Cosmetic Surgery Addiction: A Growing Problem?

We all know there are a wide range of addictions. You can be addicted to drugs, alcohol, sex and a variety of other things. Some people are addicted to cleaning, but how many people are addicted to cosmetic surgery?

This is an odd type of addiction and it is not one that is widely discussed in the media, except perhaps on afternoon talk shows. Similar to drug and alcohol addictions where they get their “fix” off of their next hit or glass of whiskey, the cosmetic surgery addict gets their next fix off another surgery. These people typically have an idea in mind of what they want to look like and they will have as many surgeries as necessary to obtain the body or look they want. Talk about one expensive addiction!

Cosmetic surgery is not necessarily a bad thing. Many people can benefit from cosmetic surgery such as people who can’t breathe properly because of deviated septum in their nose or children with facial deformities. People with deformities are often shunned by society, so it can really help these people’s self-esteem by correct those flaws. However, these are the typical addicts we are speaking of.

The cosmetic surgery addict typically has a specific look in mind. They want to look like a celebrity or even Barbie. They have several surgeries to achieve this look that they want, but it’s almost as though they can’t stop trying to “fix” themselves. The unique thing about these people is that they are often very good looking and beautiful people. By looking at them, most people would not believe they needed surgery in the first place. In fact, two thirds of people who have one cosmetic surgery procedure come back for another after they have overcome the fear of the first.

There are a few things to look at to determine if a person is addicted to plastic surgery. First, you will want to recognize that people who seek multiple surgeries are often addicts, especially if they have procedures on the same area of their body. Many of these people develop a condition called body dysmorphic disorder. This means that they are obsessive about their appearance and they are constantly checking themselves in the mirror. They may also be obsessive about the looks of a particular person or celebrity. These individuals often require professional counseling. Their addiction and disorder will usually be much deeper than what you see on the surface.