

“I have dark circles under the eyes, which are not going even after using many creams. Can this skin be replaced with new, unpigmented skin?” **Roshan, Nashik**

Dark circles can be frustrating to many. Skin grafting is certainly not a good option for dark circles. It can give a 'patch work' look that no one wants. The best options for dark circles would be to use skin-lightening creams or do a medium chemical peel. A 100 per cent improvement is unrealistic. The easiest way out would be to use cover-up makeup whenever you step out.

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, answers your queries related to cosmetic surgery. Send in your queries to femina@wmm.co.in



I have a round face, with a strong jawline, which makes the face appear broad. I am keen on having a heart-shaped, narrower face and hence, have thought of seeking your guidance over chin augmentation and other supportive surgical procedures.

Priya, Bhopal

A strong jawline can be due to prominences of the bone, but more often, it is from increased bulk of the muscles on the lower jaw. Fat deposits on the cheeks and below the chin can also make the face look round. The facial fat can be reduced through facial sculpting by fine definition liposuction, removal of cheek fat and double chin. The bulky muscle on the jaw angle can be made less prominent by Botox injections. Most cases of 'round face' have deficiency in the chin area. This can be corrected by chin augmentation, using an implant. This would make the face more oval.

Is breast reduction a painful procedure? How long does it take for one to recover from it? How much of change can be expected?

Hema, Lucknow

Contrary to popular belief, breast reduction is relatively pain-free in the post-operative period. In fact, the skin near the incisions would be numb for many weeks. Hospitalisation for two to

three days may be required in large reductions. Two weeks is sufficient time to recover and start normal activities. Physically taxing work should be avoided for six weeks after the procedure. The expected changes will depend on how big the breasts are to start with. In massive reductions, one can go down by three or four sizes, whereas in moderate reduction, you could go down by about two sizes.

I am 40 years old, my height is 5'8" and I weigh 120 kg. I was recently diagnosed as having diabetes and high blood pressure. My family doctor says that I need to reduce my weight by at least 30 kg. I always knew that I was obese, but could not control my food and never thought of going to a gym. My doctor says that obesity surgery is a good option. Can it be done in India?

J Mehta, Anand

Your family doctor has certainly given you good advice. Your BMI (Body Mass Index) is 40, which is obese class three or severely obese. The medical problems that have come up are most likely from obesity; if you do not take measures to cut down your weight, more problems are on the way, including heart attacks and strokes. Obesity surgery is a good way to reduce weight drastically. You can lose 30 to 50 kg in 12 to 18 months following surgery. Sleeve gastrectomy is the most performed obesity surgery now, where the stomach size is restricted to a small tube. This is a keyhole surgery, the expertise in India for this surgery is at par with international benchmarks. Even with the surgery, diet and exercise compliance is required for long term sustenance of the weight loss. ●