The comparative study of pre and post-surgical experience, self-esteem, self-confidence, body image, in patients undergoing blepharoplasty surgery

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ABSTRACT

Introduction: Cosmetic surgery is one of the human's latest achievements for creating beauty; blepharoplasty surgery is one of its kinds. Psychological issues such as self-esteem, self-confidence, body image are closely related to blepharoplasty surgery. The present study aimed at studying the above-mentioned psychological issues both before and after the surgery as well as comparing real expectations and experiences of some post-surgical complications.

Materials and Methods: In a quasi-experimental study, 60 participants were selected using purposive sampling. The data collection tool of the present study was five questionnaires including demographic questionnaire, Rosenberg self-esteem scale, self-confidence questionnaire, body image questionnaire, and experiences of some post-surgical complications questionnaire. The data was classified both qualitatively and quantitatively. The data were analyzed using SPSS 22.

Findings: The findings indicated that blepharoplasty surgery did not result in post-surgical self-esteem (p=0.312) and self-confidence (p=0.251). However, the patients' post-surgical body image increased (p=0.001). There was a positive correlation between pre and post-surgical self-esteem, self-confidence, and body image (0/4> r >0/5). Given the post-surgical complications such as pain, bruising, swelling, blurred vision, itching, inability to perform daily activities, and number of painkillers taken (p=0.05), the patients' real experiences were by far less than their speculations.

Keywords: self-esteem, self-confidence, body image, post-surgical experience, blepharoplasty surgery


INTRODUCTION

The natural tendency towards beauty has always been with human, and human loves beauty. Nowadays, given the development of consuming culture and the societies’ progress towards modernization and globalization, human’s appearance has taken a decisive role in shaping social relation appropriate to the social values of the societies. Cosmetic surgery is one of the human’s latest achievements for creating beauty that can be an important factor for improving the quality of life through changing the physical appearance when the individual is not suffering an illness, injuries, scars, and congenital deformities. Cosmetic surgery is commonly associated with negative descriptions of the physical appearance; it is hardly ever associated with any positive descriptions. Body image is a set of beliefs, perceptions, feelings, and activities that have to do with human’s physical appearance. In other words, body image includes all thoughts, beliefs, and feelings a person have about himself/herself, and who he/she is. Self-confidence and self-esteem are closely related, but not exactly alike. Generally speaking, self-confidence is an individual’s idea of his/her abilities and skills. However, self-esteem means having a feeling of being valuable and competent about yourself. Self-esteem is the respect you have for yourself, and in fact, it is, the individual's judgment about his/her acquired value. Self-confidence means believing that you are capable enough to achieve success. Given the individual differences, self-confidence means recognizing oneself as a person who is capable, competent, lovely and unique. In other words, self-confidence means the feeling and cognition you have about your internal/external capabilities and limitations. Besides, the individuals’ bodies are affected by their social experiences, especially the norms and values of the groups they belong to. Post-surgical experience includes those consequences a patient experiences after surgery. The patients’ experiences of operations on the face are extremely important never to be underestimated. Some
common problems and complications usually occur after a general surgery. They are likely to happen to anyone or after any surgery. They include mild-severe pain, bruises, and ecchymosis, swelling, paresthesia, itching, destruction of skin tissue, etc. However, in blepharoplasty surgeries, in addition to the items mentioned above, one can mention post-blepharoplasty surgery complications that are rare but likely to occur. These complications include infections such as preseptal and orbital cellulitis, mild-severe bleedings such as retrobulbar bleeding, mild-severe dry eye, eye fatigue, drooping eyebrows, extra raising of eyebrows, opened eyes, lower eyelid drooping, opened eyes on the lower part, injuries to lacrimal glands and eye and eyelid muscles, and optic and facial nerves. Even in surgeries that seem simple and risk-free, some complications may occur. The patients need to be aware of these possible complications before the surgery.

The present study will discuss the post-surgical experience of the complications that may follow a blepharoplasty surgery. These complications include pain, swelling, blurred vision, itching, bruising, inability to perform daily activities, and number of painkillers taken. Eyelids protect eyes. They are greatly important for facial beauty, and they are composed of a very thin layer of skin. Blepharoplasty surgery means modifying the eyelid skin drooping or removal of excess fat, or both for medical or aesthetic reasons. Upper eyelid blepharoplasty is a common surgery for modifying the visual function and eyelid beauty. The changes of skin and its structure begin with the area above the eyes leading to reduced vision of the upper field of view. Another important issue that is going to be studied in the present study is eyebrow lift through blepharoplasty surgery. As humans grow older, the eyebrows lose their strength and firmness, and they droop; they droop from their normal place. This drooping is associated with wrinkled eyebrows, skin strength loss and drooping, and increasing wrinkles of the external lateral region of eyes and upper nasal septum. Satisfaction with cosmetic surgeries is significantly related to self-esteem, body image, and satisfaction with life.

However, there is no comprehensive study on the relationship between demographic/psychological characteristics and post-blepharoplasty surgery complications. Moreover, there are no official statistics on the cosmetic or plastic surgeries in Iran. However, according to non-official statistics, every year more than 36 thousand Iranians undergo cosmetic surgeries. International Survey on Aesthetic/Plastic Surgeon (ISAPS) ranks blepharoplasty surgery as the third most frequently applied for surgery with 1,264,702 people in 2015 and it is believed to be one of the most popular cosmetic-reconstructive surgeries in the world. American Society of Plastic Surgeons declared that 206,509 people applied for blepharoplasty surgery in America in 2014. According to this Society, among the most frequently performed operations in America in 2014, blepharoplasty surgery was ranked fourth with 207,000 applicants, of whom 177,000 were women, and 30,000 were men. In 2015, blepharoplasty was reported to hold the same rank, i.e., fourth, with 203,934 applicants. Given the above-mentioned issues, the significant increase of cosmetic-reconstructive surgeries like blepharoplasty in the recent years, the post-surgical experience of individuals, the growing increase of psychological problems in Iran and the world, and the lack of official statistics and sufficient research in this field, we planned to conduct a study aiming at determining and comparing pre and post-blepharoplasty self-esteem, self-confidence, and body image, and the expectations and real-life experiences of post-surgical complications in patients undergoing blepharoplasty surgeries.

**MATERIALS AND METHODS**

Based on its nature and aims, the present study was a quasi-experimental one conducted in 2015-2016. The statistical population of the present study include the visitors of two selected clinics in Tehran; they visited one doctor to apply for upper eyelid blepharoplasty surgery and eyebrow lift. The patients who underwent some other surgeries alongside the blepharoplasty surgery, those who underwent lower eyelid blepharoplasty surgery, and those who were not willing to cooperate until the end of the research were excluded from the study. Owing to the sample attrition, the number of participants was considered 70. However, the number of samples was determined to be 60 using sample size formula, and the study was done on 60 individuals both before and after the surgery. The data collection tool used in the present study was five questionnaires. The questionnaires were completed by the samples twice; once before the

\[
\alpha = \frac{0}{5} \quad \Delta = 0/5 \quad Z_{1-\beta} = 1/96 \quad Z_{1-\beta} = 0/84
\]

\[
\frac{\Delta^2}{n} = 2\left(\frac{Z_{1-\beta}^2 + Z_{1-\beta}^2}{1-\frac{2}{2}}\right) = \frac{(1/96 + 0/84)^2}{\left(0\right)^2} = 62.72 \approx 60
\]

surgery, and the second time three months after the blepharoplasty surgery. The first questionnaire includes demographic information or personal information used for recording information like age, job, educational level, monthly income, etc. The second questionnaire was Rosenberg Standard Self-esteem Scale consisting of 10 general sentences, five of which were expressed using positive words and five sentences using negative words. In the present study, every sentence was scored based on a four-item scale; strongly agree, agree, disagree, and strongly disagree were score 1, 2, 3, and 4 respectively. An individual's score ranges from 0 to 100. According to the scale, 0-33.3 indicates low self-esteem, 33.4-66.6 indicates average self-esteem, and 66.7-100 suggests high self-esteem. The third questionnaire has to do with self-confidence; it is research made and was written after studying the texts and collecting the related data. This questionnaire includes 20 general questions 15 of which were simple sentences were scored 5 (strongly agree), 4 (agree), 3 (agree somewhat), 2 (disagree), and 1 (strongly disagree). The last 5 items were designed with the following answers and scored; 5 (very often), 4 (often), 3 (sometimes), 2 (hardly), and 1 (hardly ever). An individual's score ranges from 0 to 100. According to the scale, 0-33.3 indicates low self-confidence, 33.4-66.6 indicates average self-confidence, and 66.7-100 suggests high self-confidence. The fourth questionnaire is about questions on body image. This questionnaire is research made and was written after studying the texts and collecting the related data. This questionnaire includes 30 items; 26 items are simple sentences scored 5 (strongly agree), 4 (agree), 3 (agree somewhat), 2 (disagree), and 1 (strongly disagree). The last 4 items were designed with the following answers and scored; 5 (very often), 4 (often), 3 (sometimes), 2 (hardly), and 1 (hardly ever). An individual's score ranges from 0 to 100. According to the scale, 0-33.3 indicates low self-confidence, 33.4-66.6 indicates average self-confidence, and 66.7-100 suggests high self-confidence. The fifth questionnaire was written by referring to a study conducted by Parbhoo et al. (2011) titled “Patients experience with blepharoplasty”. This questionnaire has to do with the post-surgical experience. This questionnaire includes items such as pain, swelling, bruising, blurred vision, inability to perform daily activities, itching, and number of painkillers taken after blepharoplasty that was analyzed 30 minutes, 4 hours, 24 hours, 3 days, 1 week, 1 month, and 3 months after the surgery. The items mentioned above were scaled from 0 (lack of pain, swelling, etc.) to 10 (severe pain similar to delivery pain and kidney stone passing pain or severe swelling such that one cannot open his/her eyes). It is worth noting that post-surgical experience was completed twice; once before the surgery to study the patients' expectations from the items mentioned above, and the second time after the surgery to study the patients' real experiences of the surgery, and the findings of both questionnaires were then compared. For analyzing the validity of the questionnaire, content-face validity was applied. Test-retest method was used for determining the stability of the research made questionnaires. For determining the reliability of the questionnaires, the reliability of Rosenberg self-esteem questionnaire was measured once again, and its Cronbach's alpha was (0.84). The reliability was measured using Cronbach's alpha, and the results indicate that it was (0.84) for the self-confidence questionnaire and (0.83) for body image questionnaire. As for post-surgical experience, the reliability was measured for each of the items separately; post-blepharoplasty surgery pain (0.84), swelling (0.78), bruising (0.82), blurred vision (0.83), inability to perform daily activities (0.83), and itching (0.82). For data analysis, SPSS 22 was used, and for describing the data, statistical indices such as frequency, percentage, mean, and standard deviation were used. For analyzing the goals of the research, the researcher used Chi-squared test, one-way analysis of variance, paired samples t-test, Pearson correlation coefficient, and Scheffe's post-hoc test.

**RESEARCH FINDINGS**

1. **Demographic information analysis**

In this section, the demographic information like age, educational level, employment status, marital status, number of children, first surgery age, record of cosmetic surgeries in first-degree relatives, cosmetic surgery cost, monthly income, the extent they believed they would look more beautiful or handsome, and place of residence were analyzed. The age range of the participants was varied from 39 to 73; (90%) of the participants were female, and (10%) were men. The following frequencies were obtained from the present study; individuals with high school diploma (40%), housewives (50%), married individuals (70%), individuals with 3-4 children (40%), individuals who had their first surgery when they were 20-40 years old (35%), and individuals whose first-degree relatives had no record of surgeries (70%), individuals who paid for the surgery themselves (80%). Moreover, the monthly income of 1 million to more than 2 million Toman was reported for all the patients. The frequency of the patients, whose estimation of looking more beautiful had been 40-60 percent, was (45%), and most of the patients lived in Tehran (85%).
2. The comparison of pre and post-blepharoplasty surgery self-esteem, self-confidence, and body image

The findings that the frequency of patients with high self-esteem (p=0.0001) and high self-confidence (p=0.002) was significantly more than patients with average self-esteem and self-confidence both before and after the surgery. The score mean of patients’ self-esteem was 32.91 before the surgery that changed to 32.61 after the surgery. Moreover, the score mean of patients’ self-confidence was 70.05 before the surgery that changed to 69.25 after the surgery. Thus, blepharoplasty surgery did not manage to affect the increase of self-esteem and self-confidence in patients. As for the patients’ body image, it must be noted that before the surgery, there was no significant statistical difference in the frequency of patients with average and high body image (p=0.439). However, after the blepharoplasty surgery, the frequency of patients with high body image was significantly more than the frequency of patients with average body image (p=0.0001). The score mean of patients’ pre-surgical body image was 100.05 with the standard deviation of 12.39; the score mean increased to 106 with the standard deviation of 10.88 after the surgery. Given these findings, there was a significant statistical difference in the means of patients’ pre and post-surgical body image (p=0.0001); the score means of body image increased after the surgery. The findings of this section are presented in table 1.

3. The study of the relationship between pre and post-blepharoplasty surgery self-esteem, self-confidence, and body image

Pearson correlation coefficient was used for studying the relation or correlation between self-esteem, self-confidence, and body image. There was a significant statistical relation pre and post-surgical self-esteem and self-confidence (p=0.0001, r=0.46); the higher the self-esteem scores, the higher the self-confidence scores will be. There was also a positive relation between pre and post-surgical self-esteem and body image, and a significant relation was observed between these two variables; as the self-esteem increases, the patients’ body image increase as well (p=0.0001, r=0.43). What is worth noting is that the relation between pre and post-surgical self-confidence and body image was slightly different; the pre-surgical relation was much stronger (p=0.0001, r=0.46) than the post-surgical one (p=0.048, r=0.26).

4. The relation between demographic information with self-esteem, self-confidence, and body image

It is important to note that items like age, educational level, employment status, records of other surgeries earlier in life, first surgery age, and the extent they believed they would look more beautiful or handsome after the surgery was considered as effective. The correlation of the items mentioned above with self-esteem, self-confidence, and body image was measured, and the findings are presented in table 2. Other items were excluded from being discussed; they were not significant enough to be considered. In the present study, the age factor had a negative relationship with the patients’ self-confidence and body image; the older an individual gets, the lower his/her self-confidence will be, and the more negative his/her body image will get. Educational level was highly effective; the patients who had M.A degrees and higher education had higher levels of self-esteem, self-confidence, and body image. The individuals who were self-employed enjoyed a higher level of self-esteem and self-confidence. However, the retired individuals enjoyed a more positive body image. Generally speaking, patients who had undergone surgery in their lifetime had a more negative body image. With respect to the first surgery age, it must be noted that, patients who had experienced their first surgery when they were 20-40 enjoyed a higher level of self-confidence. Patients who had undergone their first surgery when they were more than 60 years old enjoyed a more positive body image. However, patients who had experienced their first surgery when they were 20-40 and more than 60 enjoyed a higher level of self-esteem. The patients who believed they would look more beautiful for 20-40%, enjoyed more self-esteem. Moreover, patients who believed they would look more beautiful for 20% enjoyed a higher level of self-confidence. Finally, patients who believed they would look more beautiful for 60-80% enjoyed a more positive body image.

5. The experience comparison of pre-blepharoplasty surgery complications (expectations) and post-blepharoplasty surgery complications (real experiences)

Another part of this study deals with analyzing post-surgical experience including items such as pain, swelling, bruising, blurred vision, inability to perform daily activities, itching, and the number of painkillers taken by the patients that were measured after the surgery at the following times; thirty minutes, four hours, twenty-four hours, three days, one week, one month, and three months. They were measured using paired t-test. The main aim of this party of the research is comparing the difference between the patient’s expectations with their real experiences the results of which are shown in table 1. What is worth noting is that as for all the variables of post-surgical experience, the statistical difference
of both expectations and real experiences after three months of the surgery was zero; so no significant statistical difference was observed for this time span (period) for any of the variables studied. Thus, this time span will be ignored when the findings are discussed. As for the post-blepharoplasty surgery pain, the findings indicated that there was a significant statistical difference between the patients’ expectations and real experience in all of the time spans, such that the pain experienced by the patient was significantly less than the pain expected by the patient (p=0.0001). The most severe pain occurred thirty minutes and four hours after the surgery with the score mean of 1.8; it was significantly different from the patients’ expectations. With regard to post-blepharoplasty surgery swelling, the findings indicated that there was a significant statistical difference between the patients’ expectations and real experience thirty minutes and four hours after the surgery (p=0.0001), twenty-four hours after the surgery (p=0.0003), three days after the surgery (p=0.006), and one month after the surgery (p=0.0001). In all of the aforementioned time spans the swelling experienced was significantly less than the swelling expected by the patients. With regard to post-blepharoplasty surgery bruising, the findings indicated that there was a significant statistical difference between the patients’ expectations and real experience thirty minutes and four hours after the surgery (p=0.0001), twenty-four hours after the surgery (p=0.034), three days after the surgery (p=0.088), one week after the surgery (p=0.049), and one month after the surgery (p=0.045). In all of the aforementioned time spans the bruising experienced was significantly less than the bruising expected by the patients. Regarding the post-blepharoplasty surgery blurred vision, the findings indicated that there was a significant statistical difference between the patients’ expectations and real experience in all of the time spans.

### Table 1  The comparative study of patients’ pre and post-blepharoplasty surgery self-esteem, self-confidence, and body image

<table>
<thead>
<tr>
<th>Measurement situation</th>
<th>Number of participants</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Paired t-test</th>
<th>Significance level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-surgical self-esteem</td>
<td>60</td>
<td>32.91</td>
<td>4.44</td>
<td>1.01</td>
<td>P= 0.312</td>
</tr>
<tr>
<td>Post-surgical self-esteem</td>
<td>60</td>
<td>32.61</td>
<td>4.49</td>
<td>1.16</td>
<td>P=0.251</td>
</tr>
<tr>
<td>Pre-surgical self-confidence</td>
<td>60</td>
<td>70.05</td>
<td>8.09</td>
<td>4.39</td>
<td>P=0.0001</td>
</tr>
<tr>
<td>Post-surgical self-confidence</td>
<td>60</td>
<td>69.25</td>
<td>6.86</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-surgical body image</td>
<td>60</td>
<td>100.05</td>
<td>12.39</td>
<td></td>
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</tr>
<tr>
<td>Post-surgical body image</td>
<td>60</td>
<td>106</td>
<td>10.88</td>
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</tr>
</tbody>
</table>

### Table 2  The relation between demographic information with self-esteem, self-confidence & body image

<table>
<thead>
<tr>
<th>Age</th>
<th>Educational level</th>
<th>Employment status</th>
<th>Having a record of surgery</th>
<th>First surgery age</th>
<th>The extent they believed they would look more beautiful or handsome after the surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-esteem</td>
<td>M.A and higher degrees, more self-esteem</td>
<td>Self-employed individuals, more self-esteem</td>
<td>Not significant</td>
<td>First surgery age of 20–40 and higher than 60, more self-esteem</td>
<td>Those who believed they would look more beautiful for 20–40% had more self-esteem</td>
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<td></td>
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<tr>
<td>P= 0.967</td>
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</tr>
<tr>
<td>Self-confidence</td>
<td>M.A and higher degrees, more self-confidence</td>
<td>Self-employed individuals, more self-confidence</td>
<td>Not significant</td>
<td>First surgery age of 20–40 and higher than 60, more self-confidence</td>
<td>Those who believed they would look more beautiful for less than 20% had more self-confidence</td>
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<td></td>
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<tr>
<td>The older you get, the lower your self-confidence will be</td>
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<tr>
<td>P= -0.004</td>
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<tr>
<td>Body image</td>
<td>M.A and higher degrees, more positive body image</td>
<td>Retired individuals, more positive body image</td>
<td>Patients with a record of surgery, more negative body image</td>
<td>The body image of those who had undergone a surgery when they were more than 60 years old was more positive</td>
<td>Those who believed they would look more beautiful for 60–80% had more positive body image</td>
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<td>The older you get, the more negative your body image will be</td>
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<tr>
<td>P= -0.047</td>
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</table>
Figure 1  The experience score mean of pre-blepharoplasty surgery complications (expectations) and post-blepharoplasty surgery complications (real experiences)
(p<0.01). In all of the time spans the blurred vision experienced was significantly less than the blurred vision expected by the patients. Regarding the post-blepharoplasty surgery inability to perform daily activities, the findings indicated that there was a significant statistical difference between the patients’ expectations and real experience in all of the time spans. However, the difference was more significant thirty minutes, four hours, twenty-four hours, three days, and one week after the surgery (p=0.0001) than one month after the surgery (p=0.013). However, as other variables studied, the experienced inability to perform daily activities was significantly less than the inability expected by the patients themselves. With respect to the post-blepharoplasty itching, there was a significant statistical difference between the patients’ expectations and the real experience of itching at the probability level of one percent thirty minutes and four hours after the surgery (p<0.003), and at the probability level of five percent twenty-four hours, three days, and one month after the surgery (p<0.05). However, it is worth noting that the itching experienced by the patients was significantly more than the itching expected by them, three days and one month after the surgery. This difference was not significant one week after the surgery. With respect to the post-blepharoplasty surgery number of pain-killers taken by the patients, there was a significant statistical difference between the patients’ expectations and real experience in all the time spans. This difference was more significant thirty minutes until one week after the surgery (p=0.0001). However, it was less significant one month after the surgery (p=0.013).

**DISCUSSION AND CONCLUSION**

In the present study, women comprise 90% of the samples. This is consistent with the previous studies including those of Fansa and Haller (2011) and Golshani et al. (2016) where they have indicated that most of the cosmetic surgeries are performed on women.22,23 In the present study, older people were more frequent, and this is consistent with the study conducted by Slevec and Tiggemann (2010) where they indicated that when women grow older, the anxiety of getting older increases too, and subsequently women seek cosmetic surgeries more often.24 Moreover, the frequency of married individuals, individuals with high school diploma, housewives, and individuals with records of surgery was more than other groups; this is consistent with the findings of other studies on cosmetic surgeries. Other researchers including Minoosepehr et al. (2014) have shown that individuals with higher age as well as married individuals are more likely to have experienced cosmetic surgeries.25 In other studies, it is shown that the frequency of individuals with average educational level (high school diploma and B.A) is higher than those who have less than a high school degree as well as those who have M.A degrees and higher education.22,23 Moreover, Golshani et al. (2016) and Tavassoly and Modiri (2013) indicated that unemployed people and housewives are more likely to seek cosmetic surgery in Iran.22,28 The findings of the present study indicated that no change occurred on the post-surgical self-esteem in comparison with the pre-surgical self-esteem. Moreover, the findings of this study are not consistent with those of the study conducted by Pires Viana et al. (2010) where they measured lower eyelid blepharoplasty effects on the patients’ self-esteem.27 Here, something is worth noting. In the present study, the individuals’ pre-surgical self-esteem was measured only on individuals who had undergone upper eyelid blepharoplasty. Then, their self-esteem was measured after three months; and their self-esteem was the same. However, in the study conducted by Pires Viana et al. (2010), the patients had undergone lower eyelid blepharoplasty. Their self-esteem was measured after 6 months, and increased self-esteem started to occur after six months. Furthermore, other studies have also confirmed the finding that post-surgical self-esteem starts to occur after six months.28,29 In their study, Kalantar-Hormoz et al. (2016) have indicated that the post-surgical self-esteem of patients who had undergone a cosmetic surgery did not change; this is consistent with the findings of the present study.30,31 The findings of the present study indicated that post-surgical self-confidence was not different from the pre-surgical self-confidence; no change occurred in this variable. The closest study conducted on cosmetic surgery and its relation with self-confidence was Rustemeyer and Gregersen (2012) study; they reported the patients’ increased self-confidence after orthognathic surgery.32 The findings of this study also indicated that there was an improved body image after the blepharoplasty surgery in comparison with the pre-surgical body image. Given the body image, the findings of the present study are consistent with those of the study conducted by Von Soest et al. (2009) where they measured the changes of pre and post-cosmetic surgery body image and self-esteem. In their study, Von Soest et al. indicated that the patients’ post-surgical body image increased significantly in comparison with the pre-surgical body image.33 Previous studies have also confirmed the increase of post-cosmetic surgery body image.17,24,35,36 The findings of the present study indicated pre and the post-surgical correlation between self-esteem, self-confidence, and body image. The positive body
image increased with the increased self-confidence, and the increased self-esteem resulted in an increased level of self-confidence. Moreover, the increase of self-esteem brought about an increased positive body image. In the studies conducted previously, the researchers have confirmed relation or correlation between self-esteem, self-confidence, and body image.\textsuperscript{37,38,39,40} With regard to the relation between demographic information and psychological indices, the findings of the present study indicated that factors like age, gender, educational level, job, surgery record are all effective in both applying for the surgery and the result from the surgery. Bleidorn et al. (2015) have indicated that from the adulthood age, until Middle age and women’s self-esteem are high, and men’s self-esteem is especially higher than women. However, there are other factors such as culture, economy, and social factors that affect individuals’ self-esteem.\textsuperscript{41} Moreover, Neagu (2015) has indicated that body image starts to develop from childhood and continues to adulthood. To sum up, there is a theory that maintains most of the 35-to-40-year-old individuals reduce their body image, but it has been confirmed that those who enjoy a positive body image have a higher level of self-esteem; this is true for both men and women.\textsuperscript{42} With regard to the comparison of post-surgical experience variables, one can say that the most severe pain was experienced thirty minutes and four hours after the surgery with the average mean of 1.8. In the study conducted by Parbhu et al. (2011) the most severe pain was experienced four hours after the blepharoplasty surgery, and this is consistent with the findings of the present study. Just like the findings of the present study, the pain severity reduced after twenty-four hours.\textsuperscript{43} The highest degree of swelling and bruising was observed twenty-four hours after the surgery with the score mean of 3.35-3.5. This is completely consistent with the findings of the study conducted by Parbhu et al. (2011).\textsuperscript{13} Mizuno (2012) has indicated that post-blepharoplasty surgery swelling was very little lasting for 7-10 days; the findings of the present study confirmed their study.\textsuperscript{44} The highest degree of blurred vision was observed four hours and twenty-four hours after the surgery with the mean of 0.8. However, Parbhu et al. (2011) have reported the highest degree of blurred vision thirty minutes after the surgery; this is not consistent with the findings of the present study.\textsuperscript{45} The highest degree of inability to perform daily activities was observed thirty minutes after the surgery with the mean of 0.85; this is completely consistent with the findings of the study conducted by Parbhu et al. (2011).\textsuperscript{13} The highest degree of itching was experienced at three days after the surgery with the mean of 1.75; this is consistent with the findings of Parbhu et al. (2011).\textsuperscript{13} The highest number of painkillers taken was experienced four hours after the surgery with the mean of 0.95. However, Parbhu et al. (2011) have reported the highest number of painkillers at the first twenty-four hours after the surgery; this is not consistent with the findings of the present study.\textsuperscript{13} What is worth noting is that the pre-blepharoplasty measurements conducted on the skin and fat around the eyes are of great importance. Sometimes, there is some extra skin and fat over the drooping eyelids and eyebrows that can bring about dropping even after the surgery; the amount of extra skin or fat excised is important in these patients.\textsuperscript{44}

**CONCLUSION**

The issues related to cosmetic surgeries are a lot more complicated than other surgeries; there are many psychological factors involved in the complications of these surgeries and the patients’ satisfaction. Most of the individuals undergoing cosmetic surgeries have a common problem; they are not satisfied with their appearance. Satisfaction with appearance depends on factors like self-esteem, self-confidence, and positive body image. Given the psychological theories, self-esteem and self-confidence belong to a wide and multidimensional complex. Beauty is only one aspect of the complex above; the change of beauty will not necessarily result in significant changes of self-esteem and self-confidence. The individual’s self-esteem and self-confidence can be improved through improving other aspects, and unnecessary surgeries are avoided this way. However, the findings indicated the individuals’ improved body image. When surgery is deemed necessary, the post-surgical complications are significantly less than those expected by the individuals; there is no room to be worried about the post-surgical complication. It is necessary to remind that the present study is the first conducted on blepharoplasty surgery. The self-confidence and body image questionnaires are researcher made. Moreover, the questionnaires have been written only for the facial region and especially the lateral region of the eyes. Furthermore, most of the previous cosmetic surgery studies have dealt with self-esteem and body image; they have hardly studied pre and post-surgical self-confidence. Before expecting cosmetic surgery to bring about improved psychological indices such as increased self-esteem, self-confidence, and body image, one should note that psychological indices play an important role in applying for cosmetic/reconstructive surgeries as well the results/complications arising from these surgeries. Thus, it is of
great importance to analyze these indices before a cosmetic/reconstructive surgery.

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