

## Ethical aspects of cosmetic and body enhancement surgeries in adolescents and minors: an opinion article.

Babatope Lanre Awosusi

King Khaled Hospital in Almajma'ah, Riyadh second health cluster, Saudi Arabia.

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### Abstract:

Recently, social awareness of improvements in surgical techniques has caused an increased demand for cosmetic surgeries for different reasons among teenagers and adolescents. In my opinion, physical appearance and aesthetics are now more valuable than other core personal values. Psychosocial factors and peer pressure are major drivers of this trend. Mainstream media and the internet are also playing a crucial role in advertising and glamorizing cosmetic surgery procedures. I strongly believe that the adolescent has not fully developed the needed psychophysical balance to make such choices. In my submission, doctors should evaluate every case within a proper ethical and professional context and should turn down unnecessary requests for cosmetic surgery by teenagers and adolescents even if consent has been duly obtained from parents and legal guardians.

### Keywords:

cosmetic, body-enhancement, surgery, adolescent, ethical, minors.

### Introduction

The recent advancements in technology and by extension improved surgical techniques have caused an increased demand for cosmetic surgeries for different reasons ranging from aesthetics to sensual to psychological and psychosocial satisfaction, particularly among celebrities in the entertainment industry (Gunn et al., 2014). There has also been an increased desire for these procedures among teenagers and adolescents (Gunn et al., 2014). It is worth exploring the motives behind the increased demand for cosmetic surgery use, not only in Western countries but also in eastern and far-eastern nations (China, Iran, Korea, Japan and

### Conclusion

Doctors should turn down unnecessary requests for cosmetic surgery by teenagers and adolescents even if consent has been duly obtained from parents and legal guardians. Cosmetic surgeons should properly explain all possible complications and the possibility that the outcome may not live up to the expected and anticipated psychological satisfaction. Furthermore, physicians ought to verify that their clients fully understand the risks involved before undergoing these permanent body and life-changing surgeries.

Lebanon), which have become heavens for "cosmetic tourism" (Klein et al., 2017).

### Body Of Article

In my opinion, our modern world is becoming increasingly consumerist, and physical appearance and aesthetics are somehow now more valuable than other core personal values. This has led to the creation of an idealization of perfect beauty which is largely unattainable. Statistical data corroborates the upward trend in the number of adolescents turning to plastic surgery, often lamenting and complaining about aesthetic flaws that are often obviously non-existent (Vergallo et al., 2018).

Psychosocial factors and peer pressure are also major drivers of this recent trend: Having an attractive body has become an utmost and absolute priority since there seems to be an increasingly widespread association of success in life with physical attributes. The mainstream media and internet are also playing a crucial role in advertising and glamorizing cosmetic surgery procedures and even going as far as showcasing sensational cosmetic surgical procedures on live television and making some into entertaining TV series and shows.

I strongly believe that the adolescent has not fully developed the needed psychophysical balance to make such decisions and choices. If dissatisfaction with one's physical appearance starts from that particular stage, it can be overcome as the individual grows older, thus making cosmetic surgery unnecessary. On the other hand, if the request for surgery arises from psychiatric disorders like dysmorphophobia, resorting to surgery also would not solve the problem. In several cases, those who experience such a disorder present only minor physical flaws, which they tend to magnify. In other instances, even though physical traits are altogether normal, the individuals still feel as if they were constantly stared at, and experience a strong sense of social uneasiness and unhappiness (Mitchison et al., 2017). Adolescents should undergo necessary psychological counseling and report of the psychiatrist will play an important role, before undergoing any cosmetic procedure. This will help the surgeons to evaluate whether the procedure is really necessary.

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