

FEMINA READER SERVICE



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A I am interested in enlarging my breasts as I want them to look younger and normal. I am 53 years old and a diabetic; my cholesterol and blood pressure are normal. I have no other physical imbalance. Please let me know if I can get this done.

AVANEET K, VIA E-MAIL

A Breast enlargement using implants is among the most common cosmetic surgeries. It can also be done in diabetics without any problems, as long as the sugar levels are well controlled.

Since you are 53 years old, there could be some amount of drooping of the breasts. If the drooping is minimal, it will get corrected by breast enlargement. If the drooping is beyond a certain limit, a breast lift surgery will be required along with the implants. I prefer to

do breast lifts using a short scar technique, which produces very aesthetic results.

Q I am 40 years old and quite healthy. However, my husband is not interested in having sex with me. I have maintained my body well and can give women in their 20s and 30s a complex. But my genital area has changed a lot with childbirth and age. I am embarrassed to consult a doctor face to face on this. I want to be sure that something can be done, and then I'm okay visiting a doctor.

Please tell me if my vagina can be tightened and what else can be done to help me regain my confidence. I really don't want my husband to stray!

SAMPADA, BHUBANESHWAR

A Genital rejuvenation is emerging as a key area in restoring normal functions and self-esteem of middle-aged women. The vagina relaxes after normal childbirth, thereby possibly reducing physical pleasure during sexual intercourse. The vaginal lips, the labia majora and minora also undergo age-related changes. The labia majora can become shrivelled due to fat atrophy and the labia minora can become elongated and enlarged.

All these changes can be reversed through

aesthetic genital rejuvenation. The vagina is tightened by removing the excess inner lining and tightening the muscles; fat grafting in the labia majora restores youthful fullness, and removal of excess tissue from the labia minora restores it to its pre-pregnancy appearance. All these procedures can be performed together and even in combination with other cosmetic surgeries. A normal physical relationship can be enjoyed four to six weeks after surgery.

Q I underwent plastic surgery on my nose after a major accident. But the shape was slightly different and I again underwent surgery. Even then I'm not satisfied and am planning to go in for another procedure. For this, I need an expert plastic surgeon. The size should not be reduced, but it should be made straight, as it's slightly bent.

ANNIE GONSALVES

A Following the accident, the nasal bones and nasal septum may have fractured causing the deviated or crooked-looking nose. Deviated noses are relatively more difficult to completely correct. Successful correction will require a detailed assessment, including a clinical examination and a CT scan. Once the

underlying abnormalities are identified, the correction becomes predictable and stable. The fractured bones and septum can be reset to make the nose straight. The recovery time would be about 10 days.

Q My breasts are of irregular size, ie the right breast is bigger than the left. I want to make them the same size through breast augmentation. I'd like to know more about this defect and the procedure to correct it. Also please tell me all the pros and cons of the surgery.

TAEJA C, IMPHAL

A Breast asymmetry is not uncommon and there are many variations involved. Some cases of only size asymmetry can be corrected relatively easily by increasing the size of the smaller breast. The breasts can be enlarged only with the use of breast implants. Implants are safe and do not adversely affect health or breast function. I prefer to use only US Food and Drug Administration (USFDA) approved implants to increase the safety.

This can be done as a day-care surgery without hospitalisation. The mark (scar) is hidden in the natural crease of the breast and fades over a few months. You can resume work within a few days.