

My wife's had two Caesarean deliveries. The stitch marks are prominent and the navel is out of shape and has shifted to one side. Can this be restored through surgery?

Sunil Varghese, Muscat

C-section scars, thanks to attentive gynaecologists, are generally barely visible. I have two concerns, the most important one being whether your wife has an umbilical hernia, and the other is whether she has a tendency to have hypertrophic scars. My suggestion would be to get a CT scan of the upper and lower abdomen and a good clinical examination. This will help me assess the degree of skin laxity and extent of fat deposit and diagnose any weakness of the abdominal wall. Obviously, all of your concerns can be addressed surgically, once enough information is provided.

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



With age, my nose has taken normal shape from the outside, but it hasn't grown in height. The vertical growth of the inner partition bone was hindered and it's bent to the left, blocking my left nostril and causing pain. I want my nose height to be increased and the partition straightened, so that it looks normal.

Rupika Mitra, Kolkata

It would've helped if you had mentioned a nasal injury. Usually, nasal bones and cartilages don't grow after adolescence. The nasal opening may be blocked due to a deviated septum. This, and lack of support to the nasal tip, has led to the flattening. Get a CT scan of your paranasal sinuses done and meet a good surgeon, who can understand your requirement. You can also send me pictures along with the CT scan, or come in person, so that we can discuss about the treatment plan in greater detail.

My wife is 38 and weighs 64 kg. Due to breastfeeding, her breasts have become flat, though their size is normal. She wants to undergo a breast lift and wants to know if bed rest will be required post-surgery. Are there any side effects? Will there be any loss of sensation of the nipple and breast?

Chetan Malik, Mumbai

Breastfeeding does result in loss of shape and tone of the breast. Post-breastfeeding, the breasts shrink and droop, consequently, the upper part of the chest appears flat. Since she is happy with the volume, your wife should go for a breast lift. This procedure involves repositioning of the breast and nipple areola, along with addressing the loose skin. Usually, such procedures are day care and need no bed rest, though she should avoid strenuous work for six weeks. Your concern about lack of sensation is valid, but it is rarely encountered in my practice. Procedures done by a well-trained surgeon, equipped with good knowledge of the nerves and blood supply of the breast, along with the knowledge of newer techniques, can provide a predictable result.

What do you think of Aquamid permanent fillers? I was thinking of having them injected in my cheeks as an alternative to cheek implants. Are there any long-term problems associated with this?

Valsa Raju, Hyderabad

Aquamid permanent fillers are not USFDA-approved. They are not absorbed by the body, don't integrate with the tissues and lie there as a foreign body. Though used as a non-surgical alternative to implants, the long-term safety of these hasn't been studied, as they have been in use only since the past few years. I have seen many patients who have opted for Aquamid fillers for laugh lines and lips, being extremely unhappy. They came to me for surgical removal of these fillers and the associated granulomas. This is a much more complicated procedure than using these fillers in the first place. ●