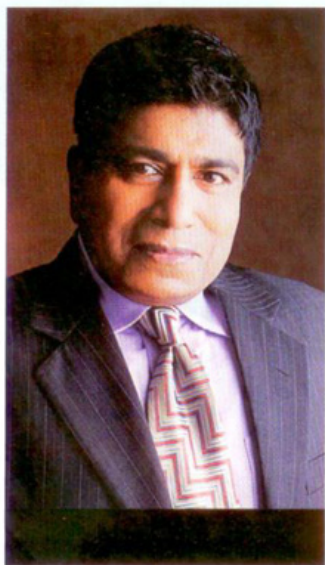


“I am 45 years old. I lost some weight recently but have loose, bat-wing like skin on the arms. Can this be treated by liposuction? Please help!”

Lisha Cherian, Hyderabad

Loose skin on the arms, especially when it almost resembles bat wings, requires arm lift surgery. Liposuction alone is not enough at this stage. Arm lift removes loose skin and usually involves liposuction of residual fat deposits. This would entail having a scar running down the inner aspect of the arm. The scar fades over a period of time. The recovery period is usually two weeks. Heavy exercises can be started after two months. There are multiple variations in the arm lift including a short scar technique, which can be employed if the sagging of skin is not severe.

**DR MOHAN THOMAS, MD (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 a 25-year-old unmarried woman. I have extremely large breasts that are sagging. I want to get smaller and firmer breasts. Is it safe for an unmarried girl to get breast reduction? Can it affect breastfeeding?

Vasanti Laxman, Mumbai

Breast reduction is the only way to make breasts look smaller and firmer. A short scar technique is preferred. However, the selection of technique depends on the volume of the breasts and how much they are sagging. A significant number of surgeries are performed on unmarried women, simply because there is no other way to aesthetically correct big, sagging breasts. Breastfeeding may be possible after the surgery, but it depends on the technique used and the integrity of the milk ducts. The surgery is a hospital-based procedure with three to five days of hospital stay. Healing takes about two weeks. Post-operative period is relatively pain-free and comfortable. Heavy physical activities should be avoided for six weeks. The cost of the procedure depends on the technique used and time required in the operation theatre. The surgical plan is customised in every case after a meticulous clinical examination.

There are puffy areolas and nipples on my chest, which give it a pointed contour. I would like to make them smaller and flatter. Please advise.

Mamta Sharma, Bhopal

Puffy nipples are caused by male breast formation, a combination of residual breast tissue and fat accumulation, which can be removed by power liposuction. This is a keyhole surgery and the access points are 2-3 mm long. Through this, both the fat and breast tissue can be removed. The results are permanent and predictable. It can be done as a day care surgery. You can resume work in a few days, however high impact and weight training exercises are not recommended for four weeks.

I am 50 years old and in good shape. The skin on my hands looks shrivelled and the veins can be seen prominently. Can something be done about it?

Garima Pradhan, Surat

Often, hands are the give away in people who have undergone rejuvenating surgeries. The subcutaneous fat in the hands shrinks with ageing, creating the changes you have mentioned. The solution is quite straightforward—the lost volume has to be replenished. This is done by using one's own fat cells harvested from the tummy or thighs, and placed under the skin of the hands. The fat transfer or fat grafting is a fine surgery requiring meticulous technique. The fat cells that are placed as tiny beads, survive in the new environment and remain there almost permanently. A minor touch up procedure may be required early on to replace cells that do not survive. ●