Course: English 2010  
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Assignment: A Report (Final Draft)  
Date: October 9, 2012

A Deeper Look At Plastic Surgery.

Jamie Lee Curtis is a Hollywood star and has performed a lot of good movies for us. Other than her successful performance, her admission of undergoing cosmetic surgery by posing in her underwear for *More* with no makeup has effectively aroused public attention. She said on the pressure in Hollywood to be beautiful and young, she had to undergo plastic surgeries to maintain her good appearance.

Other than the Hollywood stars, plastic surgery is becoming more popular and common to many people everywhere, Asia, Europe, and North American, for examples. In this report, the trend of cosmetic surgery in different regions will be talked about, as well as the popular types of plastic surgery, gender distribution, costs, and risks. Based on the information, we can see the change of trends as well as the development of plastic surgery.

A new hierarchy of countries with the most cosmetic surgery procedures has emerged. The International Society of Aesthetic Plastic Surgery (ISAPS) Biennial Global Survey took one year to complete and represents 75 percent of all procedures performed worldwide in 2009 (“First Reliable International Plastic Surgery Survey”). It represents the first time reliable international plastic surgery data has been obtained and analyzed by independent statistical specialists. According to the latest result of ISAPS Biennial Global [Survey](http://www.yourplasticsurgeryguide.com/trends/2010-isaps-biennial-study.htm) of plastic surgeons and procedures, the United States continues to dominate the field, totally having 3,031,146 cosmetic procedures done in 2010. Brazil is the second place having the largest number of cosmetic surgery procedures done in 2010, totally 2,475,237 procedures. Nearly one-third (32%) of all [cosmetic surgery](http://www.realself.com/blog/global-plastic-surgery-statistics) procedures were done in the US and Brazil (Foley). Moreover, China and India are establishing themselves as major centers for [plastic surgery](http://www.yourplasticsurgeryguide.com/), and they become the third and the forth, having 2,193,935 and 894,700 procedures respectively. Japan and South Korea are two countries famous in plastic surgery; they are ranked at sixth and seventh with 742,324 and 659,213 procedures respectively.

However, when we consider the cosmetic procedures data on a per capita basis, the picture changes quite dramatically. Suddenly Americans seem to be less of a cosmetic surgery obsessed society, which is ranked the sixth with 0.98%, while the place where you are most likely to find someone who has undergone plastic surgery is Hungary (2.33%) and South Korea (1.32%). In South Korea, the [Economist](http://www.economist.com/blogs/graphicdetail/2012/04/daily-chart-13?fsrc=scn/fb/wl/dc/acutabove" \t "external) first reported that a 2009 survey by a market-research firm known as Trend Monitor found that about one in five women from Seoul have undergone some sort of plastic surgery. "In Asia, it's very common for patients to want more Western-looking eyes," "So that's really no surprise there", said Roth, president of the American Society of Plastic Surgeons (Conley).

The trend of popular types of cosmetic surgery is shifting too. To make it simple, it would be better to focus on one country in the analyses below; and I have chosen the United States as it had over 3.3m procedures done in 2011, more than anywhere else. To look at this more precisely, plastic surgery can be divided into two categories: Cosmetic surgical procedure and cosmetic minimally invasive procedure.

Cosmetic surgical procedure is surgery concerned with restoration, reconstruction, correction, or improvement in shape and appearance of body structures that are defective, damaged, or misshapen by injury, disease, or growth and development (“Surgery”). It is performed to improve your appearance and self-esteem, which involves reshaping parts of the body that are otherwise functioning properly. The total number of cosmetic surgical procedure is 1,555,614 in 2010 and 1,579,079 in 2011, which has increased slightly by 2%.

Breast augmentation is the most popular type of cosmetic surgical procedures. There were totally 212,500 done in 2000 and 307,180 in 2011. The number has increased by 45%, which is a sizable growth. Nose reshaping has fallen to be the second; it used to be the first twelve years ago. The number of such procedure has decreased from 389,155 in 2010 to 243,772 in 2011, which has significantly decreased by 37%. The third most popular type is liposuction, it was extremely popular 12 years ago and the number of this type of plastic surgery was really huge. There were 354,015 procedures done in 2000. Yet, it has decreased by 42% when compared to 2011, which was 204,702. Besides that, eyelid surgery is a very common type of cosmetic surgery with huge number of people undergoing this, in 2000, there were totally 327,514 procedures done while it has dropped by 40% in 2011, having less than 200,000 procedures. We can see that the number of most types of cosmetic surgical procedures has decreased significantly, except breast augmentation. The statistic shows the total number of cosmetic surgical procedure is 17% less when comparing 2000 with 2011.

One of the main reasons of cosmetic surgical procedure are becoming less popular is the spring up of minimally invasive surgery. According to ASPS, the top five popular types of minimally invasive surgery in 2011 are botulinum toxin type A (46%), like Botox and Dysport; soft tissue fillers (16%), chemical peel (9%), laser hair removal (8%) and microdermabrasion (7%). Minimally invasive surgery is surgery done with the aid of a viewing scope and specially designed surgical instruments. The scope allows the surgeon to perform major surgery through several tiny openings without the need for a large incision (“Cosmetic Surgery Options”). In recent years, minimally invasive surgery is way too popular when compared with cosmetic surgical procedures, basically because these minimally invasive alternatives usually result in less pain, less scarring, and a quicker recovery for the patient, as well as reduced health care costs. Cosmetic surgical procedure was the only choice to help people look prettier in the past, but now, people have more options to improve their appearance. The total number of minimally invasive surgery in 2010 is 11,561,449 and it boosted to 12,249,647 in 2011. As our technology is becoming more advanced, this type of cosmetic surgery is being much more common than the past. In 2000, there were only 5,500,446 procedures done and it has increased by 123% when compared to 2011. “This shift reflects advances in cosmetic surgery innovation and the desirability of less expensive treatments”(“Plastic Surgery Around The World”).

If we look at the statistic by ethnicity, most commonly requested cosmetic surgical procedures from African-American are Liposuction, breast reduction and breast augmentation; Hispanic want liposuction, breast augmentation and nose reshaping most; while Asian-American request for nose reshaping, breast augmentation and eyelid surgery most. How about minimally invasive surgery? They are remarkably similar, the two most common types for all ethnicity are injectable fillers and botulinum toxin type A, the only difference is Asian-American and Hispanic consider chemical peeling as their third important one while African-American prefer more on microdermabrasion.

In the past, when we talked about plastic surgery, we would think about the female at most of the time. But nowadays, more and more males care about their appearance and undergo plastic surgery. In 2011, 13% of cosmetic surgical procedures were taken by male, which was totally 204,359. It seems a small number when compared to female, which has totally 1,374,720 procedures done in 2011. However, when comparing change of the total number of cosmetic surgery taken by male from 2000 to 2011, it has increased by 48%, and it surely is not an insignificant change. The three most popular type of cosmetic surgery is similar between male and female. For male, they are nose shaping and eyelid surgery, and liposuction; for female, they put breast augmentation at the highest ranking, and then nose shaping and liposuction. How about cosmetic minimally invasive procedures? Both male and female have the same preference: botulinum toxin type A, soft tissue fillers and chemical peel.

Even most people think having cosmetic surgery is a common thing nowadays, as the body of adolescents is not yet fully developed; they are not encouraged to undergo any plastic surgery. “ “Children are not small adults!” Because children are still growing, they must be treated so that their full potential –- both mental and physical –- is not detrimentally affected” (Ordunze). Therefore, in 13,310,313 procedures, only 2% of the total procedures were taken by teenagers aged between 13 and 19. When comparing the statistic from 2010 to 2011, there is not much difference, only rose by 5%. Not surprisingly, almost half of the procedures were taken by people aged 40-54; 26% were taken by the elderly aged 55 or above; 19% were taken by people aged between 30-39; 6% were taken by the age group of 20-29.

Many people are curious about the risks of undergoing plastic surgery. Due to regular inventions and innovations in science and technology, the field of cosmetic surgery has become safer. The American Society of Plastic Surgeons (ASPS) estimates that there is 1 death in 57,000 procedures, while a study in the medical journal Plastic and Reconstructive Surgery put the death rate (also called the mortality rate) slightly higher, at about one in 51,459 operations (DeBenedette). But very low-risk is not the same thing as no risk. A very low mortality rate does not mean that no deaths ever happen with cosmetic surgery. They happen. Some examples of possible complications are abnormal heart rhythm, blood clots, brain damage, nerve damage, stroke, death and so on. Donda West, mother of hip-hop star Kanye West and a retired college English professor, died after a combined tummy tuck and breast reduction procedure, apparently as a result of complications from the plastic surgery procedure (DeBenedette). "The human body makes no distinction when the scalpel hits," warns Dr. Richard D'Amico, president-elect of the American Society for Plastic Surgery (ASPS). "The difference with elective cosmetic surgeries is that patients generally start out being healthy."

Demand for cosmetic plastic surgery continues to increase. Americans spent $11.5 billion for 11 million cosmetic procedures in 2006--a 48% increase over the number performed in 2000, according to the National Clearinghouse of Plastic Surgery Statistics (“Plastic Surgery Procedural Statistic Released”). In 2011, the total expenditure on cosmetic surgical procedures is $10,434,350,360, which is an enormous amount. According to the national average surgeon fee, the most expensive procedure is facelift, costing around $ 8500; while the cheapest one is dermabrasion and it costs $1200. Furthermore, the costs of cosmetic minimally invasive procedures are much lower than cosmetic surgical procedure. The most expensive operation is ablative laser skin resurfacing, costing $2169; in contrast, the cheapest procedure is microdermabrasion, for only $141.

Since plastic surgery is becoming more common in society, people are beginning to talk about it openly, we have seen over the last couple decades the demand for plastic surgery has been growing continuously. People are realizing that it is more common than most people think and it does not have to be a shame around it. Based on the research results, we can see that the number of cosmetic surgery is increasing unceasingly, for both male and female, from all age ranges. We also can conclude that plastic surgery is developing all over the world, no matter they are developed or developing countries. Furthermore, there is a growing trend toward smaller procedures. People have much more options to improve or recover their appearance due to the advanced technology. Nevertheless, no matter what type of procedure is going to be undergone, risks are inevitable. Progressive technology can help reduce, or minimize the risk but still not eliminating the risks. Therefore, we still have to be aware of it before considering a cosmetic surgery.

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