

“I am dark and have used many creams to lighten my skin colour. However, I haven't seen any big change. Will cosmetic surgery help?”

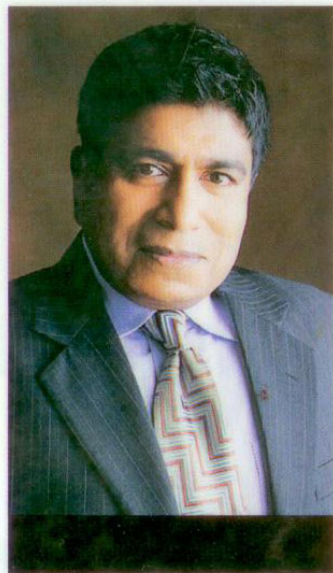
Smita K, Mumbai

Skin grafts are one of the most commonly done plastic surgery procedures. But it is certainly not done to improve the complexion. It can help if you have patches of different colour on the face like big moles, white patches or burn marks. Skin-lightening creams and sunscreens are the only available options now for improving the complexion. The changes with treatment are slow and may not be noticeable on a daily basis. At best you can expect 20 to 30 per cent improvement. A dramatic change in complexion is not possible by treatment as of now.

DR MOHAN THOMAS, MD (USA) FACS (USA), leading cosmetic surgeon, visiting scholar-Mt Sinai Hospital (New York) and consultant, Breach Candy Hospital, The Cosmetic Surgery Institute, Mumbai

I would like to get a breast enlargement surgery done for the second time. I have 400 cc implants but would like them to be made bigger this time. They were inserted via the armpit. I am very interested in liposuction and would like it done on my bottom, waist, tummy, thighs and maybe hips and upper eyes. Where would the surgery take place? For how long will I have to stay at the hospital/clinic? Can all these procedures be done together?

Archana Vaidya, Nashik



You already have a large implant in the breasts. The breasts can be made to look bigger either by using a larger volume implant or a higher profile implant (more projection) with the same volume, which will provide more projection. We will have to consider the kind of implant you already have and the structure of your chest before we can decide on the kind of implant to be used. Very large implants look unnatural and can cause thinning of the breast tissue. My recommendation would be to use the appropriate sized implant that your chest can accommodate without putting any stretch on the tissues. If the amount of fat to be removed is less than five litres, the breast surgery can be

combined with liposuction and upper lid rejuvenation. If multiple procedures are to be done, I would prefer to do the surgery in a hospital setting.

I am 40 years old and am worried about the hollow under my eyes. Besides, I also have sagging cheeks that I would like to get rid off. I also want to improve my jaw line as I think I am developing jowls. I always looked younger than my age and I want to keep it that way. I have read about non-surgical treatments and about thread lifts. What do you suggest? I know you will need a clinical assessment but please share your thoughts on this.

Piya, Hyderabad

It seems that age is slowly creeping up on your face. Since you want to fight it, it is better to start when you have early ageing changes on the face. As the tissues slide downward, there is sagging of the cheeks and jaw line, wrinkles, deep lines and hollowing of the lower lid area. Some of the early ageing changes like deep lines, under eye hollows, fallen brows and frown lines can be treated with fillers and botulinum toxin (BOTOX™) injections. The results last for six months to one year. Fat injections using your own fat cells is also a valid option to replace lost volume in the under eyes and cheeks. If you wish to have a more powerful and long lasting treatment, a short scar face lift would be advisable. The displaced tissues can be repositioned by face lift to provide complete rejuvenation of the face. Thread lift results have been disappointing in Indian patients and those across the world. ●