

Research in modern plastic surgery: Opportunity behind the scenes

Editorial

Clinical research is a cornerstone of the mechanisms that determine the medical-therapeutic algorithms that aim to improve the quality of life of patients.¹ Although not all specialists in Plastic Surgery are dedicated to scientific research, the production and acquisition of knowledge is fundamental for the progress of the specialty and the training of professionals capable of analyzing and resolving multiple clinical situations.²

According to the publication of Sanchez Martínez, research is not a curricular obligation, but a way of thinking, practicing, and growing professionally. The product of research should always be applied to strengthen the health and well-being of those who require it.³

In the vast field of plastic surgery, innovation and the impact of social media are constant, while scientific evidence is not. Therefore, research becomes a form of leadership. Thus, those surgeons who master scientific analysis and dedicate time to research and publication have greater authority to propose changes, introduce new techniques, or challenge established practices.

Research is a well-known academic process in the medical field, considered one of the cornerstones of modern medical training; however, when it is taught in classrooms, the reality is quite different.⁴ Many surgical residents and young plastic surgeons see it as a requirement they must fulfill during their training, but one that will not have a future impact, and few understand the importance of formative research in their professional lives.

Furthermore, in order to develop this drive to research and publish, the support of a committed tutor makes the difference between an isolated attempt and a sustained research career.⁵

Finally, adapting what Peña-Orozco described regarding the first contact of teachers with medical students, three fundamental ideas should be implemented when inspiring a taste for research.⁶ The first of these ideas is: always research something you like, the second: research what can actually be researched, and the last idea: research should only be done as a plastic surgeon would in this case. I conclude

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that a plastic and reconstructive surgeon must include research in their arsenal of skills to be considered fully capable of contributing to society.

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Conflicts of interest

The author declares there is no conflcit of interest.

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