

# Frequency of Body Dysmorphic Disorder (BDD) patients presenting for Cosmetic Surgery Procedure

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# Definition



Mental disorder whereby patient can't stop thinking about one or more perceived defects or flaws in the appearance –

flaw

either minor or not observable

**Patients with BDD exaggerate small flaws or imagine flaws to the point of perceived deformity**



**Example**



# Causes of BDD

- There are no known causes of body dysmorphic disorder
- It is believed that there are three main components to the development of BDD
  - Cultural
  - Social
  - Psychological
- Some believe an event may trigger the manifestation of BDD.



# Symptoms and/or signs of BDD

- Spending excessive (2-8 hrs) in front of the mirror
- Body rocking
- Skin picking
- Lack of sleep
- Inability to focus
- Decreased appetite
- Lack of empathy
- Lethargy
- Self-assurance seeking
- Social withdrawal
- Aggressive outbursts
- Suicidal tendencies

# Many patients with BDD also have other psychiatric disorders.

- 84% Depression
- 49% Substance-use disorders
- 40% Social phobia
- 33% Obsessive-compulsive disorder
- Avoidant personality disorders
- Paranoid personality disorders
- Suicidal tendencies

# Incidence

- BDD often begins in adolescence and may remain undiagnosed for years
- Approx. 30% of patients perceived themselves so impaired that they became housebound
- Withdrawal from occupational, social and sexual interactions is also common





# Purpose of the Study

- To evaluate the frequency of BDD patients presenting for cosmetic surgical procedures
- and resulting outcome

# Setting

1. Dundrum Medical Cosmetic Clinic, Dublin, Ireland.
2. Faisal Hospital, Faisalabad, Pakistan.



# Study Period

1. Two years from Feb 2009 to Jan 2011
2. Five years from Jan 2014 to Dec 2018

# Type of Study

Cross sectional observational study



# Audit

Total Number of Clients 3427

Dundrum Medical Cosmetic Clinic (2 Years) 1116  
Dublin, Ireland

Faisal Hospital, Faisalabad, Pakistan (5 Years) 2311

Male 1218 (35.54%)

Female 2209 (64.45%)

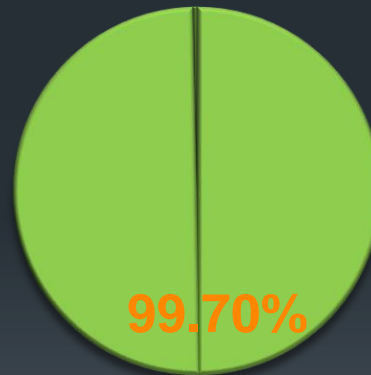
# Frequency of BDD Clients

■ Total Number of Clients	3427
■ BDD Clients	8 (0.233 %)
■ Dundrum Medical Cosmetic Clinic	3 (37.5 %)
■ Faisal Hospital	5 (62.5 %)

# Satisfaction Level

Highly Satisfied	99.70%
Moderately Satisfied	00.30%

## Level of Satisfaction



- Highly Satisfied 80-100%
- Moderately Satisfied 50-79%
- Less Satisfied 0-49%

# Case 1



Pre Op



6 Weeks Post Op





**Pre Op**



**6 Weeks Post Op**



**Pre Op**



**6 Weeks Post Op**



# Allegations Case 1

- Botch Eye Surgery
- Lumps/Balls around eye
- Could't recognize face in the mirror after 4-6 weeks of Surgery
- Unsatisfactory results (satisfaction level achieved 70 – 80%)
- Social Withdrawal

**All the symptoms related to BDD**

## Case 2



Pre Op



6 Weeks Post Op



**Pre Op**



**6 Weeks Post Op**



# Allegations Case 2

- Facial feature worse after the surgery
- Unhappy with the appearance of face after surgery
- Broke the bones of face while doing face lift procedure

**No proof of such allegations, case dismissed in favor of Surgeon**



# Treatments of BDD

- It is commonly misdiagnosed in most medical settings
- Selective serotonin reuptake inhibitors (SSRIs)
- Cognitive behavioral therapy
- A combination of SSRIs and cognitive behavioral therapy

*Many people with BDD don't admit anything is wrong. The disorder often goes unrecognized*

**There is no cure**



# Conclusion

- Careful thorough psychological evaluation of the patient is necessary prior to surgery.
- Although realistic expectation explained, patients with BDD conditions are most likely to remain unsatisfied and are potential candidate of medico-legal issues.





# Recommendation

- Screen all the patients presenting for Cosmetic Surgery procedure to exclude BDD
- To avoid litigation
- Carefully planned assessment performed before
  - surgical or
  - non surgical intervention

**THANK YOU**



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