



Dr. Robert Guida a Manhattan Facial Cosmetic Surgeon at the New York Center for Plastic Surgery, describes the symptoms and treatments for plastic surgery addiction.

## cosmetic surgery addiction

### A New York Plastic Surgeon Describes Symptoms & Treatments



People who have a serious addiction to cosmetic surgery often have extremely poor body images, or Body Dysmorphic Disorder. Dr. Guida explains the warning signs, symptoms, and treatment for this type of addiction.

#### The Warning Signs of an Addiction to Plastic Surgery

Two warning signs of cosmetic surgery addiction are:

- 1) unrealistic expectations; and
- 2) a refusal to listen to what their surgeon advises.

"If a person is satisfied after a surgery or two, that's normal," says Dr. Guida. "I understand that a lot of people have poor self images. But, it becomes an addiction if they have plastic surgery procedures over and over, often to the point of making their appearance look worse instead of better. Patients who understand that perfection cannot be achieved display a more normal behavior, and are usually satisfied with their appearance."

#### Symptoms of Cosmetic Surgery Addiction

**Dr. Guida** lists the following as symptoms of addiction to plastic surgery:

- Countless cosmetic surgeries, either on the same body part or on different body parts.
- Obsession with a specific body part or parts of an admired celebrity or model.
- Extremely unrealistic expectations (very difficult to please as patients).
- Refusal to listen to the advice of a cosmetic surgeon when he/she advises them that further plastic surgery is unnecessary and will not help – or will do more harm than good.

"Patients who do not have addictions are satisfied when they walk away after surgery. Addicts think just one more procedure (and then another, and another, and another) will make them look perfect," he says.

#### Treatment for Cosmetic Surgery Addiction

The best treatment for an addiction to cosmetic surgery - especially if it's a result of Body Dysmorphic Disorder - is therapy. "Cognitive behavior therapy in particular has shown to decrease symptoms," says Dr. Guida. "Another treatment sometimes used is Selective Serotonin Reuptake Inhibitors, a medication that increases the level of serotonin in the brain. People who want to get help and who want to understand why they keep going

back for more surgery are most likely to benefit from therapy. Their surgeon or primary care physician can refer them to a psychologist."

If patients become obsessive and addicted to treatments

**Dr. Guida** deems unnecessary, he stops treating them. He'll refer them to psychiatrists, since it's a mental health issue. If he senses that a new patient is already addicted to cosmetic surgery and seeking unrealistic perfection, he declines treatment or surgery right off the bat.

**For more information please visit:**

[www.drguida.com](http://www.drguida.com)