

### Expert speak

Dr Mohan Thomas, Mumbai-based cosmetic surgeon, says, "Rib resectioning will not be advised by any reputed surgeon. In this surgery, the front of the torso is narrowed, but it doesn't guarantee an hourglass figure," says Dr Thomas.

Agrees Dr Rajeev Thukral, senior consultant orthopaedics, Max Healthcare, New Delhi. "In most cases, the human anatomy is such that just removing the ribs would not give you a small waistline." Rib resection might be needed for cosmetic purposes in the case of prominent lower ribs, but it's best avoided if possible, says Dr Vipul Nanda, consultant, plastic and reconstructive surgery, Artemis Health Institute, Gurgaon. "The ribs protect vital organs such as liver, spleen, kidney and lungs, so removal of the ribs can expose these organs to injuries," he says.

### What the?!

According to a popular urban legend, notorious goth rocker Marilyn Manson was said to have got his lower ribs removed to become more flexible, in order to facilitate, umm, self gratification.

procedures such as abdominoplasty (tummy tuck) it might be a better idea to opt for the latter.

**Aftercare** It is a major surgery, so you need a lot of rest to recuperate. There will be slight discomfort and pain, particularly when you laugh, but you should be able to walk around within the first 24 hours. Deep breathing exercises and physiotherapy are usually recommended while recuperating, but discuss it with your doctor first.

**Cost** ₹65,000 onwards

**Worst case scenario** There is a huge risk of injuring one of the major organs. Plus, chances of pneumothorax (collapsed lung) are also high.

**RIB RESECTIONING IS A MAJOR SURGERY, AND YOU NEED A LOT OF POST-OP REST TO RECUPERATE. THERE IS ALSO A HUGE RISK OF INJURING ONE OF THE MAJOR ORGANS DURING SURGERY.**



Cher and Jane Fonda (right)

### Been there, done that

Rumour has it that both Cher and Jane Fonda have rib resection to thank for their sexy slim waistlines.

**Ribbin' tales** This procedure dates back to the Victorian era. Anna Held, a 19th century actor, was rumoured to have undergone this procedure to attain an impossibly thin waistline. Since an 18-inch waistline was considered the height of fashion during those days, this rumour might be true. Historians also argue that it's not rib removal, but tightly-bound corsets that were responsible for a slim waist and the re-shaping (sometimes breaking) of the ribs.

**Sweat it out** Persistence does pay. You can get that sexy slim waist with a strict exercise regimen, says Reema Sarin, fitness expert and founder of Bollyfit. "It has to be a complete workout—lower, upper abs and oblique. Plus, it has to be a combination of cardio and floor exercises. Crunches, leg lifts, side lifts, leg rotation and bicycling in the air, all target the tummy muscles. To get in that little extra push, you could also add weights (only 0.5 kg so that you don't strain your back) to your legs," says Reema. ●