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Psychological aspect of facial plastic surgery and eye reconstructive procedures in war affected patients and its psychological and moral impacts

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Introduction: More than 3 decades of war in Afghanistan remained a large number of patients with physical and psychological disabilities. This study revealed the efficacy of facial cosmetic surgery and eye reconstructive procedures in decreasing psychological problems and empowering young patients to return their normal life. The study was conducted in patients with face and eye injuries due to bomb blast and had received reconstructive procedures in Kabul NOOR Eye Hospital Plastic Surgery Department from 1st April 2015 to 15th November 2015.

Method: A questionnaire from 55 female and 120 male aged 18 to 50 cosmetic surgery patients from Kabul NOOR Eye Hospital plastic surgery department were obtained before and approximately 6 months after surgery. The questionnaire consisted of measures on face image, self-esteem and psychological problems. Pre and postoperative values were compared. Pre and postoperative measures were also compared with the data compiled from a representative sample of 166 men and women, with same age with facial injuries but with no cosmetic surgery experience.

Results: No differences in psychological problems between the pre-surgery patients and comparison samples were found, whereas differences in face image and self-esteem between the sample groups were revealed. Analyses further revealed an improvement in face image after surgery. A significant effect on self-esteem was also found, whereas the level of psychological problems showed dramatically improvement after surgery.

Conclusions: The study provided evidence of improvement in psychological problems after surgery and patients' ambition to return their social life and jobs. The study also refers to the points that beside physical appearance outcomes, psychological outcomes of cosmetic surgery are very important and should be highly considered. The study also suggests that a special fund should be allocated for low economic patients with facial and eye deformities due to war injuries to avoid psychological problems especially in young patients.

Biography

Bashir Ahmad Mehraban completed Kabul Medical University in 2010 and then joined specialty program in Kabul NOOR Eye Hospital - MOPH Afghanistan during 2011-2015. Presently, he is the Director of Mehraban Eye Clinic, a private clinic in Kabul Afghanistan and also national/international relations in-charge of Afghanistan Eye Doctors Society. He is Member of European Society of Cataract & Refractive Surgeons since 2013 and the Member of American Academy of Ophthalmology since January 2015. He has attended many international conferences including World Ophthalmology Congress in Japan, American Academy of Ophthalmology Congress in 2015 and Asia Pacific Vitro Retinal Society Congress in Australia in 2015.

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