

## 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 interested in rhinoplasty revision. I had the initial surgery six months ago to correct a deviated septum and to raise the tip of my nose. The incision was made through my mouth using the cartilage from my ear. Unfortunately the tip of my nose is too high, pointed and sharp.**

**MAYURA S, RAJKOT**

**A** I am sorry to know that the first surgery did not work out for you. The approach from the mouth is an unconventional one and rarely used in contemporary rhinoplasty. Probably the cartilage graft was placed in an inappropriate position causing the sharp pointy look. This can happen also with certain implants. Correction is possible and good results can be expected.

**Q** I'm married and have a three-year-old son. Since my delivery was a C-section, I've gained a lot of weight, especially on my stomach. I have a sedentary lifestyle, although these days I've started walking and have also joined a slimming centre. At the centre, I lost close to 11 kg, but it has all come back. I am five feet tall and weigh 75 kg. I would like to know if a tummy tuck is advisable. We're planning another baby in two years. Can the surgery have an effect on my child bearing capability?

**RADHIKA PURI, PUNE**

From the details that you have provided, it is clear that you have large amount of excess fat. Hormonal tests, including the thyroid function test, would be required to see whether there is any medical reason for putting on weight. Otherwise, a lifestyle correction would be needed. The stored excess fat and loose skin can be removed by liposuction and tummy tuck surgery. Liposuction removes excess fat, while tummy tuck removes excess skin and tightens the abdomen. It requires two to five days of hospitalisation and two weeks for recovery. But you will not be on bed rest during this time. Walking is allowed from the day after

surgery. Swelling, bruising and discomfort are common after the surgery, but these are temporary and resolve in a few weeks. The surgery does not have any long term effects on your health. To maintain the results, you have to follow a responsible lifestyle—a combination of regular exercises and healthy eating habits. The ability to be pregnant and carry forward the pregnancy will not be affected by the surgery. However, after the delivery, there would be some loose skin, which may require a re-do of the tummy tuck surgery.

**Q** I am interested in surgery of the eye area. I do not suffer from eyelid swelling or have any medical conditions. I have what seem to be fat bulges in my upper eyelid area. I'd also like to know if there's any surgery to treat dark circles. Would this be a combination of fat grafting and laser surgery? What surgery would you recommend to treat the upper eyelid area?

**MANJU NAIR, COCHIN**

**A** Fat bulges on the upper lid can be treated by upper blepharoplasty, which will rejuvenate the upper lids.

There is no permanent treatment for dark circles; the pigmentation can be reduced by prescription creams or by lasers and peels. Sometimes, deep

and hollow undereyes can create a dark look in the undereye area due to shadow effect. If that is the case, correction can be done by fillers or fat injection.

**Q** I am seeking detailed information on pros and cons of increasing breast size. I have tried many ways to do this, but it's a waste of time. I also upped my weight from 45 kg to 52 kg, but it only resulted in increased fat in my tummy area. Please help as I am going to get married soon.

**SABAH SHIEKH, NAGPUR**

**A** Although breast size can marginally increase by weight gain, a significant increase in size and shape can be brought about only by using breast implants. Implants are safe and do not adversely affect health or breast function. All pros and cons cannot be discussed in this page; please do some research on the net. This can be done as a day care surgery without hospitalisation. The scar is hidden in the natural crease of the breast and fades over a few months. You can resume work in a few days time. After the surgery, the breast start to feel normal and supple in four to six weeks, so you should keep that much time between surgery and marriage.