

NOVA
PLASTIC SURGERY

DEBUNKING COMMON MYTHS ABOUT

Cosmetic Plastic Surgery

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Introduction

Maybe you're considering getting cosmetic surgery, but you're hesitant because you've heard mixed things. Negative stereotypes about cosmetic plastic surgery usually stem from a small number of worst-case scenarios. We've all seen the reality TV shows about botched jobs and the celebrities who've had extensive work done, but these are in no way a fair or accurate representation of what it's actually like to have a cosmetic procedure.

In fact, when patients do their research, know what to expect, and choose the right surgeon, plastic surgery can be life-changing in the best way. Men and women alike have a wide range of cosmetic procedures done each year, for a whole host of reasons—and more often than not, they wonder why they waited so long to have something done.

This e-book will help debunk some of the common myths associated with cosmetic plastic surgery, and help reinforce your decision from a medical perspective. We hope it will serve as a guide to help ease anxiety and aid in the decision-making process for those who are considering cosmetic surgery.



Myth #1

Any Doctor Can Perform Cosmetic Plastic Surgery.

Plastic surgeons are certified by the [American Board of Plastic Surgery](#) and are required to complete extensive training before the certification is complete. Board-certified plastic surgeons are required to attend conferences to continue their education, and as such are often aware of the most minimally invasive techniques for cosmetic surgery.

You can leverage the [American Academy of Facial Plastic Surgery](#) website to search for a board-certified plastic surgeon in your area. Before you schedule an appointment, you should also research the surgeon. [Read their reviews](#) and find out how long they've been practicing and other important details. It's also important to note that not all plastic surgeons perform cosmetic surgery, so you'll want to select a board-certified plastic surgeon that does both reconstructive and cosmetic work.

“One of the first things we say to our patients to educate them is to make sure that if you're getting any kind of cosmetic surgery, you go to a board-certified plastic surgeon—not just a board-certified physician.”

Dr. Fadi Nukta

Myth #2

Cosmetic Plastic Surgery Is Very Dangerous.

Of course, no surgery is completely without risks. With that said, the myth that cosmetic surgery is very dangerous is just that: a myth. When the right procedure is performed on a suitable candidate by a board-certified plastic surgeon, cosmetic plastic surgery is not dangerous. In fact, it's actually one of the safest types of surgery that you can have.

When you hear the horror stories about botched plastic surgeries, it's almost always because a physician who is not a board-certified plastic surgeon is performing cosmetic procedures in their office. Because these doctors don't have the same knowledge level as plastic surgeons about cosmetic procedures, this is often when complications begin to occur.

Some patients are better candidates for cosmetic surgery than others, and a plastic surgeon will be able to make a recommendation as to whether or not a patient is fit for surgery. For example, there is likely a greater risk for patients who are overweight or have health issues and other risk factors.

“We don't hear about 99 percent of the procedures that go well, where someone is walking down the street and you can't even tell that they've had a procedure done. In general, you only hear about the bad ones.”

Dr. Fadi Nukta

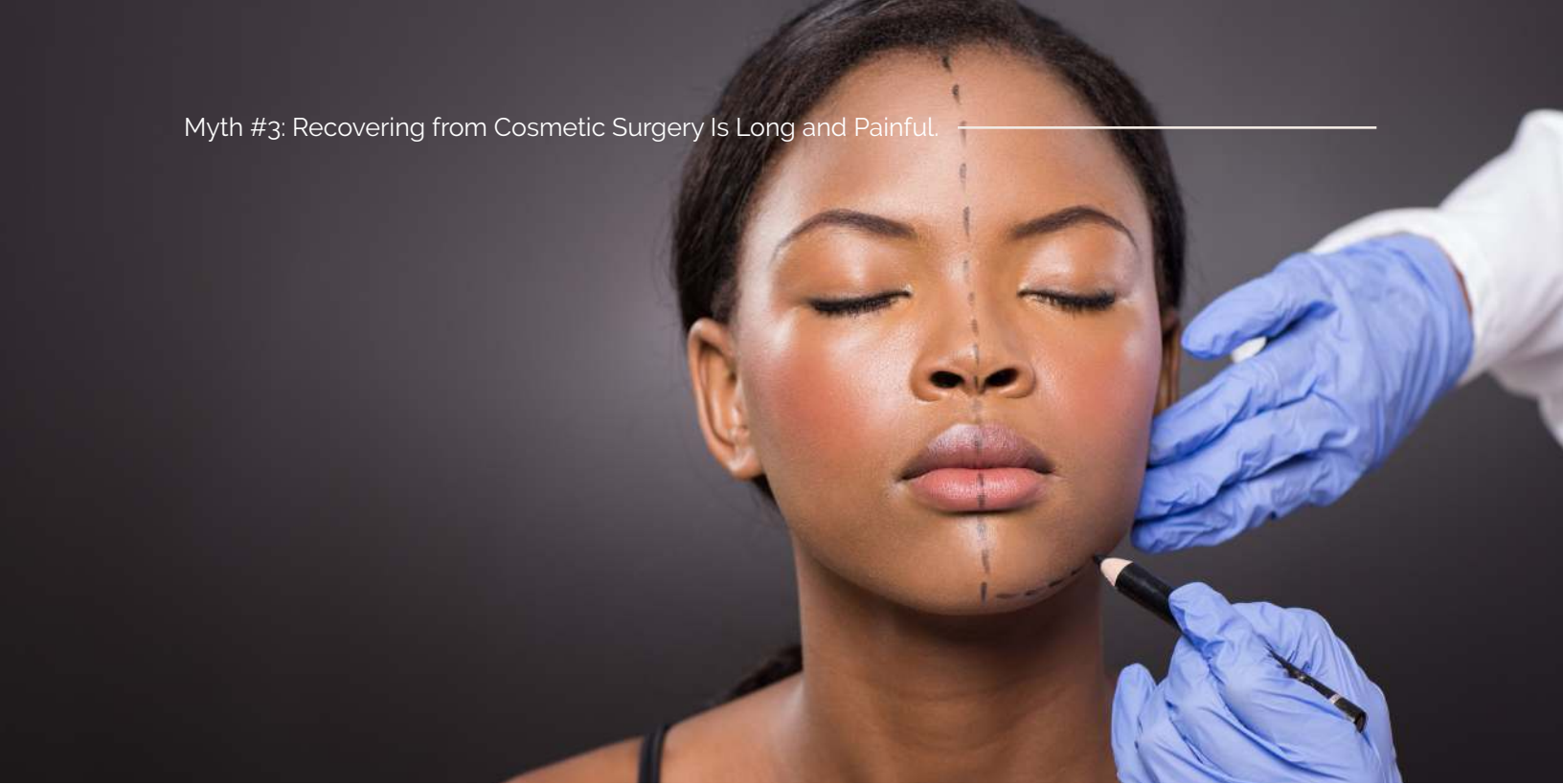
Myth #3

Recovering from Cosmetic Surgery Is Long and Painful.

You've likely heard that plastic surgery is hard to recover from, but in most cases, that's also a myth. If a patient follows the doctor's aftercare instructions, they should recover without any complications. An experienced, board-certified cosmetic plastic surgeon can help manage your expectations regarding recovery and pain management and can prepare you for what to expect during and after the procedure.

Surgeries also have different recovery phases, depending on how involved the procedure is. A good plastic surgeon is always looking for ways to improve their techniques, medications, incisions, and other aspects of their care to ensure each surgery is as minimally invasive as it can be and requires as little recovery time as possible.





It's important to note that no two patients are the same; patients tend to heal and recover differently. Overall, the healthier the patient, the easier the recovery will probably be. For example, smokers and overweight patients may have a more difficult recovery and are more likely to have complications during recovery. A good plastic surgeon will do the appropriate testing and review the patient's medical history to determine whether or not they're a suitable candidate for surgery.

“Recovery can be very long and painful, but only if a procedure is done by the wrong hands. Experienced plastic surgeons with the appropriate training and experience are always looking for more minimally invasive procedures and attending conferences to improve the quality of patient care.”

Dr. Fadi Nukta

Myth #4

Everyone Will Know You've Had Cosmetic Surgery.

Maybe you're considering cosmetic surgery, but you're worried that everyone will immediately recognize that you've had a procedure. We've all heard those whispers about someone at one point or another: "It looks like she's had work done!" Of course you want the compliments that come with an improved physical appearance, but you don't want people to actually know what's changed.

If that's the case, just think about it like makeup. It can look flawless and natural, or fake and obvious—it's entirely dependent on the quality of the products, how well the makeup is applied, and other factors that can make or break the look. When makeup is applied really well, it can enhance your best natural features and help to significantly boost your self-esteem.

In this way, cosmetic surgery is exactly the same—when performed correctly by an experienced plastic surgeon, it can look completely natural and improve someone's quality of life. Plastic surgery is really only noticeable when it's poorly done, which is why it's so critical that you choose a reputable, board-certified plastic surgeon. If you're concerned about how you'll look after surgery, reviewing [before and after photos](#) is a great way to better manage your expectations about the cosmetic procedure you're considering.

"Good plastic surgery will not be obvious. Everyone will notice, but no one will know."

Dr. Fadi Nukta

Myth #5

You're Vain If You Have Cosmetic Plastic Surgery.

We've all heard the opinion that someone is vain if they've had plastic surgery—but that doesn't make it true. There's a big difference between vanity and investing in your appearance. We buy new clothes, wear sunscreen and makeup, get haircuts ... if those things don't make us vain, why does cosmetic surgery?

Having plastic surgery doesn't mean someone is vain at all. In fact, it can truly be a transformative, life-changing event for many people. If there's something someone has always disliked about themselves, a minor procedure can correct it in just a few hours and make all the difference in the individual's day-to-day life.

Though cosmetic surgery can be a huge self-esteem boost when it's done for the right reasons, it's important that you never get plastic surgery for someone else. If you're going to have a cosmetic procedure done, do it for yourself and for yourself only.

"I'm always shocked by how much certain procedures can change people's lives. It's not vain—we always want to look our best."

Dr. Fadi Nukta

Myth #6

The Results of Cosmetic Plastic Surgery Last Forever.

Another common myth is that once you've had cosmetic surgery, the results will last forever. This is simply untrue because cosmetic surgery does not stop the aging process. Though it doesn't actually stop the clock, it does rewind it a bit. Results aren't permanent, but they're often long-lasting and can mean years of satisfaction for the patient.

However, like any good investment, the better you take care of and protect it, the longer it's likely to hold up. Maintenance is important. After cosmetic surgery, follow your doctor's aftercare recommendations to ensure the procedure lasts as long as possible.

BBL, BOTOX, and other minimally invasive, non-surgical treatments can help to extend the life of your cosmetic plastic surgery results. You can also prolong the results by taking care of yourself and maintaining good habits, such as maintaining a healthy weight and not smoking.

“Nothing is forever. The minute the procedure is over, you’re aging again. Plastic surgery does not stop time, it just kind of rewinds the clock.”

Dr. Fadi Nukta

Myth #7

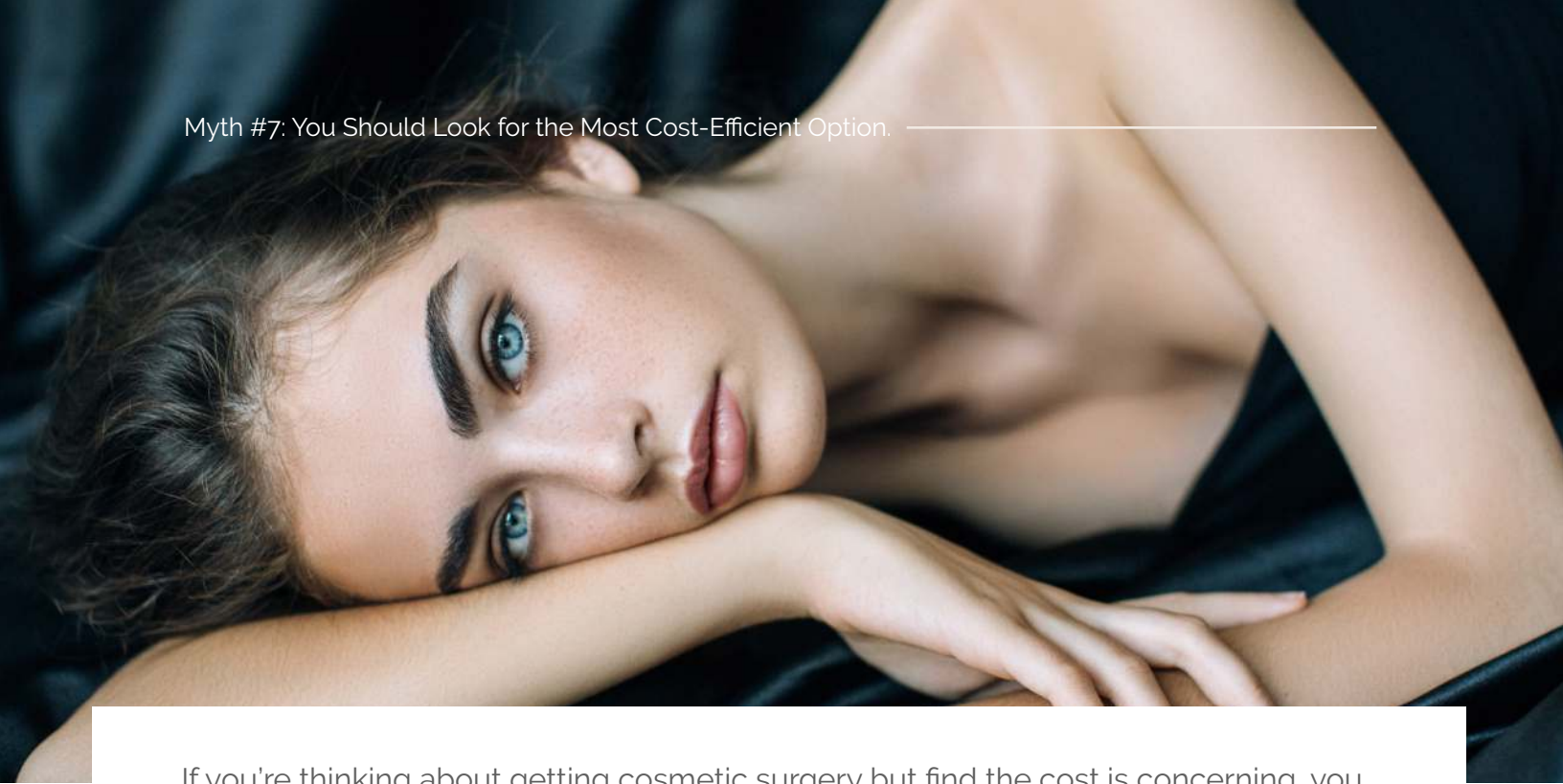
You Should Look for the Most Cost-Efficient Option.

You should never go into debt to have cosmetic plastic surgery. That said, if you do opt to have a procedure done, this is a scenario where cheaper is not better. Don't choose a plastic surgeon based on the lowest price point or because of a special deal that's being offered. Instead of making a decision based on the cost, you should select a surgeon based on their reputation, experience, and qualifications.

You should also know the average cost of the procedure(s) you're looking at to ensure it's a smart financial decision given your personal situation. Cosmetic procedure costs typically range from \$2,000-\$12,000. Much of the money goes toward surgery-related costs—from surgeon fees and the price of medical supplies to the facility and the other staff members who are part of the operation.

Though cosmetic surgery can be expensive, you get what you pay for—and although cost may be a factor when it comes to deciding whether or not cosmetic surgery is right for you, it shouldn't be a factor when you're choosing a plastic surgeon.





If you're thinking about getting cosmetic surgery but find the cost is concerning, you should focus on prevention and maintenance, which may completely eliminate the need for a surgical procedure. Cosmetic treatments, such as BBL and BOTOX, are often a good alternative to a surgical procedure.

"It becomes more cost-efficient for people to start having preventative treatments earlier because this can save them a lot of money down the road. For example, someone who takes care of their skin with a good regimen, BBL treatments, BOTOX, and other preventative measures is much less likely to need a facelift down the road."

Dr. Fadi Nukta

Are You Considering Cosmetic Surgery?

Despite the many myths you hear about cosmetic plastic surgery, there are many benefits to having a procedure done. If you're considering having cosmetic plastic surgery, the most important thing you can do is carefully select an experienced, board-certified plastic surgeon to meet with for a consultation. They can walk you through the entire process, identify whether you're a good candidate for surgery, and tell you exactly what you can expect as a result.

If you're considering cosmetic plastic surgery, remember to do your due diligence and research everything from the ins and outs of the procedure to the surgeon's background and credentials. When you're ready to learn more about the many benefits of cosmetic surgery, contact us at NOVA Plastic Surgery to schedule a complimentary consultation.



NOVA PLASTIC SURGERY

About NOVA Plastic Surgery

NOVA Plastic Surgery is a state-of-the-art facility located in Ashburn, Virginia.

Fadi Nukta, MD, the founder and medical director of NOVA Plastic Surgery, is a top Northern Virginia Hand Surgeon and Plastic Surgeon, specializing in trauma plastic surgery and hand surgery.

REQUEST A COMPLIMENTARY CONSULTATION

