



Men go under the knife

Men are not shy to try cosmetic surgery for perfect body contouring, says Norbert Rego

VANITY and women always go together, but over the years this perception has changed drastically. With women stepping into the male territory and men opting for beauty treatments, there is hardly any stereotype left. Men are seeking cosmetic surgery to enhance their body and looks.

CHISELLED TO PERFECTION!

Having breasts can be embarrassing for men. They find it annoying as it

comes in the way of baring the chest. Take the case of Pritam Vir. Though he loves swimming, he was away from the pool, because it was embarrassing for him. "I felt everyone was staring at me. I was helpless and could do nothing to hide my 'man boobs'. That's when I decided to get operated upon."

Dr Mohan Thomas, cosmetic surgeon, Breach Candy Hospital, Mumbai, says, "During puberty, hormonal changes take place in the body and as a result, breast tissues form and enlarge in some boys. This can

Perfect smile and flat body: Get a dimpled smile like Shah Rukh Khan and flat abs like John Abraham



be removed with liposuction. This is a daycare surgery and one can return to work in a couple of days."

ENHANCING SELF-IMAGE

Hair transplantation is also a popular option for men. Trichologist Dr Sonal Shah feels, "Hair is your body's barometer indicating good health. It goes a long way in building one's self-image, prestige and confidence level."

Dr Rajesh Rajput, hair transplant surgeon, observes,

"Earlier, hair transplants were done using punched out clumps of skin and hair, giving an unpleasant appearance. Today, the surgical advance is follicular unit micro grafting that looks natural." It is a daycare surgery and one can be back at work soon.

Well-heeled urban Indian men are now opting for cosmetic dentistry. Cosmetic dentist Dr Shantanu Jaradi believes that through cosmetic dentistry men can improve their appearance.

WRINKLE-FREE MEN!

Botox, one of the most popular cosmetic procedures, is increasingly being used by men now. Cosmetic physician Dr Rashmi Shetty says, "Businessmen going for meetings do not want to look stressed because of their frown lines. So, they get Botox

and fillers to reduce wrinkles."

Some Bollywood stars sport a six-pack and eight-pack, leaving many men frustrated and yearning for that perfect figure. For this, cosmetologist Dr Manjiri Patankar suggests body sculpting. "High-definition liposuction is the sculpting of the chest and the lower back skin and subcutaneous tissue so as to make the muscle shape stand out to enhance their appearance," maintains Dr Lakshyajit Dhami, cosmetic laser surgeon.

Dimples are also gaining popularity among men, what with many Bollywood stars like Shah Rukh Khan and John Abraham sporting them. Dimples can be created by surgery from within the mouth.

No doubt, the concept of looking good has changed for men. Today, a person's face and smile get him instant success!

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norbert.rego@timesgroup.com