

I am 36 years old and have lost my figure after my pregnancies. Can you re-shape my body? I want to look the same as when I was 16.

Mitul Chakraborty, Goa

Body contouring or sculpting can give dramatic improvements. You can certainly lose inches and get an appealing look. The bony and muscular structures are not altered. A clinical examination will reveal the amount of fat deposit and the extent to which the body can be re-contoured. Usually, there are bulges around the abdomen and fat deposits on the hips and thighs which makes one look wide in that region. All these fat deposits can be removed by liposuction. The loose skin on the abdomen can be tightened by a tummy tuck. It is important that the surgical possibilities and your expectations should match.

**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 recently saw an ad about scarless breast augmentation using implants. Is it really possible to put in an implant without any cuts? Do you also do this procedure at your clinic?

Manju Nair, Gwalior

There is no way that an implant can be placed without scars. However, the scars can be placed in locations where they are least visible, like in the armpit or within the belly button. Only a saline implant can be placed through the belly button, but it is not a preferred method now.

The trans-axillary method uses a small cut in the armpit crease to place the implant. In reality, these methods are not 'scarless', and actually should be called minimal scar methods or hidden scar methods. For that matter, the traditional method of using a cut in the lower breast crease is also not visible unless the breast is pushed up.

The only true scarless method to increase breast size is by using fat grafting by injecting your own fat. Fat grafting of the breasts is yet to be employed in a large scale, because of fear of interfering in breast imaging for cancer screening.

Last August my sister had a liposuction to remove fat from and around her hip area. But the doctor, for some reason, removed fat just from the thighs and not the hips. This has made her look disproportionate. We want to know if this fat can be removed through lipolysis. She is 5'4" tall

and weighs 55 kg. She is very regular with exercise and she is also a dancer.

Krishna Pandey, Varanasi

Injection lipolysis is a good non-surgical method to deal with small and moderate fat deposits. The injected medicines cause the fat cells in that area to break down, which is then utilised by the body as energy. The effects of lipolysis become visible in three to four week's time. More than one session may be required. For the lipolysis to work, you should be on a low-calorie diet and doing more than your normal level of physical activity. Since your sister has already gone through liposuction, it is probable that the residual fat deposits can be removed by injection lipolysis. Her BMI is within normal limits and being a dancer, she would be used to good physical activity. I think injection lipolysis would be a good option for her.

I am 42 years old. I am unhappy with deep lines on the side of my nose. Also, the corner of my mouth has started drooping slightly. I have tried many cosmetic creams, without any improvement. Please help.

Anjali M, Mumbai

The deep lines that you are referring to are called nasolabial lines. They cannot be removed completely but can be made less prominent. Surgical and non-surgical methods work really well for these lines. Non-surgical treatment is by injecting fillers beneath those lines. Different fillers that are US FDA-approved are available now and can last for six months to two years. If the rest of your face is youthful, then this may be sufficient. The surgical options are also good. A mid-face is an excellent option in terms of the extent of correction, minimal scars and result stability. This is a single day surgery and the down time is only a week. ●