

Can the lines on my face be removed? What degree of improvement can I expect? Also, what will be the duration of the course?

Nisha Agrawal, New Delhi

I assume that you are referring to age lines. The options can be surgical or non-surgical. Non-surgical options can include a combination of a US FDA-approved dermal filler and a neurotoxin such as Botox. There is no downtime in this combination. However, the results are temporary and will last for approximately 6 to 12 months. The surgical option would be one of the forms of face lift, which can be suggested only after clinical evaluation. The average downtime could be between one and two weeks, depending on the procedure. The surgical options could last as long as 10 years or more.

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 have acute acne on my face, which leaves scars. I want to get rid of the acne and scars. Some doctors have suggested that I go for sessions of microdermabrasion after getting rid of the acne. I would like to know the procedure that I will have to go through now and an estimate of the cost involved.

Geeta Mohan, Cochin

The first problem on hand is your active acne, which must be addressed by a dermatologist. The dermatologist will advise treatment after taking into consideration your skin type and whether you are prone to hyperpigmentation, among other things. Once your acne has been adequately controlled, the residual scars can be addressed through a combination of dermabrasion along with chemical peels, subcision and possibly chemical cautery of the ice pick scars, if any. Microdermabrasion alone has no place in the effective management of scars. You must refrain from squeezing or picking the pimples to avoid more scarring.

Pregnancy has left fat deposits around my abdomen. I have heard about tummy tucks and liposuction to remove the fat in this area, and that tummy tucks are only done below the navel. But in my case, I have fat deposits both

above and below the navel, which looks very abnormal.

Gurmeet Sokhi, Chandigarh

You haven't mentioned if you have plans of having more children. In my opinion, most patients like you, post partum, require the combination of liposuction to address the fat above and below the belly button and a tummy tuck to address the loose skin, with or without relocation of the belly button. You will be required to wear a pressure garment for four weeks or more, with a temporary restriction of strenuous activity—both work related and recreational. The procedure, when performed by skilled and experienced surgeons, is safe and predictable.

I'm a 45-year-old Swedish citizen. I have been thinking of getting a breast lift for a while. I recently lost 10 kg and since then, my breasts have become smaller and saggy. I would like information on the cost and time involved in a breast lift. I'm currently in Goa.

Christina Houghton, via email

Breast lifts, along with breast reduction, are two of the most challenging procedures in breast surgery. The choice of a skilled and experienced surgeon is a very important one, as the incidence of bad outcomes is statistically significant. If there is enough volume, a solitary breast lift would suffice. However, if the volume is lacking, a breast implant may also be necessary. There is some associated downtime, and lifting heavy weights, driving and gym activities have to be temporarily restricted. The scars are inevitable, but are hidden in creases, and in time, most of them should fade, depending on your skin type. ●