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PLASTIC SURGERY AND ITS EMOTIONAL IMPORTANCE

By *Mucio Porto*

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Plastic surgery and its emotional importance.

Special guest: Psychologist Maria Christina Machado Borges

If you have an emotional problem with your body, you have huge breasts or large breasts, a problem in your life because of some physical aspect, the discussion that exists is the following, you will go to therapy first so that you can live with that alteration do you have on your body or are you going to have plastic surgery? In this ebook, I'm going to talk to you about the emotional impact of plastic surgery. And today we have a wonderful guest, Dr. Cristina Borges, who is a wonderful psychologist!



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**YOUR DECISION
MAKE A
PLASTIC SURGERY.**

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Your decision to have plastic surgery.

Dr. Mucio Porto: More and more we see the search for well-being with self-image, whether with your hairdresser or with your plastic surgeon, your plastic surgeon or whatever, your podiatrist, your seamstress, your jeweler, that's it. thing of you looking at yourself and saying wow I'm fine! This all has a very big impact on emotional balance. As we are deciding to have plastic surgery, I am going to change my body, and there are several uncertainties, right? How do you find the patient's view, how this preparation should be done, to face this situation, I mean: I have something that I don't like, I'm thinking of changing. I'm afraid of the surgery, my husband doesn't want it, it's my fault that I'm spending money on it. What would you say to a person who is thinking about having a procedure and has all this conflict in his head?

Dr. Cristina Borges: I say the following, there is one thing that is true, that we can see, we live in this body. So this is the house we live in. We deserve to live in a comfortable body. We deserve to live in a harmonious body. We have a belief that this body is ours, this body is relational, right? I have a soul, he is mine, but I relate through him. It's just that this soul that inhabits this body and that needs to relate to other people feels confident. Look at a person like a big breast, it's a person who usually doesn't walk normally, so sometimes she has back problems, she hides, right? Suffer eh bullying so how can I say?

“The first thing is that we need to take ownership of our being. ”

Dr. Cristina Borges:

In our identity. I need to know that I deserve to live well. And that I can't give happiness to anyone if I'm not happy, you know how it is. There's a phrase by Michelangelo, a question first:

“How did he carve that angel so beautiful and then he said: Look, I actually just removed the excesses.”

He saw the angel there. That's Cool. When you, Plastic Surgeon, look at me and if I have something you are seeing the angel in the stone. And we are so full of prejudice because we don't really believe that we deserve it. Huh? Oh no more messing with it, am I going to spend money on it? What is my investment? Taking care of yourself is not an investment just for you. This body relates. This body that I take care of is a message of love for the other.

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**I WANTED TO CHANGE
BUT MY HUSBAND...**

Dr. Mucio Porto: That's beautiful Chris. Clear. But then the husband arrives and we still see it today in 2023, I still hear, incredible as it may seem: I wanted to change my breast but my husband said that it's fine for him, I don't need to change it.

Dr. Cristina Borges: The body is related so it is always a gift. I will relate through it. I will express myself through it. I need to feel comfort. But there is something I really like to tell any patient. Which are the hidden curricula that each of us has. Why does he think it's good?

I generally like to say a lot about generosity. I think that no relationship can succeed if you don't have generosity. I can't be happy with just the breast, so to speak.

“For me the satisfaction is the husband having the ability to rejoice with joy from the wife.”

So when there are these obstacles, we need to ask ourselves if we need to go deeper. And then with the anamnesis, we can see that sometimes the couple is not well, they don't want to spend money. So we are raising hypotheses. Having this ability to rejoice in the joy of the other. That's generous, that's nice. Huh? This is true love. It is not possession. I start to think that the other has to live to unite. So, in fact, I also project my image of what I see and perceive and feel in the other and what the other understands in this body, I need to understand, right? I need to understand myself as a soul, it's not just the body that has to have comfort but it's also the soul that lives inside.

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I want I need. In a couple's conversation I can put these words because sometimes people can't measure the desire.

Dr. Mucio Porto: Because desire is still something forbidden. Do you know that Buddha spoke? Buddha spoke that the desire that thus causes suffering is desire. Obvious right? If you want something you have to fight for it. You suffer because you don't have etc. But is it possible to live without desire?

Dr. Cristina Borges: Not wanting to have a desire is already a desire!

Dr. Mucio Porto: Now Cristina, for example, I have already come across these little white hairs here in these thirty years of profession with situations like this, for example:

The woman who wants to operate, the most common are the breasts, breasts and abdomen. We hear things like: okay, I loved the plan, I'm feeling confident, but I'm going to have to convince my husband.

Dr. Cristina Borges: Look, Mucio, I would say this, when you go to a doctor and say that you have to convince your husband, the first question is:

“How badly do you want it?”

And because I don't convince anyone if I'm not convinced. I can tell you me. This thing of delegating the other, this decision-making power, is something else hidden, right? Because I have some fear behind it, or I haven't weighed the costs and benefits yet.

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SELF ESTEEM

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Dr. Mucio Porto: In the placement of breast prosthesis. There are studies that show that: **“98% of women who have a breast implant have increased sexual performance.”** This is a fact. Why? There are a number of things that can be analyzed. She feels sexier because the breast distension increases a little, the areola sensitivity for many reasons. We're talking about attraction, being attractive! I mean if you are going to have surgery to improve your body.

Dr. Cristina Borges: What I need to tell you is this, your sexuality will always start with you. Combining the way you relate to the world starts with you. Clear. So let's go. When do I want to have surgery, right? Of course I'm looking for a higher pattern of attraction.

And I need to look at myself and like it. And that's exactly where this dance comes in for the couple. What happens, there's this issue of self-esteem, I think I'm going to get better, I don't know how to get a lipo, I want to have a better tummy. This woman is already projecting her desires. Sometimes people don't even take off their clothes in front of their partner. Soon you go there and fix your belly you feel so happy with you, right? Eae you start to become more seductive, increased sexual desire and life as a couple tends to improve. Many people have difficulties with self-acceptance, with poor self-image, this is a long-term job.

It never starts in the adult sentence. I say so they knew the power he has in his children's lives.

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There is a beautiful phrase that goes like this:

”Like traumatized children, we wait for someone to arrive one day and take us out of this painful place. ”

What we don't think is that this person is us as adults. And that's what we work for. The childhood traumas that drag on throughout life.

When you relate to someone you only see the tip of the iceberg. You are stepping into something sacred.

We are thoughts, and a thought triggers a feeling in you that makes you behave or react.

And there are people who drag on their whole lives. That feeling of worthlessness, that you can't have self-esteem, sometimes you had neglectful parents or very demanding parents that you never managed to meet expectations, this generates mental disorders.

We have to be careful not to feel guilty for what we are not, and be our own executioner.

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POST SURGERY

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Dr. Mucio Porto: The decision has been made but I am afraid of the burden. That a bad scar is a complication. And this is very common. When I'm going to be operated on I'm going to think: Will my scar heal well? How to deal with it? How can we reinforce in people that of reducing this suffering in relation to the scar, the type of scarring, the complications, etc.

Dr. Cristina Borges: I have two keys. What I say are two ways for you to bring the person to what is more real. Because that's usually it. One hour I'm catastrophizing everything, another time I'm too optimistic. So the first thing we ask is is it possible or is it likely?

For example, if I turn one to you and say like this, am I going to die today? Is it possible that I die today?

Everyone who is alive can die Now is it likely? You're fine with life, you don't have any illness. So this question is welcome. Look, we cannot deny that a scar is a scar.

That's why it's important to have a medical evaluation and that relationship that we work with your doctor on trust.

Are you telling me something that's possible but likely?

How likely is it? 10%? 20%? 30%?.

Because then we give her a dimension to be able to work on it. A scar, a keloid, or a belly that bends and falls on the leg? What's the gain? I think this is a way to bring it to reality.

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Dr. Mucio Porto: One thing I always say to any of my patients, either when they go to my office or when they go to the psychologist: Ask, ask questions, put your soul into it. Say look I'm scared. How's that? Because this relationship will guide this fear.

After surgery, the biggest fear is recovery. We try to convey a certain confidence by saying that I can't master everything, but whatever happens, we'll be on your side. We have the condition to conduct a possible complication. I will not abandon you.

Dr. Cristina Borges:

Tim an interesting thing everything in life I say is faith. If I take my car, I have to have faith that I will get to my office. Every act in life is an act of faith.

We get lost in impossible things, then we bring it to reality and say: look, have an act of courage. Because courage is an act of faith!

Dr. Mucio Porto:

And every act of courage is an act of decision to go forward!

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