Rozina Ali knows a thing or two when it comes to the female psyche. She is acutely aware of the infernal dilemma of the ‘body beautiful’ debate, as Dan Cyprus discovers.

ROZINA ALI’S PASSION LIES IN ENHANCING SELF-ESTEEM and optimising the natural aesthetics of the body. Radical or unnatural surgery is not in her repertoire, nor are fashion fads.

Consultant plastic surgeon Rozina remains unimpressed by the various must-have female forms touted by the popular press. For her, every woman’s body is beautiful and fantastically appealing, the curves and proportions to be cherished and applauded rather than constrained or re-engineered.

“I’m only ever infuriated or saddened when I read about the latest craze in the female form. I think every woman should aim to be her best self, surgery is simply a useful strategy to advance that aim.

“It’s neither natural nor clever to give a slightly built girl overly-large breasts nor a mature friendly face a perpetual look of surprise. There is however real joy in transforming a statuesque woman into a burlesque goddess or softening the effects of time, brightening a face and making eyes smile again!”

Rozina extols the power of surgery for transformation and self-actualisation, believing people can become proud and comfortable in their own skin. “True beauty is a pure glow of inner confidence that comes from living life on your own terms.”

Rozina’s approach is clear and concise, endearingly, she is a firm advocate of patient empowerment. “Every patient has the right to know what procedures are available to them and to be guided through the pros and cons of surgical and non-surgical options. I find people invariably make the wisest decision for themselves once they’re offered sufficient information, guidance and time. For me, achieving consistently excellent long-term outcomes is about matching expectations to surgical feasibility and managing each patient – someone who will truly listen, understand your concerns, acknowledge your courage, and then get to work.”

“I love my patients being happy. They’re often stunned at how good they feel from simple, well-planned surgery. I think it’s all in the listening. I need to understand what my patient is saying. That’s what a good surgeon is – someone who will truly listen, understand your concerns, acknowledge your courage, and then get to work.”

My 16-year-old daughter is determined to get her tongue pierced. I’m not keen but don’t want to seem too draconian. Are there immediate or long-term health risks I can mention to make her think twice?

Body piercing has been part of human culture for thousands of years. Nose piercing is mentioned in the Old Testament where Rebecca, wife of Isaac, had a nose-ear piercing. In particular, tongue piercing was practiced by the Aztecs and the Aborigines of Australia. With the manufacture of high-quality surgical steel barbells, tongue piercing became more common in the 1980s with celebrities such as Scary Spice popularising it.

If your daughter does go ahead with it, the procedure is usually as follows:

- The tongue piercer will use single-use disposable instruments to minimise infection risks. The tongue is pulled forward and a local anaesthetic sprayed on the top of the tongue and the under surface. A large hollow needle is pushed through the tongue and the tongue stud is threaded through. The bar of the stud is often quite long to allow for the swelling of the tongue over the next seven days.
- There is little pain during the procedure and only a little after it is completed. You are advised to have iced water and salt water gargles.
- Over the next two or three visits the tongue stud bar is replaced with shorter ones to reduce the chance of injuring the teeth.

The immediate risks are bleeding, which in rare cases can be difficult to stop, infection of the tongue causing it to swell and block your breathing and also blood poisoning. Long-term risks include the metal bar hitting the teeth, causing chipping to them in up to 25 per cent of patients, recessed gums and interference with speech.

There should be no obvious signs of activity, eye rejuvenation should fit you like a well-cut suit – it’s your best you… on a really good day! There should be no obvious signs of activity, tampering or stretching, restoring a look that's natural for each patient is the key.

“Love my patients being happy. They’re often stunned at how good they feel from simple, well-planned surgery. I think it’s all in the listening. I need to understand what my patient is saying. That’s what a good surgeon is – someone who will truly listen, understand your concerns, acknowledge your courage, and then get to work.”