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covid19 - The work of the Plastic and Aesthetic Surgeon is also a very psychological work

I am a plastic surgeon and I believe that at this moment it is necessary to make two types of reflection, the first inherent in the serious health situation and the second inherent in what will change in our profession after the passage of this health calamity.

The current moment of medical emergency sees me bringing my contribution as a doctor who tries to help his patients to overcome this moment and prevent them from feeling a sense of abandonment that would have serious consequences from a psychological point of view: from the beginning of March my Studio has closed but obviously we have guaranteed assistance to the Operated Patients and in case of emergencies.

Especially we have a consult online service immediately activated free for our patients today, thanks to the technology we have available, we can set a first, but very important surface, contact with our patients through video conference platforms as [zoo.us](#).

On these platforms you can create a personalized audio / video connection and the possibility to share documents and images: <https://www.gennaichirurgia.it/video-consulato.html>

Another important factor of my work is that plastic surgery now runs on the internet and on social networks so I have used this "visibility" to create a YouTube channel where I periodically upload videos with which I provide useful information on COVID-19 in the most simple and understandable as possible.

This YT channel is shown on a page of my site and videos are periodically published in order to keep my patients updated, informed and above all close: <https://www.gennaichirurgia.it/coronavirus-consigli-utility/>

I believe that the doctor's sense of closeness, even if virtual, is fundamental in this moment where people have many justified fears, many questions and many doubts.

The work of the Plastic and Aesthetic Surgeon is also a very psychological work, the Patient transfers his fears, his weaknesses, his insecurities to us, entrusting our scalpel with the thaumaturgical ability to improve or amend a defect: all this loads us with a great responsibility but at the same time obliges us to establish a psychological study with our patient to understand if actually "that defect" is the real cause of the discomfort (and therefore amendable) or if it is only a stern focus of an internal discomfort that therefore the our intervention will not solve.

Well this strong psychological bond cannot and must not be severed abruptly.

This moment will pass and we will then have to deal with economic problems and fear: both will take a long time to be overcome. How this will impact people's lives is difficult to predict because we should refer to post-war periods but where the socio-economic and political context were very different: it will depend on how politics will be able to inject trust and finance for Citizens.

I also believe that this terrible experience will have to be bitterly treasured: I want to hope that it has taught us that scientific research and health care are fields in which it is necessary to invest and put resources and set up effective and efficient intervention plans for health disasters which, as expected for years, they will be able to reappear.

I am sure that we will make it and Italy will be able to get up

By: **Alessandro Gennai**, Plastic and reconstructive surgeon, Medical director of Studio Gennai, CEO & Founder of SEFFILINE Srl

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