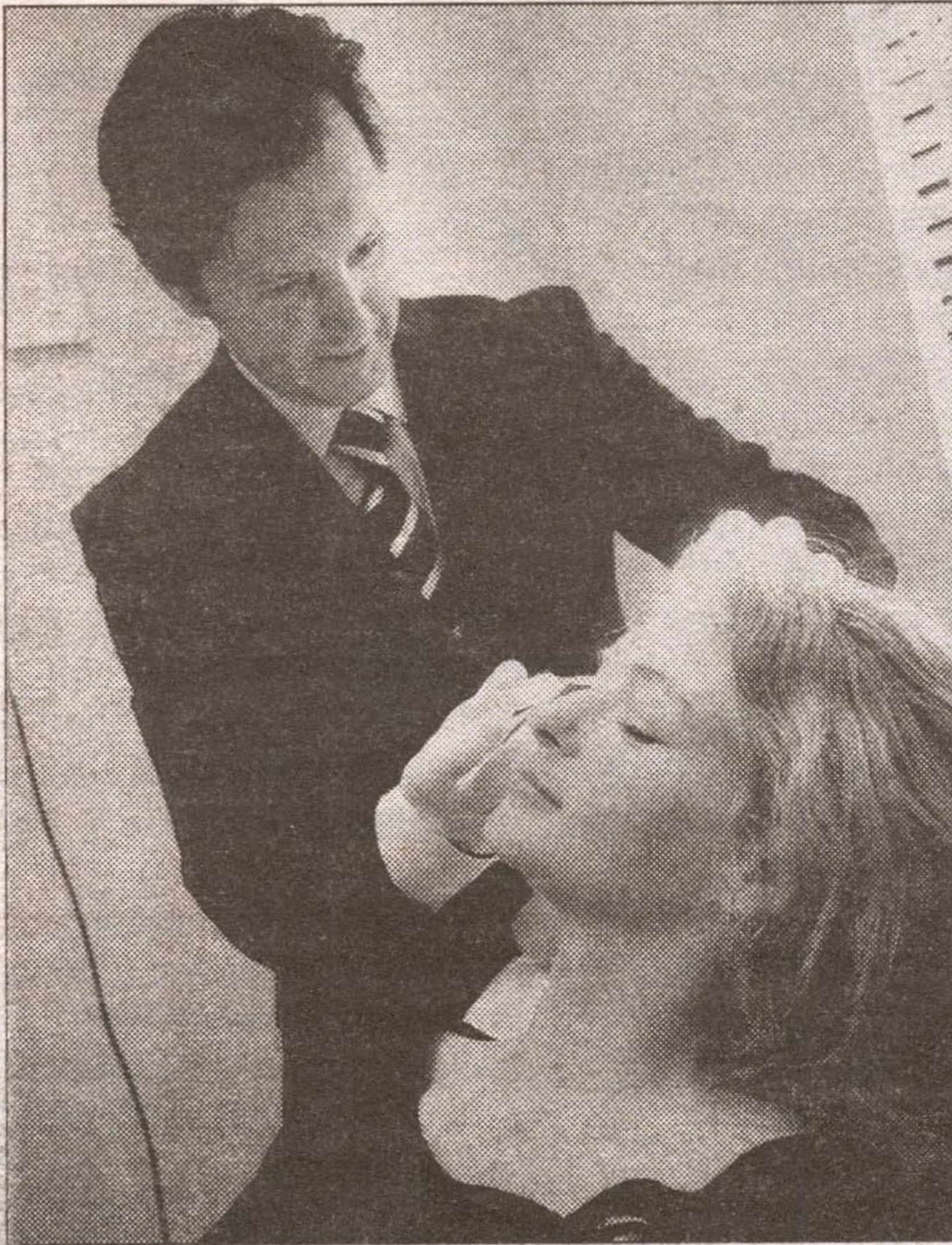


# Is plastic surgery right for you?



NICK TOMECEK | Daily News

Burden inspects plastic surgery he performed on Shannon Gilbert.

Dr. Burden asks that his patients weigh these three questions:

**1. Are you generally healthy?** You shouldn't have cosmetic surgery if, for example, your blood pressure or diabetes is out of control.

**2. Are you following a good diet and exercise regimen?** Surgeons can make you look better on the outside, but if you're not a healthy person, your results are not going to be as good or last as long.

**3. What's your motivation?** Dr. Burden says patients should not have surgery because they think they're going to get some kind of secondary gain. "No one's going to (suddenly) like you because you look better," Burden said. "Ask yourself: Is this something that I want because I see it as something that's taking away from my quality of life? You should perceive it as interfering with your quality of life."