

My brother underwent gynaecomastia surgery five years back. Now when he exercises, a hole forms in his chest. Please help.

Megha Pal, Assam

This is called a saucer deformity, which usually happens when the male breast or gynaecomastia is operated upon through an open technique. People with this deformity have problems exposing themselves when exercising or when going for a swim. Very few surgeons use this technique nowadays as the key-hole surgery advocated by me is the least invasive way of reshaping a male chest without leaving any telltale signs. The remedy for his concern would involve taking tissue from hidden areas and adding it in a sterile fashion to the areas where the defect is. This is an involved surgery, but the end result brings the chest very close to normal. There is no restriction in any activity after a month of surgery.

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 obese and weigh about 120 kg. I have a lot of trouble losing weight, though there is nothing wrong with me medically. I live in the US and wanted information about the criteria required to be eligible for bariatric surgery. I feel this is the only option I have.

Deepti Shah, New Jersey, US

Obesity surgery (bariatric surgery) is required for people like you who are obese or morbidly obese and who have not been able to lose weight or have put on weight again after losing it. The usual procedures done for control of obesity and to help weight loss are gastric banding (done less frequently now, due to the need to repeatedly inflate the band and a port that can cause infection and is prone to cause deflation), sleeve gastrectomy (done most frequently and has minimal downtime) and gastric bypass (most potent procedure, but causes maximum nutritional deficiencies). I would suggest that you consider the sleeve gastrectomy, which is done laparoscopically with downtime of about a week. Hospitalisation is two to three days or less. Initially, you would be on a liquid diet and later, within a few days, you can go back to your normal diet, but with reduced quantities. People lose 5 to 10 kg

a month till the weight stabilises. Once the weight has stabilised for a few months, then a mop-up surgery may be required to tighten the abdominal skin, lift the breasts and tighten arm and thigh skin. People having diabetes, blood pressure and knee problems usually feel relieved from their medical concerns too.

I am 26 years old. I have had gynaecomastia since I was around 13-14 years old. Though it is small, it still bothers me and causes discomfort. I want to enquire about the treatment procedure for this. I don't know if this information will be of help, but if I put a scale right at the centre of my chest, my gynaecomastia is around 1 to 2 inches. Please suggest a treatment plan for me, so I can think over it.

Roshan S, Nagpur

Male breast is a combination of residual breast tissue and fat accumulation that can be removed by power liposuction. This is a key-hole surgery and the access points are only 2-3 mm long. Through this, both the fat and breast tissue can be removed. The results are permanent and predictable. This surgery can be done as a day-care and you will be discharged the same evening. You can resume work in a few days' time, but heavy exercises can be done only after four weeks. I perform almost all my male breast reductions by key-hole surgery. Key-hole male breast reduction requires special instruments and skill. Only when there is a lot of sagging skin, bigger cuts need to be made to remove the excess skin. There is a custom-made corset that you have to wear under your clothes so that the skin is well supported. ●