et al., 2005). It is also possible that the stress and emotional turmoil associated with the surgical process itself may contribute to the development of mental health problems (Koran et al., 2010).

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While more research is needed to fully understand the relationship between cosmetic surgery and mental health, it is clear that this is a complex issue that requires further attention. As healthcare professionals, it is important that we carefully assess the mental health of our patients before and after cosmetic surgery, and refer them for additional care as required. We must also educate the public about the potential risks and benefits of cosmetic surgery, and ensure that individuals seeking these procedures are fully informed about the potential consequences. By taking a holistic approach to patient care, we can help to ensure the mental well-being of those who choose to undergo cosmetic surgery.

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