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Layman Guide To Cosmetic Surgery

By Barney Garcia

Every one wants to be beautiful. If they are already beautiful, they want to become more beautiful.

Increasing demand for perfect beauty and the advancement of technology in medicine had given birth to cosmetic surgery. Cosmetic surgery is a surgical method which enhances your physical appearance. It can be done either to correct your appearance which has undergone damage after an accident, or to simply enhance your facial and physical features, which tend to deteriorate with age.

Who uses Cosmetic surgery? Just about anyone who wants to improve his/her look goes for cosmetic surgery. It is not limited to women. According to a survey 11% of men also opt for cosmetic surgery. It can be a painful and an expensive procedure. It is not covered under your insurance policy. Hence cosmetic surgery is considered to be the domain of the rich and famous.

Where can I get it done? Check your local listings or ask your family physician for links to a good and reputed plastic or cosmetic surgeon. Always make sure that the surgeon is certified by either The American board of plastic surgery, or the American board of cosmetic surgery.

What do I need to go through? Every one is scared of surgery. More so if it is done on your face area. Ask the doctor about the pros and cons involved in the procedure. Ask him his experience in the field. Every cosmetic surgery may have certain risks involved. It is always good to be clear about the entire procedure before you start.

Ask the doctor how long you need to be away from work, will it be painful, and about the best and worst case scenarios post cosmetic surgery. He may have an album displaying pictures of previous patients if they have given him permission to use it. Check the before and after pictures to give you a brief idea about how you may look post cosmetic surgery.

What it does not do? Remember, getting a facelift or a nose job done does not change the person within you. You are still the same person from inside.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.cosmetic-surgery-always.info>

and

<http://www.thetop-cosmetic-surgery.info>

How Is Cosmetic Different From Plastic Surgery?

By William Brown

There has been enormous growth in the available procedures for cosmetic and plastic surgery since the beginning of the twentieth century. Along with this has come the standard of looking healthy, young and beautiful. If you are considering a procedure to alter your appearance, you may be looking into cosmetic surgery. Before you choose a procedure, you will want to know their differences. One thing you will want to know is the difference between plastic and cosmetic surgery. While these are both similarly-defined, there are several distinct differences.

Cosmetic surgery, is defined as surgery chosen purely for redefining your looks. If you are dissatisfied with a facial or body feature, you can choose cosmetic surgery to alter the specific area. Cosmetic surgery focuses on reducing lines and wrinkles in the face, removing body fat from a specific area, or lifting, supplementing or reducing a specific body feature.

Plastic surgery, on the other hand, focuses on body reconstruction. If you have a birth defect or have had a disease or injury that has caused a change in your features, you may use plastic surgery to change your body. Plastic surgery is known to remove imbalance as well as heal deformed areas that may have caused pain or problems in the past. If you have had surgery as a result of a disease, plastic surgery may be used to reform your body image.

As cosmetic and plastic surgery advances, the standards for and knowledge of them have also advanced. One of your choices will be in the selection of your surgeon. While both cosmetic and plastic surgeons are required to attend medical school in order to legally perform surgery, their backgrounds may be different. Both cosmetic and plastic surgeons receive the same background medical training. However, a cosmetic surgeon will not receive educational training for cosmetics specifically. They will obtain most of their training through a post-residency training program consisting of workshops, seminars, and eventually, certification.

Plastic surgeons, however, after completing their general medical education will also need to complete a specific training program. The focus, instead of being on cosmetics, will be on learning how to surgically treat physical problems, such as tumors, deformities, and other types of complications. Upon completion of this training, they will then earn a certificate for plastic surgery specifically. Either of these doctors have the option of becoming trained in both cosmetic and plastic surgery.

If you are considering cosmetic surgery, you will want to make sure the surgeon has been certified through a specific training program and has a proper medical background. This will be different than finding a surgeon to reconstruct a body defect. By understanding the difference between these two

kinds of surgeons as well as surgeries, you will be able to eliminate from consideration some available surgeons when deciding to have cosmetic surgery.

William Brown writes for several online magazines, including

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