

FEMINA READER SERVICE



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I weighed 109 kg six years back and have since then lost around 40 kg. There's been a fair amount of inch loss too, along with sagging of skin. The major problem areas are the thighs and hips. Can I get them in proportion with the help of surgery?

SHREYA, NASHIK

A Losing 40 kg requires tremendous will power and commitment, and I must congratulate you. The deflation of your body would have left loose skin in many areas. There may be some areas that have residual fat deposits also. You would require body lift surgery, which includes buttock lift, thigh lift, breast lift, arm lift and abdominoplasty. The abdomen, sides, back and buttocks can be treated in one session by central body lift or belt lipectomy. The breasts and arms are

addressed in one stage by arm lift and breast lift. Circumferential thigh lift will effectively tighten the thigh skin. Residual fat deposits can be removed by liposuction. All these procedures are hospital-based surgeries requiring three to four days stay in the hospital. Between sessions, there should be a gap of at least one month. There should be a two week recovery period after each surgery. Body lift procedures are highly customised for planning and execution. The results are fabulous and definitely worthwhile.

Q I am 5 feet 2 ½ inches tall, weigh 59 kg and have a waist that measures 35 inches. I had two caesarean surgeries, and now there's a downward bulge in my tummy. I want to reduce my waist to 32 inches. What's the best way to do this? Also, how much post-operation maintenance is required?

ALPA, VADODRA

A The tummy takes the maximum toll from pregnancy. The downward bulge that you have is a combination of fat and loose skin. A combination of fine definition liposuction and tummy tuck (lipoabdominoplasty) will definitely help you regain a flat tummy. This is one of the most common procedures performed in India. Lipoabdominoplasty

would require two or three days in hospital and two weeks recovery time. Heavy physical activities should be restricted for six weeks. To maintain the results you should avoid putting on weight.

Q I suffer from male pattern baldness. My hairline has receded quite a bit and has become noticeable. I want to know the approximate cost of hair transplant, and the number of sessions required.

JOSEPH, KOCHI

A Male pattern hair loss can be treated by medicines and surgery. Medical treatment will prevent further hair loss and bring about improvement in balding areas. You could take medicines for three to six months and if there is any improvement, continue it long term. The crown and top of the head usually respond well to medicines. The medicines prescribed are USFDA-approved and available in most medical stores. The medical treatment has to continue even after the follicle transfer to maintain existing hair and prevent further hair loss. I prefer to start with the medical treatment, and wait for a few months to decrease the amount of surgery required. It also gives a chance for some of the inactive follicles to become active again. You can also undergo

surgery (follicular unit transfer—the most refined method of permanent hair transplant) as the first option, especially to correct the receding hairline. The cost and number of sessions depend on the area to be covered.

Q I am very dark and want to change the colour of my complexion. Is it possible to be fairer through any treatment?

MAHALAKSHMI, COIMBATORE

A Medicated creams, chemical peels and regular use of sunscreen lotions will help to lighten the skin to some extent. However, a dramatic change in skin colour is not possible with any accepted forms of treatment.

Q The ear on the right side of my head sticks out too far. I want to set it back closer. Please provide me information regarding otoplasty (ear surgery), and its duration.

SHOBA V, PUNE

A Otoplasty is a day care surgery and takes two hours to complete. The ears can be pinned back permanently. A light bandage over the ears is required for a few days and elastic compression is required for two weeks after the surgery for support during the healing period.