

# I underwent a major abdominal surgery in 2010. After surgery I have developed a scar with keloids. How can I remove this?

Neelam Gupte, Pune

**What you have described is a post-surgery hypertrophic scar. The best option for such a scar at this stage would be to use a combination of silicone gel sheet and pressure dressing. This will help flatten the scar and make it less visible. This will take about six months and you should be patient enough to comply with this. Low-dose steroid injections can help in selected cases. Once the scar is flat, it can be covered up by camouflage makeup, which is a good non-surgical option. There are good surgical options also to deal with the scars, the choice of which will depend primarily on the size of the scar. Scar revision, 'Z' plasty and 'W' plasty are minimal surgical procedures while tissue expansion is used for larger scars.**

**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](mailto:femina@wmm.co.in)



I live in Dubai where I wear a *burkha* most of the time. During weekends we have parties, where we wear well-fitting, trendy clothes. My buttock area is quite flat and it really bothers me while dressing up for the parties. I can come down to India if you can help me with it. How can you make the butt look fuller? Is it with implants? What will happen to the implants when I sit? It would be great if you could provide this information, as it will help me make a decision.

*Mubina S, via email*

You can certainly come to India to get the butt implants. Butt augmentation is increasingly being sought after by middle-aged and teenage women. Buttock size can be increased by using implants and by injecting one's own fat (fat grafting), also called the Brazilian Butt Lift. If the butt is very flat and you do not have any areas of fat deposits around the abdomen, implants would be the better option. Fat grafting is better for a modest increase in size and for correcting any contour irregularities. It is best done in people who also want to reduce some fat from their abdomen, flanks and thighs. The implants used in butt augmentation are different for breast implants, so they are not damaged by the pressure while sitting. Only in the initial healing phase of

three to four weeks, sitting should be avoided as much as possible. The marks of the implant surgery are within the bikini line and fade in time. The fat graft or the Brazilian lift does not leave any marks and looks more natural. These can also be increased at a later date by injecting some more fat.

I'm 25 years old and single. I have a lot of fat around my belly area and I want to get rid of it. I have tried many things to reduce it and wanted to know if there is a permanent solution. I have heard that you put on weight faster after liposuction. Is it true? Will this treatment be a problem in my future, especially during pregnancy?

Neelam Gupte, Pune

You have raised an important query and anyone planning liposuction should understand this. Liposuction removes most of the fat cells in the areas treated. So it becomes difficult to put on weight in the areas treated by liposuction. The remaining fat cells cannot multiply, but can enlarge in size if one continues a poor lifestyle and consumes excess calories. Also, remember that fat cells from all over the body cannot be removed. Liposuction is not a substitute for a healthy lifestyle, which should include regular exercises and calorie restriction. The results of liposuction are permanent only if you want to keep it that way. Liposuction will not have any bearing on your ability to get pregnant or have children. The reason is liposuction only addresses fat stores that are present between the skin and the muscle wall. All important organs, including the reproductive organs, are under the muscle and are not in any way associated with the surgical procedure. ●

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