

Plastic Surgery: Is going under the knife worth it?

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What do you think of when hearing the word ‘plastic surgery’? Most people think of it as fake and hideous, others see it as beauty. People all over the world have been using plastic surgery in the medical field for cosmetic and reconstructive purposes.

A main reason someone might believe in plastic surgery is due to insecurities with their looks and the way they feel in their own skin, but should they take drastic measures to look good for others? It’s sad to see how our society has made *perfection* the image of beauty. Whatever happened to real beauty coming from the inside?

Magazines, media, television, and others send a message to women that they always need adjustments to improve their looks and tell them what’s considered sexy or beautiful. Recent studies showed that 90% of women are dissatisfied with their appearance in some way (“Beauty and Body Image in the Media”).

Plastic surgery, in many peoples opinion, is a procedure that is appropriate for reconstructive surgeries, but not for cosmetic reasons. Physical deformities such as cleft lips,



A People magazine issue shows Montag’s (above) before and after body comparisons

crossed-eyes, different sized breasts, and obesity are insecurities that are understandable to have and are extremely appropriate for plastic surgery. However, if a beautiful woman wants her breasts to be larger or thinks that her nose is too big, plastic surgery would be ridiculous for her to have since she is probably normal and doesn’t medically need to fix those insecurities. What she needs to do is not listen to the media and stop comparing herself to other women and should

realize what God has given her is what real beauty truly is.

Women need to be more confident and secure in themselves; nobody is perfect, and women need to realize that before they decide to go under the knife. Even if plastic surgery could make someone look better, it can also result in some devastating outcomes.

A recent Hollywood plastic surgery nightmare was Heidi Montag’s major surgery that left her ‘plastic’ looking and almost ended her life. *The Hills* reality TV star underwent massive plastic surgeries in early November of last year, having 10 procedures done in the course of one day.

Montag's procedures included a mini brow lift, Botox, nose job, fat injections in her cheeks and lips, a chin reduction, liposuction to her neck, her ears pinned back, buttocks augmentation, liposuction to her waist and thighs and breast augmentation revision. (“Heidi Montag Plastic Surgery Nightmare: ‘I almost died after my procedure’”)

"I almost died after my procedure," Montag said in an interview with *Access Hollywood*. "I had too much Demerol like Michael Jackson did and my breathing was five breaths per minute which is like almost dead. [I was] in an after-care center, there were nurses that were supposed to be tending to me at all times."

Ever since her surgery in November, Montag has still had difficulty with facial movements and chewing and many are horrified by her very fake and plastic new look. People hope that her surgery procedures will be over, but Montag wants more surgery in the future and is willing to go through the pain.

"I actually want [size] H for Heidi," she admitted to *Extra*. This is defiantly a procedure Heidi Montag doesn’t need, considering her breasts are now triple D.

Plastic surgery is something most women don’t need; the next time you look in the mirror and think your butt is too big or small or you don’t think your lips are big enough, just remember that real beauty is natural, not plastic.

Sources: “Beauty and Body Image in the Media”
http://www.media-awareness.ca/english/issues/stereotyping/women_and_girls/women_beauty.cfm

“Heidi Montag Plastic Surgery Nightmare: ‘I almost died after my procedure’”
http://www.nydailynews.com/gossip/2010/01/21/2010-01-21_heidi_montag_plastic_surgery_nightmare_i_almost_died_after_my_procedure.html



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