

I have a big round, dark-coloured scar on my leg. Can skin grafting improve the scar?

Priya Mehta, Surat

The treatment of scar will depend on the size and type of the scar. If the scar has occurred due to a recent burn, it may get better in time. Scar maturation takes about a year, and usually, any surgical treatment of scars should be considered after this period. Skin grafting can be done in case of large prominent scars, although complete skin-colour matching will not occur. Good care of the graft (using a pressure garment and moisturiser) has to be taken for 6 to 12 months after the surgery to ensure a good result.

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 am a 29-year-old actress who recently underwent rhinoplasty six months back for my crooked nose, which has big hump as well. I don't think my nose looks any straighter, and now I even have serious problems with breathing.

Smita Nair, Kochi

Rhinoplasty is a very challenging procedure that most surgeons take very lightly. Surgical correction of a crooked nose requires an experienced surgeon, and even then it may not always be possible to make it absolutely straight. Most surgeons don't take into account the occurrence of an 'open roof deformity' during hump removals, which then needs to be corrected appropriately. You now have a functional as well as an aesthetic problem with your nose. Before I comment further, I would like you to send me pre- and post-operative pictures of your nose, along with a recent CAT scan of the para-nasal sinuses.

I am 24 years old and have strangely shaped breasts that are almost cone-like and have not grown much over the years. I want to go for an augmentation before my marriage to help me feel more feminine. What is this condition and how can I correct it?

Chynne D'souza, Bangalore

Based on your history, you could have either tuberous or tubular breasts. Although the terms sound similar and are often used interchangeably, they are distinctly different. The base of these breasts tends to be constricted and may

even have a 'ball-in-a-sock' appearance. This can be accompanied by herniation of the breast tissue through the areola. These breasts can be restored aesthetically with the use of implants, but more importantly, internal changes have to be made to the breast tissue. This surgery is very safe and predictable, presenting no problem either in pregnancy or breast feeding, provided the nipples are not inverted. Needless to say this is a demanding surgery and should be performed only by a very experienced and skilled surgeon. I will be happy to give further comments once I receive the appropriate photographs.

I am 30 year old woman. I am obese and my BMI is 48. I underwent a gastric bypass and lost 110 kg. While I am extremely happy about losing the weight, there are flaps of skin hanging everywhere, and I feel terribly depressed whenever I look at myself in the mirror. Please help.

Radhika Suttar, Mumbai

The procedure that you have undergone is known as bariatric surgery and is appropriate for your BMI. Due to the nature of the surgery, all fat-soluble vitamins would be lost, and therefore, it is necessary to take the prescribed nutritional supplements. The droopy skin condition you've described is called the 'deflation syndrome'. Being a woman, the parts that are the most affected are the breasts, abdomen, inner and outer thighs and the buttock region. To correct this is very challenging, demanding and requires a great deal of skill. Please send photographs of the problem areas so that a customised treatment plan can be suggested to you. Generally, such surgeries are done in stages, and we have a large support group that will guide you and give you the moral support you need. ●