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Cosmetic Plastic Surgery for Women

The field of plastic surgery has grown beyond the reconstruction of injuries or defects into an elective surgery that sculpts a person's body into what they think it should be. Cosmetic plastic surgery is now one of the most common medical procedures performed by doctors today.

Dr. Bachir Athmani, the new Plastic and Cosmetic Surgeon and Section Chief of the Plastic, Reconstructive and Cosmetic Surgery Department at Beijing United Family Hospital and Clinics (BJU) is one of France's top plastic surgeons, and an expert in his field. With his 15 years of expertise comes a deep understanding of and professional insight into cosmetic surgery for women.

"We can describe cosmetic surgery for women in two parts," Dr. Athmani said. "The first is soft procedures including fillers and Botox where there's no surgery involved. Many women are interested in these procedures because they are quick. Once finished, they can go on with their everyday lives. Fillers and Botox are very common, quick, safe, reversible, and last for six months. The second part is surgical procedures; women come to see us for these because they want [a more drastic] change in their face and body."

According to Dr. Athmani, the face and the body are two integral facets of cosmetic surgery that must be tended to separately but looked at as a whole. Cosmetic procedures for the face often involve artistry and symmetry, while surgery for the body concerns volume and shape.

The latest approaches to cosmetic procedures for a woman's face focus on symmetry and aesthetic beauty. "Chinese women get cosmetic surgery for nose augmentation and to change their face from a square shape to an oval, as well as the double eyelid procedure (blepharoplasty)." Dr. Athmani understands that many women struggle to find exactly how to achieve the results they want through cosmetic procedures.

"Instead of just a single surgery, we look at the entire image of the face," Dr. Athmani said. "We may have to do other procedures to make the face symmetrical and more harmonious." For example, a rhinoplasty (nose reshaping) may require cheek reshaping to keep the symmetry of the face. This broad scope of cosmetic care is mostly unknown in China, and few plastic surgeons in Europe take such a comprehensive approach to the face, though it is becoming more common, according to Dr. Athmani.

"Sometimes surgery alone may not be enough. We work with a makeup artist and show the patient how to present herself. Her hairstyle and dress may need to change to accommodate her new features, especially if she looks many years younger after surgery."

Dr. Athmani stresses the importance of looking at the whole picture where cosmetic surgery is involved, including the body. While facial procedures involve aesthetic artistry, the body needs sculpting. This includes volume-reducing surgery such as tummy tucks, liposuction, and breast reduction. Again, surgery may not be the whole answer for the patient.



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“Exercise and eating right is important,” Dr. Athmani said. “We promote coaching from other health professionals (such as personal trainers and dietitians) to give her all the best for her healthy body.”

Dr. Athmani is also able to accommodate the needs of patients from various cultural backgrounds where cosmetic plastic surgery for women is concerned. Intimate procedures, with which Dr. Athmani is familiar, are among the newest and most popular cosmetic surgeries available to women. One such procedure is labia minora reduction (labiaplasty), which is becoming more and more common in Western countries.

“This problem causes discomfort and self-awareness, especially after giving birth, but gynecologists often tell women that this is normal, so they might not realize that plastic surgeons can help.”

Another increasingly popular intimate procedure which is a new field in cosmetic surgery is hymenoplasty, where the hymen is restored for religious or cultural reasons. It is also done in women who want to give the gift of their virginity to their significant others.

“This is one of the first instances that women are getting cosmetic surgery as a gift for others instead of just for themselves.” Dr. Athmani said.

Written by Kyle Bueschlen