



Snapchat Dysmorphia: A Warning to Cosmetic Surgeons!

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Letter to the Editor

Nowadays the two main social media applications called Snapchat and Instagram provides various features which help making changes into the photo, so the face looks smooth and soft with no wrinkles. The App can size and shape eyes, nose, lips and physical appearance as a whole, in a way to beautify it. Using above features resulting a pretty face, applicants request the surgeons to do the same on their faces, in the surgery.

So the term “Snap Chat Dysmorphia” comes from the above mentioned applications, causing many people to use them and seek surgery to edit their faces based upon. This is a form of “Body dysmorphic disorder” and classified as a kind of obsessive - compulsive spectrum disease.

According to American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) data, 55% of plastic surgeons have been requested to do cosmetic procedures for a better look on social media.

This is an alarm to the social authorities and medical clinicians; because filtered appearances are often an unattained looks, so caused a chains of unpredictable surgeries, not ending up with the desired beauty. These platforms also may drive people far from their expectations the reality especially in adolescence, which can jeopardize their social life and hence force them to seek psychological treatments. To circumvent the aftermath of such surgical failures, clinician should understand the social media environment and implications for better counseling the patients.

As the world is experiencing this issue among youngsters for having a flawless face or looks, we must take a deep crucial looks at the conflicts related to this mental disorder and manners to eliminate them. In this era of globalization, applying these types of applications, Is a routine, undeniable part of life. So as a surgeon, we should try to recognize this mental problem and convince the patient to treat this obsession with the help of a psychiatrist. By this way, we can stop the impossible and imaginary demands.

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