

1. Record Nr.	UNINA9910785701403321
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Titolo	Outsmarting mother nature [[electronic resource]] : a woman's complete guide to plastic surgery / / Iliana E. Sweis
Pubbl/distr/stampa	Santa Barbara, Calif. : , : Praeger, , c2010 New York : , : Bloomsbury Publishing (US), , 2024
ISBN	979-84-00-69467-7 1-282-96375-9 9786612963759 0-313-38615-3
Descrizione fisica	1 online resource (286 p.)
Disciplina	617.9/5
Soggetti	Surgery, Plastic
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 263-264) and index.
Nota di contenuto	Cover; Contents; Introduction; Selected Topics for the Plastic Surgery Patient; Surgical Approaches to Facial Rejuvenation and Enhancement; Non-Surgical Approaches to Facial Rejuvenation and Enhancement; Aesthetic Breast Surgery; Aesthetic Body Surgery; Plastic Surgery in the Future; Appendix: Medications, Herbs, Supplements, and Other Substances to Avoid Prior to Surgery; Notes; Index
Sommario/riassunto	In Outsmarting Mother Nature: A Woman's Complete Guide to Plastic Surgery in the 21st Century, a female plastic surgeon explains all the major procedures in cosmetic surgery, offering frank insights into both physical and psychological issues and expectations. Dr. Iliana Sweis, who not only performs but has undergone cosmetic procedures, details the stages most women will go through from the time they begin to contemplate plastic surgery. The book explains how one can best prepare for a procedure, what to expect during the actual surgery, and how to handle the healing phase. The first several