

## Plastic surgery myths and mistakes to avoid

Don't be misled by popular misconceptions of plastic surgery as a hobby of the rich and famous, or as the solution guaranteed to bring perfect happiness. It's important to sort out fact from fiction when choosing a plastic surgeon, so we'll clear up several things that can cause confusion:

*Myth: Plastic surgery and cosmetic surgery are the same thing.*

There are big differences between these fields, starting with training: any doctor who holds a medical degree can perform cosmetic surgery, although they have not undergone extensive study and training in plastic surgery as a specialized field. The standards for plastic surgery specialization may vary from country to country, so ISAPS sets an international standard to certify only the aesthetic plastic surgeons who meet the highest possible standards of skill and qualifications, and who dedicate themselves to continuing excellence in education and ethics.

*Mistake: Choosing the first plastic surgeon you find.*

Selecting the right surgeon to perform the procedure(s) you want is a process that requires some time and research. It's important to [choose a board-certified plastic surgeon](#) who has extensive experience performing the specific procedure(s) you want. The ISAPS directory makes it easy to search among the listings of member surgeons on six continents. Then it's as simple as contacting them to ask questions; in many cases, you can even schedule an online consult.

*Myth: Breast implants are dangerous.*

This myth originated in the earliest days of [breast augmentation](#), when complications were more common than they are now. All medical research to date indicates that breast implants are linked with any diseases or disorders, including breast cancer. It's also not true that implants prohibit breastfeeding; many mothers with implants are able to breastfeed successfully.

*Mistake: Using liposuction for weight loss.*

In 99% of cases, the surgeon will advise the patient to lose weight before undergoing [liposuction](#). This is to improve the chances of a successful surgery by improving your muscle tone. Liposuction is also not effective for treating cellulite; in fact, removing fat cells can even make fibrous cellulite tissue look more pronounced.

*Myth: The only reason to have plastic surgery is vanity.*

There's a difference between "vanity" and the basic desire to be comfortable with yourself and your body. Plastic surgeons do more than shape bodies; they help people lead fuller, more enjoyable and productive lives. When your outward appearance reflects who you really are, both your mental and physical health benefit.

*Mistake: Thinking you can't afford plastic surgery*

The sheer [number of people](#) who have plastic surgery every year proves that it's not a privilege reserved for an elite few. As medical technology advances and new methods develop, the range of options expands to cover every price point. In-office treatments like [Botox](#) are usually very affordable, and can be purchased in packages to save on costs. Many surgeons also offer financing plans for face and body procedures. More and more patients are also [having plastic surgery abroad](#), where the cost of medical supplies and equipment is lower.

*Myth: Plastic surgery is only for women*

It's *never* been only for women, and [men are quickly catching up](#). Some procedures like [face lifts](#) and [Botox](#) are popular among both genders, while men tend to seek [rhinoplasty](#), [breast reduction](#) and (obviously) penile procedures more than women.

*Mistake: Expecting perfection*

Above all, you and your surgeon should agree beforehand that your reasons for wanting plastic surgery are healthy, and your expectations realistic. You can expect scarring after any type of surgical procedure, though the field of plastic surgery has developed many ways to hide or minimize them. The best thing to expect is a subtle but effective change that give you a healthier, more confident outlook on life.

It's essential to learn as much about what plastic surgery is – and isn't. The more knowledge you have, the better you can make an informed decision about what your plastic surgery goals are, and who you will entrust with helping you achieve them.