



Best Plastic Surgeons in Bhubaneswar

5 Benefits Of Cosmetic Surgery

Did you know that plastic surgery can be traced back to the 8th century BC in the ancient Indian scripture 'Sushruta Samhita'? During the ancient period, skin grafts were utilised for reconstructive surgery, which evolved into what we now call plastic surgery. Human beings have actively participated in many forms of self-improvement from the dawn of humanity. Why is plastic surgery still considered taboo? As we review the top benefits of cosmetic surgery, we debunk several fallacies.

1. Better physical health

In many circumstances, plastic surgery not only enhances one's appearance but also reduces the likelihood of developing serious health problems. Breast reduction surgery, for example, helps relieve shoulder, back, and neck pain, while fat removal from certain places lowers the risk of diabetes and heart disease. On the one hand, rhinoplasty can correct deviated septums and enhance breathing, while eyelid surgery can treat dry eyes and improve eyesight. In order to retain their physical condition, patients also choose a better lifestyle following plastic surgery. To put it another way, it's a win-win situation.

2. Better mental health too!

After the war, surgeons who performed surgery on soldiers learned the value of physical beauty and how happy it made their patients feel. Physical appearance can frequently have a significant impact on how we feel about ourselves. Many people suffer from anxiety and body image difficulties as a result of their unhappiness with their physical appearance. Aesthetic operations can improve a person's looks and make them feel better about themselves while also lowering stress and increasing self-confidence.

3. Self-Esteem and Confidence

Self-esteem is one of the most important wants that humans strive for, according to Maslow's hierarchy of human needs. Self-esteem is a metric that measures how much you regard, respect, and believe in yourself. Feeling good about yourself might help you discover your inner strength and increase your self-esteem. It enhances your self-assurance and gives you the courage to own the room you enter into in social circumstances. Self-confidence comes from feeling at ease in your own skin, and aesthetic surgery can assist in this process.

4. Reconstruction

Cosmetic surgery was performed on troops in the 20th century who needed face and head surgery. After a traumatic accident or sickness, such as an accident, infection, or disease, reconstructive surgery restores both the appearance and function of the face. Other complications or functional issues can arise as a result of facial fractures. Plastic surgeons can assist in the reconstruction of damaged soft tissues in the case of soft tissue injuries so that muscles, ligaments, and tendons can function properly.

5. Positive Outlook

What happens when you're physically and emotionally fit, content, and confident in yourself? You have a positive self-image and accomplish achievement in your social, professional, and personal lives. To retain their new appearance after plastic surgery, patients often adopt healthy lifestyles such as optimum physical fitness and proper nutrition. Cosmetic and aesthetic operations can, in many situations, set the ball rolling towards a lovely life. Because to technical advancements and experience, plastic operations are now highly realistic, more accessible, and less expensive.



As a consequence, the results are outstanding and appear natural. Furthermore, the operations are less intrusive, have less side effects, and take less time to recuperate from. Reconstructive operations, breast augmentation or reduction, rhinoplasty, liposuction, botox, and fillers are among the most popular procedures in India right now. Any problem has a solution, and finding the correct consultation at the right moment is critical.

Dr. Akshay Kumar Rout, Bhubaneswar's leading cosmetic surgeon, is highly qualified and performs a wide range of plastic surgeries on a regular basis. His patients are ecstatic and full of confidence after surgery. Dr. Akshay Kumar Rout gives each of his patients his undivided

attention, carefully discusses the procedure, and assists in assessing the surgery's realistic goals and outcomes. He is one of the [Best Plastic Surgeons in Bhubaneswar](#), and he works at the premier plastic surgery centre in Bhubaneswar. Make an appointment to get the makeover you've always wanted.