

A REVIEW ON COSMETIC SURGERY

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ABSTRACT

Cosmetic surgery refers to a surgical procedure undertaken to reshape and change the appearance of a body parts .It may change the structure, position, colour or texture of a body part or feature and is initiated by an individual who is unsatisfied with their appearance rather than by a doctor who thinks the surgery will improve the individual's health. Cosmetic surgery is a surgical procedure specialty involving the restoration, reconstructive and alteration of the human body. It is mainly done in face and body. Like any procedure cosmetic surgery carries some degree of risk with it. The complication might be enhanced if we have certain health condition such as diabetes. The most common risk is seen in cosmetic surgery are nausea, dizziness, pain and decrease in body temperature. The main complication arising from the cosmetic surgeries are hematoma, nerve damage, infection, deep vein thrombosis, scarring, organ damage, Seroma and blood loss.

KEYWORDS: Cosmetic Surgery, Complication.

INTRODUCTION

Plastic surgery is a surgical specialty involving the restoration, reconstruction, or alteration of the human body. It can be divided into two categories. The first is reconstructive surgery which includes craniofacial surgery, hand surgery, microsurgery, and the treatment of burns. The other is cosmetic or aesthetic surgery. While reconstructive surgery aims to reconstruct a part of the body or improve its functioning, cosmetic surgery aims at improving the appearance of it.

TYPES OF PLASTIC SURGERY

Cosmetic surgery and reconstructive surgery both belong to plastic surgery. The aim of this discipline must be to keep the same aesthetic and scientific approach both in the resolution of body imperfections or in voluntary modifications to appearance.

COSMETIC SURGERY

Cosmetic surgery is a surgical expertise that aims at correcting or improving body imperfections. These may be congenital, acquired, due to illness, or due to traumatic or Para-physiological events such as aging. Cosmetic surgery also includes surgical procedures requested by patients to improve their appearance.

TYPES OF COSMETIC SURGERY AND THEIR PROCEDURE

1. For the face
2. For the body

FOR THE FACE**• BOTOX**

Botox provides a quick and effective remedy for the facial lines and wrinkles. A Botox injection skin treatment smoothes frown lines on the forehead, between the eyes, and at the base of the nose .Botox was the first drug to use botulinum toxin. Other products now include Xeomin, Dysport.

Botulinum toxin is administered by diluting the powder in saline and injecting it directly into neuromuscular tissue. It takes 24-72 hours for botulinum toxin to take effect. In very rare circumstances, it may take 5 days. Anesthesia is required for the process.

• CHEEK LIFT

A cheek lift is called as mid face .This is a cosmetic procedure performed by plastic surgeons in which the soft tissues of cheek are elevated and tightened in order to restore the natural shape of the cheek.^[4]



Under general anaesthesia the surgeon makes a cut above each ear outside the hairline and the gum line above each upper canine tooth. The suture is placed inside oral incision to clasp the cheek pad. The suture is then secured under the scalp. The surgery usually takes about two hours to complete.

- **CHEMICAL PEEL**

A chemical peel is a technique used to improve and smooth the texture of the skin. Facial skin is mostly treated and scarring can be improved. Chemical peels are intended to remove the outermost layers of the skin. It is used to treat wrinkles, scars typically on the face.



Anaesthesia is applied to the area and then apply the chemical peel solution. The skin peel solution will be retained on the facial skin for prescribed amount of time. Thereafter it will be washed off with water. Then applied with soothing gel or ointment.

- **EYEBROW LIFT (FOREHEAD LIFT)**

A forehead lift is also known as a brow lift. It is a cosmetic surgery procedure used to elevate a drooping eyebrow that may obstruct vision or to remove the deep lines that run across the forehead. Complications are rare in this technique.



A general anaesthesia is administered so patients are completely unconscious during the procedure. An

incision will be made across the forehead below the hairline.^[16] The skin will be lifted so wrinkles are smoothed and the brows repositioned. Any excess skin is removed. The incision is sealed with sutures.

- **FACE LIFT**

Face lifts surgery also known as rhytidectomy. It is used to reduce the appearance of facial wrinkles and overall appearance of the face and jaw. Face lift surgery can help to reverse the harmful effects of time, stress and exposure to the elements.



The Facelift are typically performed using general anaesthesia. After making the initial incisions, the skin is separated from the underlying connective tissue and muscles. This allows the cosmetic surgeon to reposition the deeper facial tissues and create a firmer foundation for the skin. Then excess of skin is removed and the remaining skin is gently laid back over the newly rejuvenated facial tissues and giving the face a smoother without over-tightening the skin.

- **FACIAL FILLERS**

Facial fillers are substances that temporarily soften wrinkles and its effect depends on factors such as the type of wrinkle and fillers are used.

Strategic point on face may be marked as the appropriate injection sites for the filler. Photographs may be taken of the areas to be treated. The injection sites will be cleansed with an antibacterial agent. Pain at the injection site may be ameliorated by use of a very cold instrument to chill the skin, anesthetic ointment to numb the skin. The process of injecting, massaging, and evaluating the result is performed and additional filler added as needed. Depending on the number of areas to be treated the whole process may be as short as 15 minutes.

- **LASER HAIR REMOVAL**

Laser hair removal is the process of removing unwanted hair by means of exposure to pulses of laser light that destroy the hair follicle. Laser does not work well on light coloured hairs such as red hair, grey hair and white hairs. For darker skinned patients with black hair are effective for the laser hair removal.

Before the procedure the hair will be undergoing treatment to a few millimeters above the skin surface. The laser equipment will be adjusted according to the colour thickness. A beam of highly focused light is absorbed by hair in disabling unwanted hair follicles.

There is some mild discomfort that last a few seconds. People with white or gray hair may not have enough pigment target to be a candidate for laser hair removal.

- **NECK LIFT**

Neck lift is a cosmetic procedure that removes excess skin and fat around jaw line, creating a more youthful looking neck. It is long lasting with maintenance of body weight.

A neck lift incision often begins in the hairline at the level of the sideburn, continues down and around the ear and ends in the posterior hair. Fat may be sculpted or redistributed from the jowls and neck. The tissue underlying the neck skin is repositioned. Skin is redraped over the uplifted contours and excess skin is trimmed away. A separate incision under the chin is often necessary for liposuction of this area and for repair of the muscle. Sutures or skin adhesives close the incisions.

- **OTOPLASTY**

Otoplasty is also known as cosmetic ear surgery .It can be done at any age after the ears reached the full size usually after age 5. In some cases it is also done in the age 3. It can improve the shape , position, or proportion of ear can correct a defect in ear that present at birth.



Incisions for Otoplasty are generally made on the back surface of the ear. When incisions are necessary on the front of the ear they are made within its folds to hide them. Internal non removable sutures are used to create and secure the newly shaped cartilage in place. External stitches close the incision. Techniques are individualized and taking care not to distort other structures and to avoid an unnatural "pinned back" appearance.

- **RHINOPLASTY**

Rhinoplasty referred to as nose reshaping enhances facial harmony and the proportions of nose. Rhinoplasty can modify bone, cartilage, skin . It can also correct impaired breathing caused by structural defects in the nose.



Anesthesia is given before procedure and then. Rhinoplasty is performed either using a closed procedure and incisions are hidden inside the nose .Through these incisions, the skin that covers the nasal bones and cartilages is gently raised then allowing access to reshape the structure of the nose. Then correcting a deviated septum to improve breathing and closing the incision.

- **FOR THE BODY**

- **ARM LIFT**

Arm lift is also known as brachioplasty. It is a surgical procedure to reshape and provide improved contour to the upper arms . It reduces excess sagging skin that drops downwards. Tightens and smoothes the underlying supportive tissue that defines the shape of the upper arm.



Incision length and pattern during arm lift surgery depend on the amount and location of excess skin to be removed. Incisions are generally placed on the inside of the arm or on the back of the arm and may extend from the underarm to just above the elbow. Excess fat may be directly excised or treated with liposuction. Incisions will be closed either with absorbable sutures or stitches that will be removed within one to two weeks following your arm lift.

- **LIPOSUCTION**

Liposuction is type of cosmetic surgery that removes fat from the human body in an attempt to change its shape. It reshapes specific areas of the body by removing excess fat deposits and improving body proportion.

Liposuction is performed through small incisions .First diluted local anesthesia is infused to reduce bleeding and trauma. Then a thin hollow tube and is inserted through the incisions to loosen excess fat using a controlled back and forth motion. The dislodged fat is then suctioned out of the body using a surgical vacuum or syringe attached to the cannula.

- **BREAST LIFT**

A breast lift is a cosmetic breast surgery to lift the breasts by removing excess skin. Changes in the breast shape and firmness often occur due to pregnancy, weight loss. Breast improves the appearance.

- ✓ The underlying breast tissue is lifted and reshaped to improve breast contour and firmness.
- ✓ The nipple and areola are repositioned to a natural, more youthful height.
- ✓ If necessary, enlarged areolas are reduced by excising skin at the perimeter.
- ✓ Excess breast skin is removed to compensate for a loss of elasticity.

After breasts are reshaped and excess skin is removed, the remaining skin is tightened as the incisions are closed. Some incision lines resulting from breast lift are concealed in the natural breast contours; others are visible on the breast surface. Incision lines are permanent but in most cases will fade and significantly improve over time. Sutures are layered deep within the breast tissue to create and support the newly shaped breasts. Sutures, skin adhesives or surgical tape may be used to close the skin.

Underlying breast tissue is reduced, lifted and shaped. The incisions are brought together to reshape the smaller breast. Sutures are layered deep within the breast tissue to create and support the newly shape breasts. Incision lines are permanent but in most cases fade.

- **THIGH LIFT**

Thigh lift is used to tighten sagging muscles and remove excess skin in the thigh. It involves the removal excess skin, fat and tissue to tone and upper legs. It achieves firmer and more attractive upper legs.

Under general anesthesia the incision are made in the groin area and wrapping around to the back of the thigh. The incision allows removing extra fat tissue and excess skin. An inner thigh lift typically takes 2-3 hours to complete.

ADVERSE REACTIONS

- **CONSIDERABLE BLOOD LOSS:**

A huge amount of blood loss during the operative procedure is one of the common health concern associated with cosmetic surgery. Plastic surgery might also lead to organ failure in certain cases.

- **ALLERGIC REACTIONS:**

Allergic reactions to the medications prescribed during the post-operative phase and keep confined to bed for weeks.

- **SCARS**

Scarring is a common cosmetic surgical procedure. These are caused when the edge of the skin thickens and granular tissue is formed.

- **NECROSIS**

It is the death of tissues due to lack of enough oxygen in the operated area.

- **DAMAGED NECROSIS**

The health risks of cosmetic surgery could be associated with damaged nerves. Nerve damages can sometimes take up to one year for complete healing and cure. Its the common effect after surgery.

- **ANAESTHESIA REACTION:**

Some patients are liable to react adversely to the anesthesia which is administered during operative procedure.

COMPLICATIONS OF COSMETIC SURGERY

1. Hematoma

Hematoma is a pocket of blood that resembles a large painful bruise. It occurs in 1-6 percent of breast augmentation procedures and is the most common complication after a facelift. Hematoma is a risk in nearly all surgeries and treatment sometimes includes additional operations to drain the blood.

2. Nerve Damage

The potential for nerve damage is present in many different types of surgical procedures. Numbness and tingling are common after plastic surgery and can be signs of nerve damage. Most women experience a change in sensitivity following breast augmentation surgery and 15 percent permanently lose nipple sensation.

3. Infection

Though postoperative care includes steps to reduce the risk of infection and it remains one of the more common complications of the surgery. In some cases, infections can be internal and severe, requiring IV antibiotics. The risk of infection after cosmetic surgery is less than 1% and antibiotics reduce the risks.

4. Deep Vein Thrombosis and Pulmonary Embolism

Deep vein thrombosis (DVT) is a condition where blood clots form in deep veins and usually in the leg. When these clots break off and travel to the lungs, it's known as pulmonary embolism (PE). Though relatively uncommon, these complications can be fatal.

5. General Appearance Dissatisfaction

Although most people are satisfied with their postoperative outcomes and disappointment with the results is a real possibility. People who undergo breast surgery may experience contouring or asymmetry problems.

6. Organ damage

Liposuction can be traumatic for internal organs. Visceral perforations or punctures can occur when the surgical probe comes into contact with internal organs. Repairing these injuries can require additional surgery.

7. Seroma

Seroma is a condition that occurs when serum from your blood pools beneath the surface of the skin, resulting in swelling and pain.

8. Anaesthesia risks

Risks due to use of anaesthesia are very rare. The risks depend on the factor like healthiness and seriousness of surgery.

9. Necrosis

It is a death of tissues due to insufficient supply of oxygen to the operated area. Smokers are very prone to this possibility as blood vessel constriction and relatively less oxygen supply. It is generally treated in early stages by hyperbaric oxygen therapy.

ADVANTAGES

1. Cosmetic surgery can transform self esteem
2. Sometimes cosmetic surgery can be beneficial to health
3. Recovering time is improved

DISADVANTAGES

1. Psychological and social risk
2. Unhealthy personal habits
3. Less severe nerve damage
4. Costly

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