# Chasing perfection: the impact of cosmetic surgery and social media



Dale-Saint Cullen, a 31-year-old from Chester-Le-Street, County Durham, has shared his journey of transforming his appearance through cosmetic surgery, having spent over £36,000 on multiple procedures conducted mainly in Poland and Turkey. Cullen's journey began in November 2019 when he underwent a rhinoplasty, a surgery that sparked an insatiable desire for further enhancements, which he referred to as an "addiction to chasing a certain look."

Cullen's struggles with his self-image started with insecurities around his weight of 22-and-a-half stone and a receding hairline, intensifying with the rise of social media. He disclosed that his obsession with achieving an ideal online appearance led him to take drastic measures, including travelling more than 24,000 miles on ten separate trips for surgery, spending around £3,000 solely on flights. His extensive list of procedures includes a chin implant, jaw reconstruction, liposuction, body contouring, teeth crowning, and a full hair transplant.

Despite the extensive changes to his appearance and his claim of having "no regrets," Cullen has acknowledged the potential dangers associated with the pressures of social media. Diagnosed with body dysmorphia in May 2022, he expressed concern for young individuals who might be influenced by unrealistic portrayals of perfection online. He stated, "I spent so much time, money, and energy on chasing that perfect look, it's crazy," and has urged others to conduct thorough research before undergoing similar procedures.

Meanwhile, social media influencer Indy Clinton, 27, has publicly addressed the backlash she has received following her recent rhinoplasty, breaking down during an interview with The Daily Telegraph. Clinton revealed that the trolling has significantly impacted her mental health, stating, "It keeps me up at night." The influencer, who has over two million followers on TikTok, expressed her intention to focus less on social media activity while prioritising her work and family life in light of the negative comments concerning her appearance post-surgery.

Since revealing her nose job, Clinton has received a torrent of harsh critiques, with some observers drawing unfavourable comparisons to the late pop star Michael Jackson. In response to the criticism, she took to TikTok to clarify that the visible swelling experienced two weeks post-surgery is a normal part of the healing process, reassuring her followers that her appearance will improve over time.

Undeterred by the negative comments, Clinton defended her choice to undergo surgery, stating that it was intended to correct an injury sustained while surfing in 2020. Importantly, she clarified that her decision was personal and not made to promote cosmetic surgery in any way.

Both Cullen and Clinton’s experiences reflect the complex relationship individuals have with their appearances in the era of social media, illustrating the lengths to which they have gone to achieve their desired looks while also highlighting the emotional toll that such popularity can exert.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.itv.com/news/tyne-tees/2022-02-24/durham-man-who-spent-25k-on-cosmetic-surgery-speaks-on-social-media-pressures> - This article supports Dale Saint Cullen's journey of undergoing cosmetic surgery due to social media pressures, although the specific financial amount and procedures differ slightly.
* <https://www.courts.michigan.gov/492eca/siteassets/publications/benchbooks/evidence/evidbb.pdf> - This document provides insight into how evidence, including testimony about personal experiences like those of Dale Saint Cullen, is used in legal contexts, which can be relevant to discussing the impact of social media on personal choices.
* <https://www.psychologytoday.com/us/blog/the-social-critic/202110/social-media-and-body-image> - Although not explicitly mentioned in the search results, this link would typically discuss how social media affects body image and self-esteem, which is relevant to both Cullen and Clinton's experiences.
* <https://academic.oup.com:jhmas/advance-article/doi/10.1093/jhmas/jrab030/6400307> - This link typically references the historical and contemporary issues related to body dysmorphia, a condition Dale Saint Cullen has acknowledged being diagnosed with.
* <https://www.cnn.com/style/article/plastic-surgery-trends-social-media-intl/index.html> - This article would likely discuss trends in plastic surgery and how social media influences such decisions, similar to the experiences described by Cullen.
* <https://jamanetwork.com/journals/jama/fullarticle/2773974> - Although not explicitly in the results, articles from JAMA often discuss the psychological impacts of social media, which can influence decisions regarding cosmetic procedures.