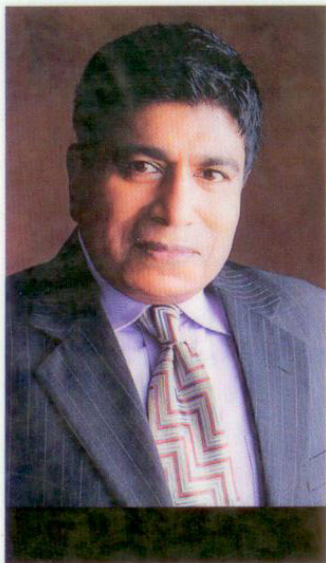


“I want to get dimple creation surgery done during my next visit to India. How long will the surgery take? Are there any side effects?”

Jatin, London

Dimples are created surgically as a day care procedure. The surgery takes about an hour to perform. The post-operative swelling takes five to seven days to resolve. You can get back to work in a week after surgery. The dimples will look natural (will only appear on smiling) in four to six weeks. Complications are unlikely following dimple creation. The surgery should be booked one month in advance.

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



Please let me know what lipolysis is all about. I am a mother and wish to have more children. I'm 5'7" and weigh about 67 kilos. My body is toned except for a tummy bulge.

Aarti, Indore

Lipolysis is a relatively new method for fat reduction. A concoction of fat-busting chemicals is injected in areas of fat deposit. The injection causes permanent destruction of fat cells in the area and gets rid of the “bulges”. Although it is appealing as a non-surgical option, this method is effective only for small areas of fat deposits and is not a substitute for liposuction. The full effect of procedure is seen after four to six weeks. Lipolysis does not cause weight loss but reduces inches. In your case, the post-pregnancy bulge could be because of muscle weakness, in which case fat reduction alone will not help. A tummy tuck surgery is required in such cases to create a flat abdomen.

I'm the mother of a three-year-old baby. I have a bulging tummy. My nipples grew more than double during pregnancy and the breasts have lost their shape. I am health conscious and work out three times a week. I have read about how most women get the tummy tuck and breast reconstruction at the same time. Please advise.

Poornima Mehta, Pune

I am glad that you are having an active lifestyle now. You would require a 'mummy makeover' procedure for getting your pre-delivery figure back. It involves improving the shape of the breasts, abdomen, genital areas, etc. The changes caused by pregnancy are corrected surgically using safe techniques of cosmetic surgery. Breasts lose shape and volume because of breast-feeding. After normal delivery, vagina becomes loose and the labia are enlarged. These changes are improved with surgeries like breast lift, liposuction and abdominoplasty and genital rejuvenation. All these procedures can be performed if you are not obese. The expected recovery time is two to three weeks.

I have heard that following liposuction, the skin becomes loose. Is this true? I want to remove the extra fat in my outer thighs and buttocks.

Jhanavi, Baroda

What you have heard is partly true. The skin can become loose when large volumes are removed in people who have poor skin tone. This is usually seen in women post pregnancy and middle-aged people. In such cases, a tummy tuck or body lift may be required to achieve contour correction. After liposuction, the skin automatically gets adjusted to the new contour. The areas that you have mentioned can be very well corrected by high definition liposuction. The buttocks can sag if they are huge to begin with and large amounts of fat are removed. A corset should be worn for a month after surgery, which will help to support the skin during the healing phase. ●

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