

Visiting expert spells out the aesthetics of plastic surgery

BY FAISAL SHAMSUDHIN

OVER the past 40 years or so there has been a marked change in the way people look at themselves.

Being physically attractive is not just left to the whims and fancies of fate. Almost everyone wants to be beautiful and it boosts his/her ego.

The perception that physical attractiveness is legitimate and that image building could be achieved through changes affected in expression and appearance have led to a change of attitude towards aesthetic surgery, says an internationally renowned aesthetic plastic surgeon.

"Aesthetic surgery was for long considered a taboo. But now it's a status symbol. People want their nose to be pointed, smile lines reduced or skin to be without blemishes. Redefining a person's appearance influences his personality. And aesthetic plastic surgery has become an effective tool to achieve this, said Dr Ashok Gupta, who has been in the active practice of the art and science of plastic surgery, aesthetic surgery including laser surgery, and microsurgery for over 25 years.

Gupta added that the change in perception towards personal beauty was the main topic of discussion in the conference of the International Society for Aesthetic Plastic



Dr Ashok Gupta with a patient.

Chandra Balan / The Gulf Today

Surgery, which recently concluded in Turkey.

Gupta is a member of the society, which is the apex body of aesthetic plastic surgeons all over the world. Gupta, who has acquired top distinction and international honours in the field of aesthetic plastic surgery, is a visiting specialist surgeon in medical clinics in India and abroad, including Unicare Medical Centre in Dubai and International Hospital in Bahrain.

A Fellow of the Royal College of Surgeons in Edinburgh, Britain, Gupta is also a member of various international professional organizations and an accomplished teacher in his chosen field.

On the much-debated "risk

factor" in such types of surgery, Gupta said it is absolutely safe if performed by a qualified and experienced surgeon.

"There have been cases of ophthalmologists and ENT surgeons performing aesthetic operations like liposuction in the West. More than a million liposuctions are done every year around the world. Compared to that figure the complications are minimal and occur only when it is done by people without enough experience," he said.

Gupta performs 13-14 aesthetic surgeries every week in India. The most sought after aesthetic surgery is that of the nose, he said. Breast implants, fat reduction and hair transplant are next in line. Though

women constitute majority of patients going for aesthetic surgery, the percentage of men seeking such remedies for baldness, aging faces and body contouring has increased over the past decade, Gupta said citing the case of an American actor who "rejuvenated" himself by undergoing a facial skin peeling surgery using laser.

Laser technology

Gupta is also one of the pioneers in the application of laser technology in the field of plastic surgery in the Third World.

"Laser is a very powerful tool. It is precise, causes least damage and patient discomfort. The healing time is much less compared to conventional methods of surgery," he explained.

Gupta employs this latest method of aesthetic surgery in correcting aging face, frown lines, laugh lines, crow's feet, pigmentation, pock/acne marks, vascular malformations, sun-damaged skin and freckles and in skin peeling and skin care.

Gupta said aesthetic surgery has not only become desirable but also affordable. "While being considered a status symbol by many, the fact is this kind of surgery is no more for vanity or exclusively for the rich," Gupta said, referring to the case of four children who pooled in money to be presented to their mother on her birthday so that she could go for a plastic surgery.