

## FEMINA READER SERVICE



**Dr Mohan Thomas, M.D. (USA)**  
FACS (USA), leading Cosmetic Surgeon, Visiting Scholar-Mt Sinai Hospital (New York) and Consultant, Breach Candy Hospital, The Cosmetic Surgery Institute, Mumbai

**I am 42 years old and everyone says I look quite young for my age. But I am unhappy with the deep lines on the side of my nose. Also, the corner of my mouth has started drooping slightly. I have tried many cosmetic creams, but the lines are not smoothening out. What are my options? Please help.**

**MADHUSHREE K, LUDHIANA**

**A** The deep lines that you are referring to are called nasolabial lines. They cannot be removed completely, but can be made much less prominent or softened to make the face look more youthful.

Surgical and non-surgical methods work

really well for these lines. Non-surgical treatment comprises injecting fillers beneath those lines. Different fillers are available, and they last from six months to five years depending on the chemical composition. If the rest of your face is youthful, then non-surgical methods may be sufficient.

The surgical options are also good. Gore-Tex (PTFE) threads can be implanted below the lines through a minor surgery. The threads make the groove less prominent and are semi-permanent. A mid-face is an excellent option in terms of the extent of correction, minimal scars and stability of results.

**Q** My sister is 23 years old and has a severe case of pimples, which our dermatologist has diagnosed as cystic acne. She also has very deep scars on both cheeks. We have tried many sessions of fruit peels and microdermabrasions, but there has been no improvement. What treatment would you suggest for such a case? What kind of improvement can be expected?

**DISHA K, RAJKOT**

**A** Scars left by pimples is a common problem in boys and girls. Cystic acne leaves behind deep craters

and ice pick scars, as in the case of your sister. When the scars are deep, mild peels and microabrasions do not help at all. I would advise you to wait till the active phase of the pimples has subsided before undertaking any resurfacing procedure. The best options to resurface deep scars are surgical dermabrasion and laser resurfacing.

Procedures like releasing the scar from below (subcision), fat injection underneath the scar and chemical cauterisation of ice pick scars also help in selected cases. Multiple sessions may be required.

A 60 to 70 per cent reduction in scars at the end of the treatment can be considered a good result. The skin should be pre-treated with certain creams before undertaking resurfacing so as to ensure even healing and prevent increased pigmentation.

**Q** I suffer from severe breast asymmetry; I think it is breast hyperplasia. This condition has been evident from puberty, and my right breast is bigger than my left. In fact, it's almost twice the size of the left one.

I was thinking of undergoing breast reduction on my right breast, but I have a few

concerns. Will I be able to breastfeed after this surgery? What will happen if I lose weight? Will the weight loss be even or will it again give rise to asymmetry? Is there a scar-less reduction surgery?

**RASHIDA ALAM, NAGPUR**

**A** Breast asymmetry is a challenging and interesting aesthetic problem. The asymmetry can be in size, shape or position. The most common asymmetry is in size, as in your case. Correction of size asymmetry can be by reducing one side or augmenting the smaller breast, depending on which is closer to normal. In severe asymmetry, one side may need to be reduced and the other side augmented by using an implant.

The precise surgical plan for you can be known only after a clinical examination is done. If the breast to be reduced is very large, then a short scar technique can be used. If the breast is only moderately large and not drooping, a keyhole breast reduction can be performed.

Breastfeeding can be affected to some extent after a breast reduction surgery. The short scar vertical method does not interfere with the milk ducts, and so there is a better chance of being able to breastfeed with this technique.