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Dr. Robert Morin on Surgery for Selfies

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“Selfie” may have been voted 2013’s word of the year, but the concept of capturing your likeness is nothing new: artists from Picasso to Frida Kahlo are famous for their self-portraits. However, with the rise of social media and selfie-friendly social media apps such as Instagram, now everyone can strive to be an artist, and promote their ‘work’ on Twitter and Facebook.

But the selfie explosion has one drawback: the anxiety of wondering: ‘Do I look good enough?’ This is one reason that NYC-based plastic surgeon Dr. **Robert Morin** has concerns. “Many of the things that used to be a private part of life are now clearly on display. The result has been an enormous increase in the number of younger people spending time at home thinking about cosmetic surgery and the number of younger people coming into my office requesting cosmetic surgery.”

Today’s society is obsessed with beauty and instant gratification. After seeing a selfie of **Rosie Huntington-Whitley** on Instagram, girls want their lips to look swollen and supple or would love to have breasts like hers. So, they’ll just run to the plastic surgeon’s office and get a quick injection of Juvederm or consult with a doctor about a breast augmentation.

It’s no surprise that plastic surgeons are finding their offices full of 20-somethings waiting to show them their photos brimming with ways they’d rather look.

Dr. Morin often sees the difference in his office on a daily basis. “No consultation is complete until these patients have had the opportunity to take out their iPhone and show photos of themselves they don’t like or photos of their friends and celebrities they desire to look like.”

I asked **Zac Nichols**, curator of NYC’s newest hot spot *Backbar*, how many times a night, if any, do you see girls or guys taking selfies? Is it usually guys or girls? “I would say I’ve definitely seen the selfie trend increase,” Nichols says. “The digital world has provided another vehicle for people to say ‘look at me’ and that’s something that will transcend outside of the club.” With no sign of the selfie craze abating, it looks like plastic surgeons could see their workload increase for some time to come.