

I've had two rhinoplasties, the last one a few months back, but I'm still unhappy. How long should I wait before going in for another one?

Nidhi Goyal, Mumbai

Rhinoplasty is a very complex procedure; it is not surprising that you are still unhappy with the results, after going through two surgeries. The first thing you need to know is exactly what it is that you don't like about your nose. The next thing is to make a list of the changes you would like to see in your nose. Think about these two factors and consider how you might feel if your third rhinoplasty does not work out. I suggest waiting for at least six months. Do send me pictures of your nose (front and side profile) along with a view looking up your nose. The choice of surgeon is the most important factor in these cases.

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@www.co.in



I am overweight by 20 kg and also have polycystic ovaries, due to which I have weight maintenance problems. Can liposuction be done on my belly area, which has accumulated excess fat?

Jhanvi K, Pune

The management of polycystic ovaries is complex and has a profound effect on the body. Conditions often seen in such cases are irregularity of the menstrual cycle, hirsutism (facial hair) and weight gain. I suggest you see a competent endocrinologist to help you manage your PCOD, adopt a responsible lifestyle and exercise regularly, prior to considering liposuction to address the accumulated fat. Failure to do so will result in inability to maintain and sustain the results obtained.

I have sagging upper eyelids, which were operated on last year, but I am not happy with the results. Can I opt for eyebrow lifting? It has become a fashion statement now in different countries, mostly in Iran. I have seen the results and I think they are fantastic. I live in a place where there is only one plastic surgeon and I don't want to be his guinea pig. Please help.

Yusuf Shaikh, Doha

Brow lifting is a commonly performed aesthetic procedure and helps to brighten up your face and frame your eyes well. If there is excess skin on the

upper lids, upper lid rejuvenation surgery can also be done simultaneously, for maximum improvement. My preferred method for brow lifting is by the endoscopic method with minimal scars. Endotines (implantable devices for brow stabilisation) are also being used in brow lifts now and are particularly useful when the brow lift is performed along with upper eyelid surgery.

I am 19 years old and I have sagging skin below my eyes, above the cheeks. Can cosmetic surgery help?

Madhavi Mathur, Hyderabad

Your description is inadequate. It seems you have either deep set eyes or loss of volume in the described region. This can be addressed temporarily with the use of dermal fillers or fat grafting by a skilled surgeon. The cost would depend on the procedure that you choose, and, as usual, photographs are useful in understanding your condition better in the absence of a clinical examination.

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

Christina D'souza, Bangalore

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 for recovery and starting normal activities. Physically taxing work should be restricted for six weeks. The expected changes will depend on how big the breasts are to begin with. In massive reductions, one can go down by three or four cup sizes, whereas in moderate reduction you could go down by about two cup sizes. ●