BODY MODIFICATION RESEARCH

INTRODUCTION

You will examine three extreme fashion trends that involve altering the body and are difficult or impossible to undo. The trends are permanent tattoos, body piercing, and cosmetic surgery. To make each of these changes, people must either undergo a procedure or an operation.

* *Tattoos -* Created by an electric instrument made of needles, tattoos are permanent ink marks or designs. The needles penetrate the first two layers of the skin. A professional tattoo artist must have a permit from the local health department to operate a tattoo parlor.
* *Body piercings -* Piercings are holes put in the ears, nose, navel, eyebrows, lips, tongue, or other parts of the body for the purpose of putting jewelry in them. They must be done according to proper sanitary procedures. The area surrounding a piercing must be washed twice a day with antibacterial soap.
* *Cosmetic surgery -* Several forms of cosmetic surgery are discussed in this lesson: liposuction, breast enhancement, and rhinoplasty (often known as a nose job).
  + Liposuction is a surgical procedure that removes fatty tissue in the legs, buttocks, abdomen, back, arms, face, neck, or other area of the body. Done properly, the procedure is safe and leaves only tiny scars.
  + Breast enhancement involves inserting implants, usually bags filled with saltwater, into the breasts. Some risks are associated with this procedure, including rippling of the skin and the possibility of other health problems from an implant.
  + Rhinoplasty is a surgical procedure that alters the nose's size or shape. As with any operation, there are some risks involved, including a possibility that narrowing a nasal passage could result in breathing difficulties.

DIRECTIONS

1. Select ONE of the three procedures described above to research
2. Related Web sites:
   1. Tattoos and Body Piercing  
      [Body Piercing](http://kidshealth.org/en/teens/body-piercing-safe.html) (This article has 4 sections – read all 4!)  
      [Tattoos and Body Piercings, Lasting Impressions with Long-term Effects](http://www.nlm.nih.gov/medlineplus/piercingandtattoos.html)
   2. Cosmetic Surgery  
      [Liposuction](http://www.liposuction.com/faqs.html)  
      [Information regarding Liposuction](http://danmillsmd.com/Bodysculpting/Information/liposuction.htm)  
      [Surgery of the Nose - Rhinoplasty](http://www.plasticsurgery.org/cosmetic-procedures/nose-surgery-.html)

[AAFPRS - Understanding Rhinoplasty](https://www.aafprs.org/patient/procedures/shareable/s_rhinoplasty.html)

1. After you've done the research, answer the following questions:
   1. What is involved in getting a tattoo, having a body piercing done, OR having cosmetic surgery performed?
   2. What are the benefits of engaging in this activity?
   3. What are the short-term health risks?
   4. What are the long-term health risks?
   5. Why do people engage in these activities? What is the attraction?
   6. Based on what you have learned, would you engage in this activity now or when you get older? Give reasons to support your ideas.
2. Personal Reflection:
   1. How do you and those around you modify your bodies? What motivates you to do so?
   2. To what extent do rigid and unrealistic ideals of beauty encourage us to change our bodies? Should we try to conform to these ideals or try to change these ideals?