

## Fewer plastic surgeries performed in 2008, but millions still opting for potentially dangerous procedure

Although nausea, dizziness, pain, numbness, blood loss, infection, and skin breakdown can be side effects of plastic surgery, millions of consumers, including baby boomers, opt to have the procedures each year. Of more than 10.2 million cosmetic procedures, breast augmentation, liposuction, and eyelid surgery were the top three surgical procedures in 2008, according to the [American Society for Aesthetic Plastic Surgery](#). Botox, laser hair removal, and hyaluronic acid fillers were the most popular nonsurgical procedures. Women had 92 percent of the cosmetic procedures, while men had 8 percent. For women, the number of procedures decreased more than 11 percent from the previous year. For men, the decrease was 21 percent. Here are the percentages of cosmetic procedures according to age group, followed by the number of procedures and the most popular surgical and nonsurgical procedures.

Age 35 to 50: 45 percent; 4.6 million; liposuction; Botox  
Age 51 to 64: 26 percent; 2.7 million; eyelid surgery; Botox  
65 and older: 6 percent; 634,667; eyelid surgery; Botox

My advice to boomer consumers considering cosmetic surgery: Think twice before you go under the knife. See my article ["Why You Should Think Twice Before Having Plastic Surgery"](#) for what information you need to gather, how to find a good surgeon, what the possible side effects may be, and resources to help you be an informed consumer. My article ["How Bad Is Botox for You?"](#) offers information on the possible side effects of Botox.

### About the Author

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