

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## The Facts About Cosmetic Surgery

By Jenna Keys

Cosmetic surgery is big business now, the advances of science and technology meaning it has become more affordable and much more accessible for anyone to consider it. Far from breast enhancements being the only option anymore, there are operations that can be done on virtually any part of your body to aesthetically enhance your appearance. Getting the 'body beautiful' has never been such a viable option as it is now.

Types of cosmetic surgery.

Reading any daily newspaper (usually the tabloids) will give a good indication as to the types of cosmetic surgery that are available. It seems that nearly every popular celebrity has had Botox injections or a face-lift to improve their appearance but cosmetic surgery isn't just about improving your appearance to 'fit in'. Disfigurements can have a detrimental effect on many people's lives, and cosmetic surgery is a reasonable answer to the psychological problems that can accompany them.

Acne scar removal is a relatively simple operation and can change lives in a matter of weeks. Pierced ear repair and tattoo removal are also becoming very popular as more and more young adults are having body piercing and tattoos only to want them removed later in life.

Then, of course, there are the physical changes that some people feel are required to keep them at the peak of their physical appearance. Botox, (curiously enough, was originally a form of germ warfare!) , has become very popular as Botox injections are considerably cheaper than having surgical lifts. Botox works by temporarily paralysing muscles and fixing parts of the body in certain positions. It can be effectively used to remove laughter lines or wrinkles but is only temporary so regular visits are needed to keep the appearance they give.

Breast enhancement and reduction are as popular as ever with women, and many breast cancer victims have breast-rebuilding treatment in order to regain their natural body shapes and confidence. Face lifts help mask the natural signs of aging by pulling the skin tight and removing wrinkles and bags. Tummy tucks, Rhinoplasty (the political correct version of a nose job) and Liposuction are also available. These are a few of the more popular versions of cosmetic surgery but if there is a part of

## The Facts About Cosmetic Surgery

your body you aren't happy with there is bound to be a surgeon somewhere that can do what is required.

Is cosmetic surgery safe?

Unfortunately, due to the money involved in cosmetic surgery, there have been a number of more unscrupulous 'surgeons' offering their services at reduced costs. These surgeons usually have little or no qualifications and avoiding them is the most important thing you can do if considering cosmetic surgery.

Selecting the right clinic can take time, and definitely isn't something you should rush into. Always select a clinic that boasts recognised qualifications; a little research on the Internet will tell you whether a qualification has been earned, bought or simply printed. Only consider using a clinic that offers a one-on-one with a surgeon before operating. They should be able to advise you on all aspects of your

chosen surgery from the benefits, the look and feel, the actual operation and any side affects that may be associated with it. If they don't offer this, then you should reconsider using that particular clinic.

What should I ask my surgeon?

You may have a little knowledge or you may have a lot of knowledge about your chosen surgery, but you should always research a little yourself before you visit the clinic for your one-on-one. Know what you are stepping into. By looking on the Internet and perhaps ringing around several clinics asking for information you will probably be presented with a few questions you want to ask. Do not be afraid to ask the questions, no matter how trivial or how stupid they seem.

There are a number of questions you should always ask a surgeon or a clinic before you make that all-important final decision. These questions should include, but not be limited to, asking about any side effects. If you are told there are no side effects you should be very wary indeed. Consider the side effects on a tub of painkillers you can buy over the counter. The list is seemingly endless, and having cosmetic surgery will undoubtedly have a longer list of potential side effects than taking a couple of Paracetamol. Question your surgeon about his experience and qualifications. Usually the certificates will be framed on the wall of their office, if not, do not be afraid to ask. A reputable surgeon will be only too pleased to show you his certificates.

Ask how long the treatment will take and how much time will be needed to recover. Ask if there are any alternatives, surgical or non-surgical. Once you have all the facts you will be in a position to make a better informed and accurate decision.

The bottom line on cosmetic surgery.

Many people consider and have cosmetic surgery and the decrease in price has brought with it a wider array of potential treatments. Surgery isn't always necessary but, if you have your heart set on it, then be sure to thoroughly research every aspect of your treatment, the clinic you intend to use and the surgeon who will carry out the procedure. Ask plenty of questions about experience, qualification and

## The Facts About Cosmetic Surgery

side effects. Once you have all the knowledge, and if you are sure you want to proceed then at least you know you have done as much as possible to make sure your cosmetic surgery is done safely.

© Jenna Keys

Jenna Keys is editor of

<http://www.cosmetic-surgery-resources.biz>

– a website dedicated to providing

news, information and resources to anyone considering undergoing cosmetic surgery.

### **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.

## The Facts About Cosmetic Surgery

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>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**