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Do We Have to Choose a Crazy Cosmetic Surgery to Boost our Self-Esteem? by [Annphilip](#)

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Health tourism is growing at a fast pace in metros around the world and this brightened the face of cosmetic surgery industry. For people who are very conscious about their external beauty, the advanced technologies in cosmetic surgery gives them a chance to beautify their appearance, thereby augmenting their self esteem.

People usually judge a person from outwardly appearance before getting introduced. That means we are getting only one chance to get a first impression and the person who projects the best self-image gets the best impression. In order to maintain a good personality, some treatments like this will surely give you instant results other than long-term activities like exercise, skin care and nutrition. It will improve people's self-confidence and thereby helping them attain their goals.

A large number of people are not satisfied with their looks and they believe that they can regain their beauty after going through a surgery. Cosmetic surgery that is available today can be classified under two divisions; surgery that adds something and surgery that takes away something from the body.

Some of the commonly found facial surgeries are scar revision, forehead lifts, hair replacement, laser surgery and skin resurfacing. You can correct each and every part of your face separately by going through a cosmetic surgery. This includes blepharoplasty a surgery for eyelids, mentoplasty a surgery for chin, otoplasty a surgery for ears and rhinoplasty a surgery for nose.

Blepharoplasty is one of the top five cosmetic surgery procedures people opting for world-wide in order to prevent aging. This eye lid surgery corrects droopy eyelids, takes out surplus fat under the eyes and removes excess skin from the upper eyelids. According to American Society of Plastic Surgeons, more than three hundred thousand people underwent this eye lid surgery last year.

As face counts as the most prominent feature of a person's entire physical appearance, people will give due importance to the angle or contour of the chin region. For people who are not satisfied with the appearance of their chin, a surgery named mentoplasty helps them to reform and reconstruct their chin region. In this surgery, doctors try to change the appearance of the chin so as to give a more balanced look for the entire face.

For some people, lop ears can give an awkward feeling, while for others congenitally prominent ears can give a negative behavioral and emotional effect. For deformities like this autoplasty like surgeries can give them a normal ear. On the other hand, cosmetic surgeries like rhinoplasty can change one's personality and boost up their confidence and performance just by correcting the deformities of their nose. In this surgery, doctors will try to reshape the nose in order to get a more symmetric, proportionate and vibrant facial appearance. Through this surgical procedure, a bulky nose can be made smaller and a small nose can be made bigger.

Some of the crazy types of cosmetic surgeries are dimple surgery, cankle liposuction, abdominal etching and collagen injections. Though these types of surgeries are little risky people opt for it as they want dimples like Colin Firth or Jennifer Garner and body structure like Kate Winslet. One of my friends had undergone a rhinoplasty and now she feels that she is looking better than before and this increased her self-confidence to take part in a fashion show. As some of these surgeries are time consuming, it's better to leave your home after giving it a proper security system from providers like ADT Home Security.

A survey conducted among teenagers shows that people with a good self-image tend to function effectively in their work, feel secure in their relationships, and interact positively with others. Whether you have to correct your deformities with the help of cosmetic surgery or not, that you have to decide, but the fact is that people with good appearance will be more outgoing, presentable and confident and this heightened sense of self-esteem will be a benefit that lasts a lifetime.

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Ann is a freelance writer and she likes to know about current trends and new technologies using in cosmetic surgery in different countries. She keeps traveling leaving her house secure with security systems like a [ADT Home Security](#).

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