

## Side Effects of Plastic Surgery

Shunping Xu

Nowadays, more and more people think that having a good appearance is very important to their lives; so many people choose plastic surgery because they think it is the fastest and most effective way to get good looking. A current survey proves this trend. "The number of cosmetic procedures increased by 44 percent from 2003 to 2004 in American society" (Dittmann). Although plastic surgery is already a fashionable trend of beauty, there are still some negative side effects.

The first such effect exists in surgery recipients themselves. In fact, no one can ensure that surgery is a very safe procedure every time. People should think about the risks of plastic surgery before requesting it. Even if the surgery is successful now, the good appearance may change in the future or become worse than before. A recent study shows that the suicide rate of plastic surgery patients is two or three times greater than that of other people (Dittmann). The reason for the suicides is that the surgery recipients hold unrealistic expectations. Some patients can not accept their appearances after surgery because their new appearances are far from what they expected, but this is normal for plastic surgery because doctors do not know patients' real physical aspirations. Sometimes, patients can not stand others' opinions even if they like their new appearances. In addition, some young people want to look like certain stars and undergo plastic surgery without hesitation. They are disappointed when they do change in appearance and still cannot be famous stars.

Negative effects also happen to the patients' family. Everyone acquires his/her appearance from his/her parents. Sometimes, when they fail to land an ideal job, children complain about their appearances, hurting their parents' feelings. The parents will agree for the children to receive plastic surgery in order to find a good job, but plastic surgery is costly and can create a hardship for the family.

Finally, the society suffers. More and more people compare their appearances, and they, especially students, believe that they can change everything they want to change. A survey shows that "(In 2004, about 240,682 cosmetic procedures were performed on patients 18 years old or younger" (Dittmann). It is bad for students to pay too much attention to their appearances at the sacrifice of their studies, even though the first impression is important for finding a job in the future.

Although plastic surgery provides many people with cosmetic changes, makes them more confident, and perhaps change their lives, people should not think that plastic surgery is the only solution to change their lives effectively. If people think that plastic surgery can bring them all they want, they may not achieve real success in life or respect from others although they may look good. Plastic surgery is just one way to help some people accomplish their dreams, but it needs proper understating.

### Work Cited

Dittmann, Melissa. "Plastic Surgery." 8 Sep. 2005. 10 Apr. 2006  
<<http://www.apa.org/monitor/sep05/surgery.html>>