

“My sister is 21 and has a cleft lip since birth. She has undergone four to five surgeries but the nose and lip are still not okay. Can these be corrected?”

Lini Nair, Kochi

The cleft lip deformity also affects the shape of the nose. Most cases of cleft lip deformities have a deviated nose, flat nostril on one side and widening of the base of the nose along with a flat under projected tip. All these can be corrected by rhinoplasty. Rhinoplasty for cleft noses is highly customised and requires thorough evaluation. In cases where the bridge of the nose is shallow, augmentation by way of cartilage/bone grafts or implants will be required. The deformed cartilages will be reshaped and repositioned. If the lip repair is not adequate, it can also be corrected.

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Leading cosmetic surgeon, obesity and figure expert, visiting scholar-Mt Sinai Hospital (New York) and consultant, Breach Candy Hospital, The Cosmetic Surgery Institute, Mumbai, answers your queries related to cosmetic surgery. Send in your queries to femina@wmm.co.in



When I was around 12 years old, I had a nose defect which caused me difficulty in breathing. After seven years, I visited an ENT doctor and he found that I was having adenoid and septal deviation. I had an operation done to cure this problem. Later, I felt 40 per cent better, but the deviation was still there. Two years after this, I decided to get septorhinoplasty done in a private hospital. Now, I have completed two-and-a-half years since the surgery and there is no improvement at all. Besides, my nasal shape has changed completely—the nasal bone has become suppressed, the nasal tip has changed and the deviation has increased. Now, is it possible to do any other surgery to improve the nasal shape and to correct the deviation?

Charu, Haryana

Post traumatic deviation of nose is a frequently encountered problem. The fracture of the septum and nasal bones in childhood leads to deviation which becomes more pronounced during facial development. Correction of the deviated nose should involve a restructuring of the bones and cartilages of the nose in the anatomical position, with addition of grafts if

necessary. I am positive that your nose can be reshaped to be in harmony with the rest of the face. Secondary revisions are relatively more difficult, but an expert surgeon can bring about good change. It is now enough time since the rhinoplasty and you can go for the surgery at any time.

I want to know about smart liposuction. I have heard that it entails minimal invasions with 1 to 2mm wire/cannula and is called smartlipo MPX technology. Can this surgery be performed without any hospital stay? I am 37 and single. My weight is 55 kgs and I am 5'1" tall. My main areas of concern are the abdomen and love handles. I work out regularly and eat normal food. But, I am conscious of my diet.

Sonia, Mumbai

The technology that you have mentioned uses a laser beam internally to melt the fat cells which are then sucked out. This is a relatively new technology and the theoretical advantages include less bleeding and swelling following the surgery. When I select any procedure, the safety record is the most important criteria. In that respect, traditional tumescent liposuction is still the best as it has a long track record for many decades. It is also important to note that the success of a surgery is critically dependent on the surgeon's skill and judgement and not on the technology used alone. From the details you have provided, it is clear that the liposuction, tumescent or otherwise can be performed as a day care surgery and as a minimally invasive surgery. ●