

I have a short and crooked nose with no history of any injury. I have undergone two rhinoplasties for it, without much difference. Please help.

Soumya Krishnan, Kerala

Rhinoplasty is one of the most exacting types of surgery and requires a highly-skilled and experienced surgeon. A short and crooked nose is one of the greatest challenges for a seasoned surgeon, leave alone a novice. Millimetres can make or break a case. To help me get a better idea of the case, please send pictures of the front, right and left profile views and a view with the head turned up and looking into the nostrils. All pertinent medical information, including a recent CT scan of the paranasal sinuses, must be sent to me prior to a surgical treatment plan.

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 38-year-old woman who recently underwent a radical mastectomy on the right side and a skin sparing mastectomy on the left side. Although the cancer surgeon and my husband are against the reconstruction of my breast simultaneously, I would like to know if it can be done. My husband is comfortable with my body, regardless of my breasts, but I am not. The cancer surgeon says that I should be happy that the disease has been addressed appropriately. What should I do?

Sanjana K, Chandigarh

I have always been an advocate of women's issues and a strong proponent for immediate, and, in your case, delayed reconstruction of the breast. I can understand how you feel, as I deal with a number of similar cases. In Mumbai where I practise, most of the cancer surgeons agree with my thought.

There are two parts to cancer, one is the successful removal of the tumour and a sigh of relief a month or two later. This is where the second part sets in, where there is an acute awareness of a loss of a very feminine part of you and a lack of confidence and comfort in engaging in a physical relationship with your partner, however comfortable he may be. If the disease process has been adequately managed, as per the surgeon, then I would recommend reconstruction with a flap surgery or an implant-based reconstruction. I don't mean to fuel the

fire, but it would have been wiser to consider a simultaneous reconstruction. I hope this discussion will help readers grapple with this problem in a timely manner. And last, but not the least, the recommendation for breast reconstruction is not limited to any age group.

I am a 52-year-old working as an executive in an MNC, and I am acutely aware of ageing changes on my face. I have had several recommendations made to me ranging from 'Dracula lift', liquid face lift, fat injections, placental cord stem cells, fillers, thread lift and face lift. Some of the consultations have been with surgeons who seem to be more inclined to a non-surgical option. While I am not a big proponent for surgery, I want superior and long-lasting results without having to visit a clinic many times. Please help.

Ketaki Gupta, Mathura

Out of the number of non-surgical options you have mentioned, I will comment strongly only on the use of placental cord stem cells. There is no evidence that they are superior to stem cells derived from adipose tissue. I certainly hope that people save cord blood for the management of serious medical issues.

Dracula and liquid face lifts, in my opinion, are attention-grabbing marketing strategies with financial gains for those offering it. Thread lift was a passing phase and was doomed to fail, and many fell victim to this procedure.

I suggest you take a hand mirror, look into it straight on and then move the mirror and your face simultaneously towards the ceiling in slow motion and then observe the changes in your face and neck. If the changes noted on your face are obvious and dramatic and you like what you see, then you are a candidate for a facial rejuvenation surgery or a face lift. ●