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# Going under the scalpel for shaping dream jobs

By *Kamayani Singh*, TNN | Sep 16, 2007, 05.42 AM IST

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NEW DELHI: It was while attending a job fair held at his university in the US that 21-year-old Mayank Seth realised that his sharp and pointed nose attracted more attention than the perfect grades on his CV. Though Seth landed a plum job with an MNC, he also made up his mind to get a nose job (rhinoplasty) done before he started his professional life.

A few weeks later Seth flew down to Delhi for a rhinoplasty at Sir Ganga Ram Hospital. "It was a tough decision but an extremely personal choice in which I didn't even involve my parents. I am going to be in a profession that would require me to meet a lot of people and I wanted to be as presentable as possible."

Seth is not alone as there are many young professionals and youngsters at the threshold of their career who are opting for cosmetic surgeries which would enable them to fit their professional profiles better. Plastic surgeons also claim that not only is the age of people opting for plastic surgeries declining, but increasingly, people from small towns are flocking to the Capital to get cosmetic surgeries done.

Take the case of a primary school teacher, Niti Singh from Ludhiana, who felt that the hollows in her cheeks made her look older. She now sports a more youthful look after getting a lipo injection in her cheeks at Sir Ganga Ram Hospital. "Despite being in my late 20s, I looked much older. I wanted to have a baby face which would help the kids I teach connect to me better. I am much happier now."

The most popular cosmetic procedures are rhinoplasty, breast augmentation and reduction, liposuction, lipo injections, lips augmentation and face lifts. The procedures could cost anything from Rs. 50,000 to over a lakh, and wouldn't keep one in the hospital for more than a week. There are no side effects of the surgery. However, precautions have to be taken infection is possible in the first few days.

"Earlier, a majority of cases were from middle aged people. Now, we are increasingly getting extremely young people who cite professional reasons to get a cosmetic surgery done. In fact, most of the times we can't even see an obvious reason for plastic surgery," says S S Saha, senior consultant, plastic surgery, Sir Ganga Ram Hospital. Adds Dr Vivek Kumar, consultant, plastic surgery, Sir Ganaga Ram Hospital: "Over the past one year I have operated on many young professionals. From a 19-year-old girl who underwent liposuction keeping her future career interests in the hospitality industry in mind to a young communication officer in the IT industry who had Gynecomstia or large breasts

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and hence hesitated meeting people. Cosmetic surgery is the latest fad for youngsters.”



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However, plastic surgeons claim that they prefer to have a chat with their patient to learn about the exact reasons behind their decision to opt for cosmetic surgery. This not only helps them understand what kind of change they are looking for but also helps them give counselling if needed.

“In the end, no profession insists on any set features or physical attributes and people only opt for it due to personal reasons. While some patients display a classic case of lack of confidence, there are others who genuinely become happier after surgery. However, we warn our patients that a mere surgery might not put an end to their problems,” says Biraj P Nathani, consultant, plastic surgery, Max Healthcare.

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