

Letter to the Editor

Dear Editor,

With just a few clicks on your mouse and taps of keyboard, you can discover on the Internet the hardly surprising and skyrocketing trend of number of people undergoing cosmetic surgery. According to the Hong Kong Youth Federation Group's survey, 60% of teenagers are thinking of going under the knife. It may seem that people pursuing physical beauty, which is having good-looking face, and slim body, has become the unspoken rule and is omnipresent in society. Despite the increasingly venerated trend of getting beautiful, I do not agree that people should undergo cosmetic surgeries because of people's opinions. Instead, they can choose to go under the knife as long as they can bear its drawbacks.

There are two major reasons for people being so obsessed with their appearance. The obsession could have come out straight from their heart or could be due to the surrounding circumstances in society. The first reason is that people genuinely appreciate the fact that they are having concave cheeks, thick lips and big eyes. This kind of pursuit of beauty is totally out of people's values towards their faces and bodies, which is determined by themselves. The second reason is the fact that celebrities influence society to be beauty conscious. Sometimes, people medically alter how they look because they want to 'become' a particular icon. A British, Oli London, has undergone 18 times of plastic surgery, including lip argumentation, rhinoplasty and eyebrows lifting, totally out of his eagerness to become Jimin, one of the members of Korean Pop Song Groups BTS. This quest for beauty and perfection is no longer due to one's personal desire to being gorgeous. Instead, he tries to become a totally different person. It is believed that people undergo facial operation in order to change their whole person.

People jump on the bandwagon of attempting cosmetic surgeries to become more beautiful under the influence of their families, their friends and the society. People may be affected by the unnecessary emphasis on appearance. People believe that they can get famous when they are physically attractive.

Yet, it is undeniable that the search for physical beauty and undergoing plastic surgery bring some drawbacks. Physical harms like fatal damages become the brunt of consequences. Among extreme cases, patients of cosmetic surgeries might be injected with unknown but harmful materials into their bodies. These injections of dangerous substances are mostly

ubiquitous in nose reshaping and face lift surgery. Over time, the substances may chemically alter and make their faces look unnatural. Another shortcoming of going under knife is that being a perfectionist in pursuit of beauty can jeopardize people's mental health. Once people start their way of surgery, they would be move conscious with their blemishes on their faces. To be flawless, they will continue to undergo more operations. As it is impossible to have perfect faces, they may develop body dysmorphic disorder, a mental disorder, as they go extreme, and they think that they are as ugly as monsters all the time.

It is true that all of us want to be beautiful. However, everyone's perception of beauty is different, and we should not judge ourselves not beautiful enough the same way others should not. This could have prevented people from being eager to look attractive and think that there is only one type of beauty. On top of that, beauty is not confined only to physical beauty, but also includes your inner beauty. Everyone is beautiful as they help others, care about others or even just laughing. Inner beauty can complement with physical one, and it is always a ying and yang between them. Therefore, be beautiful the way you genuinely are.

Yours faithfully,

Chris Wong

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