

I want to go for a tummy tuck, but I want something that will do the job in one session. Will the complete treatment take a lot of time?

Hemangi Dave, Surat

Since your query lacks information on your age and whether you have had children or a massive weight loss, I will not be able to suggest the type of tummy tuck that will suit your needs. In my practice, tummy tucks are rarely done as a stand-alone procedure. Body shaping also involves liposuction. The surgery is safe and predictable, and depending on the type of tummy tuck, you may take up to three days or even more to get discharged. Post-surgery, you will have to wear a corset 24 hours for about four to five days. Any strenuous activity, either at work or recreational, is not recommended.

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



I suffered from a nose injury when I was 10 years old. Since then, the septum of my nose is a little deviated and there is a conspicuous hump on my nose. Please suggest a solution for this. I would also like to know the approximate cost and time duration of the procedure. I am opting for this purely for aesthetic purposes; I have never had any breathing problems.

Beena Cherian, Alleppey

The septum is an integral part of the nose and gives form to it. Deviations that appear on the nose, along with deviation of the septum, as in your case, needs to be corrected simultaneously. Prior to any surgical intervention, a CT scan of the paranasal sinuses is essential. The bony prominence of the nose as well as the width of the nose can be addressed with rhinoplasty. So long as your expectations are realistic, you can expect to have a good outcome. In case of nose surgeries, even small changes may be magnified in appearance. I would advise you to seek the help of a skilled and experienced rhinoplasty surgeon. You may forward photographs for a final treatment plan and an estimate of the fees.

I am studying in Canada, and am coming to India for three weeks. I underwent a chin augmentation surgery in Chennai four years ago, which later led to a complication. I now have only partial

sensation in the left side of my lower lip and chin. I want to undergo another augmentation to have a well-defined chin. I want to get an implant and get the buccal fat removed.

Lata Raman, via email

Thank you for the detailed history. Based on your information, it seems that you underwent an osteotomy of the chin with the advancement held in place with wires. Numbness of the lip is usually temporary, but in some cases, can be permanent. This is part of the standard risk in this type of surgery. Whether further corrective surgery is required, with or without an implant, depends on a clinical evaluation and your wishes. Removal of the buccal fat can be performed simultaneously. Buccal fat removal, when indicated, can bring about better definition of the mid-face region and get rid of a chubby look. I urge you not to undergo any surgical procedure without having a detailed discussion with a surgeon, taking into account your expectations and the expected outcomes.

I want a non-surgical facelift to address the pimples and shallow scars on my face. The treatment was suggested to me at a skin-care centre. I want to know if this is the correct treatment or are there other procedures to address my problem?

Vandana Seth, Noida

As much as I want to help you through this column, the information provided is inadequate. There are several options for acne scars. The choices include dermabrasion, selective chemical peeling and cauterisation. In some cases, a mini facelift is indicated. Non-surgical facelifts and/or microdermabrasion are not commonly used in the treatment of acne scars. In the absence of a clinical examination or photographs, I would be unable to comment. ●