

# I love Preity Zinta's dimples and I want them too. Can I go for dimple surgery? How many days will the procedure take to complete?

Sneha Joshi, via email

Before you go in for this, what you need to ask yourself is how sure are you of undergoing a surgical procedure, no matter how minor it may be. We have all looked at an outfit on a mannequin in a store, loved it and bought it, only to hate it after trying it on at home. In short, whether this dimple will suit your face or not depends on your own self-examination. I can help you if you can send photographs of your face in different profiles. This procedure is done through the inside of the mouth as a day care surgery. In reality, we are creating a defect. To have a dimple or not is a personal choice, and I cannot speak for or against it, as would most ethical surgeons.

**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](mailto:femina@wmm.co.in)



I am a 29-year-old IT professional. I have had issues with my nose since I was 16 and had my first surgery at 25. Since then, I have had three surgeries in Delhi, and another three months ago, by a surgeon from London. I think my nose looks worse than when I first went for surgery. I am single and feeling the pressure to get married, but my life is a mess because of my nose. Would you help me? If yes, how long should I plan to be in Mumbai?

**Sudhir Rai, Gurgaon**

You seem like a bright, well-employed young man, and harsh as I may seem, you are not a candidate for surgery at present. Firstly, you have undergone the surgery four times already. Secondly, the last surgery was performed just three months ago, and lastly, you admit that your nose has begun to disturb your day to day life. My suggestion would be to see a psychologist or a psychiatrist for counselling and to assess whether your expectations are realistic or is obsession an issue. Wait for at least another nine months and send me your pictures for an honest opinion. Please note that when it comes to the nose, outcomes cannot be guaranteed and quite often, minor touch-up procedures may be necessary. The more surgeries one gets, the more complicated the case and hence requires an experienced and very skilled surgeon.

I am a 32-year-old woman in public relations. Appearances are important in my line of work. My height is 5'5" and my weight is 68 kg. I am responsible with diet and exercise, but I still have fat outer thighs and love handles. I was considering liposuction, but in the last six months I have heard of at least two to three post-procedure deaths from friends as well as in the press. Should I go for it? I am very scared.

**Leena Malik, Mumbai**

You are not that far off from your ideal weight, and the areas you described are generally resistant to diet and exercise. All surgeries, including liposuction, are risky. It may interest you to know that suction-assisted liposuction is one of the safest procedures in cosmetic surgery and the existing data also proves it. Good outcomes are based on risk quantification, a pre-operative medical workup and customising the treatment to your needs. Death is extremely rare. There may be mitigating circumstances such as an inadequate pre-surgery screening, lack of attention to detail during surgery or an underlying medical condition in which case the decision to operate may not have been right. Generally, up to five litres of fat can be removed safely in an approved medical facility, provided there are no associated medical problems. It is recommended that extraction of fat in the excess of five litres should be performed in a hospital setting. Obviously, the decision to go for the surgery is a personal one, as there are no medical reasons to warrant it. Liposuction is a body contouring procedure and not recommended for weight loss. For further advice, please send me appropriate photographs or see me in person. ●