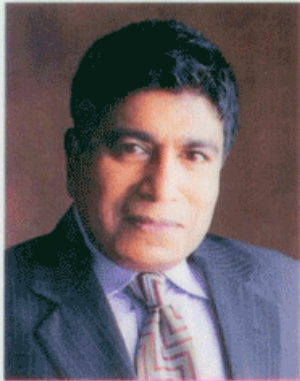


## FEMINA READER SERVICE



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

**Q** I'm 30 years old and have chubby cheeks, which make my face look disproportionate when compared to the rest of my body. In an earlier issue, you asked someone to go in for plastic surgery for a similar problem. Could you please suggest the options? Also, what would be the cost for these surgeries? Thank you.

N JAFFER, DELHI

**A** Chubby cheeks are common in our country, and nowadays, people do not consider them very attractive. They can be corrected by a combination of procedures called facial sculpting. The procedures employed in facial sculpting include facial liposuction, chin augmentation, cheek fat removal and injection

lipolysis. The choice of procedures will vary in each case, depending on the pattern of fat deposits and the facial bone structure. All these procedures can be done together as a day-care surgery. The result of the surgery will be fully evident in two to three weeks when the swelling subsides. The cost will depend on the exact combination chosen. Most patients find facial sculpting to be affordable.

**Q** I'm 37 years old and have a problem with my weight. I'm 2004, I weighed 90 kg, but I gained 20 kg the following two years when I moved to the Middle East. I believe that could have been because I actively played squash while in India, and stopped when I migrated.

In January 2007, I joined a fitness centre and monitored my diet, and was able to shed 10 kg by June 2007. I continued to workout and maintain the controlled diet for another year, but my body composition refused to change. My fat content stuck to 27 to 28 per cent. In July 2008, I stopped the exercising and am now back to my old self. My waist, which always used to be 34 to 35 inches, is now not going below 37 to 38

inches. I believe most of the fat has got accumulated at my love handles and breasts. I look heavy but not obese.

I had read a lot about liposuction, but wasn't sure if it was safe. However, now I feel that maybe the procedure has become safer due to advances in technology. I'd like to know which type of liposuction would be best for me. Also, how many days would I have to stay in hospital?

SHAMITA ROY, VIA EMAIL

**A** I am glad that you have realised that the weight gain is due to lack of exercise. From the information that you have provided, it is clear that you are overweight by about 8 kg. Since most of the fat deposits are concentrated on the flanks and chest, high-definition liposuction will help you to regain an ideal body contour. There will be significant loss in inches and some amount of weight loss, once the swelling subsides.

The objective of liposuction is to get you close to an ideal body shape and thereby increasing your motivation. To sustain the results, the weight should be maintained by a responsible lifestyle.

I prefer traditional liposuction using fine canulas and improved technique in all primary cases. Our experience

with large volume and mega liposuctions using traditional liposuction techniques has been very encouraging. Even male breasts can be removed completely only by liposuction.

You would be in hospital for two days after the surgery and should plan to be in Mumbai for at least 10 days after the surgery. Full-scale physical activity can be resumed about one month after the surgery.

**Q** After every sleep my eyes get swollen and I experience irritation. This is a daily problem. I have consulted many doctors and they have all told me that I have a cold and an allergy, which is why there is a swelling all the time. What can be done about this? How can I get rid of this swelling?

NIVEDITA SHARMA, NAGPUR

**A** If the swelling/puffiness is only after sleep and associated with irritation, the underlying problem could be an allergy as diagnosed by the doctors. I would suggest that you consult an ophthalmologist to get the right diagnosis. Cosmetic surgery is required only if the puffiness is the result of fat protrusion, which seems unlikely in your case.