

I am a 36-year-old married woman. I have just noticed bags under my eyes, which I had thought occur later. How do I address these?

Geetanjali Patil, Mumbai

The eye bags that you refer to are caused due to the herniation of fat that is normally present around the globe of the eye. In some cases, there may be a genetic predisposition for its early occurrence. Generally, this is one of the first visible signs of ageing, however, variations exist. This herniated fat, present with or without excess skin, can be managed by a number of procedures that come under the heading of blepharoplasty. Please send us photographs of the front and three-quarter views for an assessment and advice regarding the appropriate procedure, if you wish to know more.

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 am 37-year-old, healthy, married woman with three children. I have had multiple procedures on my breast, including a breast lift followed by placement of a large implant. Following these procedures, my breast seems to have dropped from its original position. My nipples have also flattened out completely. How can these issues be corrected?

Jency Thomas, Chennai

More information, like photographs and details about your height and the present bra size along with your weight, would have been of great help. This discussion is non-specific to you as I can only comment based on the information you have provided. It seems to me that you underwent a breast lift initially, followed by the placement of a very large implant. I don't understand why you went for these particular surgeries as your complaint is causally related. Generally, breast lifts followed by placement of a large implant will result in a catastrophic drooping of the breast, which was your complaint to begin with. The line of treatment that you chose to undergo will have invariably resulted in the widening of the areola and flattening of the nipple. The procedure you now require, based on your needs, will include removal of the implant or the selection of an

appropriately-sized implant, followed by a breast lift. The assessment and further augmentation of the nipple, if required, should be considered only after six to nine months. I would further advise that you use a good, supportive bra after the surgery.

I am a 19-year-old unmarried girl and I am terribly conscious of my nose. I am 5'6" and weigh 65 kg. My body is well-proportioned. I have a very crooked nose that appears short for my face, which is more oval in shape. How can I get it corrected? This deformity is eroding my self confidence.

Rachna Khatri, Delhi

You should discuss this matter with your parents first and see what they have to say. What you described appears to be a short and crooked nose. This condition is often one of the greatest challenges for a rhinoplastic surgeon. Drawing up an appropriate treatment plan and its surgical execution requires a very experienced and skilled surgeon. The most important tool for assessment at a cosmetic level would be photographs of your face in different profiles, which you should send us. With nose issues, there is almost always an associated functional problem as well, assessment of which requires a good clinical examination, along with a CT scan of your sinuses. You must be prepared for a down-time of approximately two weeks, as the procedure is quite complex, even though there are no physical restrictions post-surgery. An asymmetric nose correction is often accompanied by some swelling, influenced by the thickness of the skin cover. The final outcome and tip definition may take as long as 6 to 12 months.