

Nose surgery or rhinoplasty: Nose forms the centre of the face and can make either a good or a bad statement. The surgery of the nose involves changes to all or some parts in the nose and re-shaping.

Scar removal: A facial scar is frequently considered a cosmetic problem because of its location. There are several ways to make a facial scar less noticeable. Often, it is simply cut out and closed with tiny stitches, leaving a thinner, less noticeable scar. If the scar lies across the natural skin creases [or lines of relaxation], the surgeon may reposition it to run parallel to these lines, where it will be less conspicuous.

Some facial scars can also be softened using a technique called dermabrasion—a controlled scrapping of the top layers of the skin using a hand-held, high speed rotary wheel. This makes the skin surface smooth, but doesn't completely erase the scar.

Z-plasty is another surgical technique used to reposition a scar so that it more closely conforms to the natural lines and creases of the skin, where it will be less noticeable. It can also relieve the tension caused by contracture [shortening of a muscle]. Not all scars lend themselves to Z-plasty, and it requires an experienced plastic surgeon to make such judgments.

Skin grafting, flaps, and low-dose steroid injections can also help in some cases.

Dimple creation: The demand for surgically created dimples is increasing. This is a safe and effective surgery, which is done under local anaesthesia as a day care procedure. Under local anaesthesia, a small depression is created in the muscle of cheek region. This is done through the inside of the mouth without external scars.

NON SURGICAL

Botox: Botox is a toxin produced by the bacteria *Clostridium botulinum* and is used as a paralysing agent for the muscles of expression. This weakens the fine muscles in the forehead, around the eyes and the glabellar areas [deep vertical and horizontal creases between the eyebrows]. As a result, frown lines, forehead creases and crow's feet are reduced or eliminated.

Fillers: Injected fillers are primarily used to improve skin texture. It can help fill out deep facial wrinkles, creases and furrows, skin depressions and some types of scars. It can also be used to give a fuller and more sensuous look to the lips. Fillers are not usually sufficient for severe surface wrinkles on the face, such as multiple vertical 'lipstick lines' that sometimes form around the mouth.

Microdermabrasion: It is a resurfacing technique used for reduction of pimple scars. In the past, microdermabrasion was carried out using abrasive crystals. However, in the last decade, it has become more common to use a



Tickles On her way to the hospital [after having a heart attack], a woman had a near-death experience. She saw God and asked, "Is this it?"

"No", God replied. "You have another 30 to 40 years to go."

On recovery, she thought she should make the most of the remaining years. So she decided to stay in the hospital and have collagen shots, cheek implants, a face lift, liposuction and breast augmentation.

She walked out of the hospital and died in an accident. She arrived in front of God and asked in despair, "I thought you said I had another 30 to 40 years to live?"

God replied, "I'm sorry, but I didn't recognise you!"

wand with a roughened surface. This procedure requires no medical oversight and is commonly used in conjunction with facial spa treatments. This is purely cosmetic and does not permanently improve any skin conditions.

Chemical peel: The Blue Peel procedure is designed to improve the appearance and health of your skin. By using a low concentration of the chemical trichloroacetic acid [TCA] mixed with a special blue base to slow penetration, the Blue Peel monitors the appropriate depth to effectively remove the thin surface layers of aged and damaged skin from the face or other parts of the body. These dead skin cells are replaced by healthier ones, allowing the skin's own clarity and tightness to resurface.

Contour threads: These are the only non-absorbable barbed suture product cleared by the US FDA for the elevation and fixation of mid face, brow and neck areas. Contour threads gently lift drooping facial features upward, thus restoring a more natural, relaxed, and fresh appearance.

Cosmetic surgery aims to change your appearance by altering parts of your body that function normally but make you unhappy. If you're dissatisfied with your appearance, you may be interested in cosmetic surgery not only to look better, but also to feel better.

Sometimes the correction of even a minor cosmetic defect can make a major positive change, substantially increasing feelings of well-being and self-worth.

Note: All these procedures should be strictly done under the supervision of a qualified cosmetic or aesthetic surgeon.

Stay Well

Face lift restores a more youthful appearance by removing major wrinkles and sagging skin