

I'm 35. I weigh 70 kg and I'm 5'2" tall. My facial skin has started sagging. I have also got a double chin. Is there any non-surgical solution?

Mamta Malhotra, Delhi

Your problems could be because of a genetic trait and a retruded chin, which leads to the appearance of the double chin. According to your height and weight, you would be considered overweight. Weight loss and getting a thyroid profile should be top priorities for you. A yo-yo diet can further add to sagging of the skin. If you have fat deposits under your chin (referred to as submental fat), then the options you have are fine definition liposuction (a minimally invasive surgical procedure) and injection lipolysis (a non-surgical procedure).

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'm 17. My breasts are small and are slightly sagging. I want to undergo breast enlargement and breast lift. I have read on the Internet that in many places, only women who are 21 years old and above can undergo these procedures. What would you suggest?

Rima N, Mysore

In most countries, if you are not 21, you are considered a minor. Hence, there is restriction on such procedures for those below this age. Another reason is that breast development continues to occur in the late 20s. Breast surgery can be done if you are below 21, but with parental consent. Small and saggy breasts can also be due to a developmental problem called tuberous breasts. The base of the breasts get constricted and this results in small droopy breasts with large areola. This would require surgical correction. A wrist X-ray can be undertaken to determine if the growth is complete.

My daughter has a low bridge nose. Since she is of marriagable age now, we are thinking of opting for rhinoplasty at the earliest. There is an apprehension that rhinoplasty can aggravate the natural visage. Please provide guidance.

Serena Gomes, Goa

Implants are widely used to build the height of the nose. Although her tissue (bone or cartilage) could be used for this purpose, most people seeking cosmetic rhinoplasty prefer an implant. This could

be because implants are considered safer. There are some concerns—the implants becoming visible through skin, shifting of the implants and infection. But with solid silicon implants and a meticulous surgical technique, the results are good. Among autologous tissues, bone graft from the skull and cartilage from the ribs yields the best results, but this technique is not very commonly used these days because of greater downtime and distant donor sites. Self-obsession about any part of the body brings down one's self-esteem. It is my advice that she undergoes a psychological profiling prior to the surgical procedure.

I'm in my early 40s. Of late, my mouth has started drooping and there are tiny sags above my chin. I also need to open up my eyes. Which surgery should I opt for? Can it be done under local anaesthesia?

Meera S, Bangalore

I would attribute these changes to ageing. Some of the early ageing changes like deep lines, under eye hollows, fallen brows and frown lines can be treated with fillers and BTX-A injections. The results last for six months to a year. Fat injections using one's own fat cells is also a valid option to replace lost volume under the eyes and in the cheeks. A short scar facelift is a long-lasting treatment. The displaced tissues are repositioned by facelift. These procedures are usually done under local anaesthesia if you do not have any significant systemic disorder. Facial rejuvenation surgery done in the 40s lasts for more than 10 years. If done in the 50s, it lasts for around seven years and if done in the 60s, it lasts for about five years. Stitches and bandages are removed within a week and in a month's time, there are no obvious signs of any surgery. ♦