

I have a bald spot on my scalp which occurred due to burns. I apply kajal to cover it up, but is there a permanent solution for this?

Rupak Parikh, Indore

Applying kajal to cover up the area is a smart and practical way of dealing with the problem. Since this is a large area, a permanent solution may be to expand the surrounding scalp with tissue expander and move the expanded scalp to cover the bald area. This takes a few weeks to complete. Hair transplant is also a very good option, but the result depends on the degree of burnt skin that is present. You should also have good donor area for the hair graft. Good results can be obtained by modifying the technique of expansion for the scarred area.

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@www.co.in



I live in Qatar where we wear the burkha most of the time. During weekends we go out of town and attend parties for which we wear well fitting fashionable clothes. My buttock area is quite flat and it really bothers me. I can come down to India if you can fix it for me. How can you make the butt look fuller? Is it with implants? What happens when we sit? Please help me with my questions, so that I can make a decision to come there and get a nice butt!

Ruksana Sham, Qatar

You certainly can come down here to get the butt of your choice! Butt augmentation is increasingly being sought after by teenagers and middle aged women. Buttock size can be increased by using implants and by injecting one's own fat (fat grafting). If the butt is very flat, implants would be the better option. Fat grafting is better for modest increase in size and for correcting any contour irregularities. The implants used in butt augmentation are different from breast implants, so they are not damaged by pressure while sitting. Only in the initial healing phase of about three to four weeks, sitting should be avoided as much as possible. The marks from the implant surgery are within the bikini line and even that fades in time.

I am 36 years old and have two children. I have lost my figure, but want to look the same as when I was 16 years old!

Julie D'Souza, Mumbai

Body contouring or sculpting offer dramatic improvements. You can certainly lose inches and have an appealing look. Bony and muscular structures are not altered. A clinical examination will reveal the amount of fat deposits 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 make one look wide in that region. All these fat deposits can be removed by liposuction. The loose skin on the abdomen can be tightened with a tummy tuck, which makes the tummy look flat. Sometimes pregnancy is also associated with looseness of the abdomen wall and hernias. These can be addressed at the same time as the tummy tuck. It is important that the surgical possibilities and your expectations match.

I am 5'3" and 106 kg. I tried losing weight many times, but gave up in a few months each time. I like food and have a sweet tooth too! Will body contouring help me get back in shape? I want to look better for my cousin's wedding in two months.

Shreelata Chatterji, Chennai

Your BMI is very high and places you in the obese category. As you have admitted yourself, the root cause is a poor lifestyle. Although cosmetic surgery can provide instant and dramatic results, it may not be the prudent step for you. You must show determination and reduce weight before contemplating body contouring surgery. If you cannot do this, you may require Bariatric surgery, which reduces the capacity of your stomach so that you can consume less food. Also, you should see an endocrinologist to rule out any hormonal imbalances which can cause obesity. Please remember that whatever surgery you undergo is not a substitute for a healthy lifestyle. ♦