

# The Rise of Cosmetic Gynaecological Surgeries in Pakistan: Ethical and Cultural Considerations

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As a clinical professor at Michigan State University and chairman of the Department of Obstetrics and Gynaecology at Hurley Medical Center, I have had the opportunity to visit Pakistan frequently. During these visits, I speak at various medical colleges and hospitals, and interact with patients and gynaecologists through my network. Addressing the issue of cosmetic gynaecological surgeries in Pakistan is both a privilege and a responsibility. My training with top Hollywood surgeons has provided me with a clear understanding of how these surgeries involve medical ethics, cultural beliefs, and the evolving healthcare system.

The appeal of cosmetic gynaecological surgeries is driven by societal pressures, personal desires for self-expression, and global beauty standards.<sup>1</sup> As these procedures become more popular, it is important to evaluate their impact on the Pakistani healthcare system. Many women pursue these surgeries to enhance their self-esteem, improve sexual gratification, or gain social acceptance. However, these motivations often conflict with traditional values of femininity and modesty in Pakistan, presenting unique challenges.<sup>2</sup> Additionally, the lack of regulation in the field is a significant concern. Many surgeries are performed in unregulated clinics, which can lead to risks such as infections, scarring, and psychological distress. Therefore, it is essential for healthcare providers to ensure that these surgeries are conducted in accredited facilities by qualified practitioners. Pre-operative counselling is also crucial to ensure that patients fully understand the risks and realistic outcomes of their procedures.

The medical community in Pakistan plays a crucial role in how people view cosmetic gynaecological surgeries. Healthcare providers need to follow well-researched methods and maintain high ethical standards. They should also promote clear and honest communication about these procedures. Ongoing education for medical professionals, creating guidelines for ethical practices, and studying how these surgeries

affect people's mental and emotional well-being are important. Additionally, working with community leaders and influencers can help address cultural attitudes towards women's health and body image. While cosmetic procedures are important, they should not overshadow comprehensive gynaecological care, including education on reproductive health, family planning, and preventive services.<sup>3</sup> Empowering women with knowledge about their bodies and health choices is crucial for a well-informed patient population. In conclusion, the rise of cosmetic gynaecological surgeries in Pakistan presents both opportunities and challenges. Healthcare professionals, policymakers, and society must engage in an open and respectful dialogue about these practices. By prioritizing patient safety, ethical standards, and cultural sensitivity, we can help women make informed decisions about their bodies while safeguarding their health and well-being. Let us work together to create a healthcare environment that respects the individuality of every woman, recognizing that true empowerment lies in the values we uphold.

## References

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