


BOMBAY TIMES

5 November 2010

Butt, of course...

The latest rage in cosmetic and plastic surgery are Brazilian butts, smiling belly buttons and mummy makeovers



BUTTILICIOUS BRAZILIANS: (From left) Gisele Bündchen, Isabella Fontana and Adriana Lima

WHAT MORE THE SCALPEL OFFERS....

Mummy makeover

After delivering babies, women often want to get rid of stretch marks. A common one is tummy tucks, says Dr Rao. However, some are more conscious of other body changes and would want their taut and shapely figure back. And the numerous procedures that help is what plastic surgeon Dr Mohan Thomas calls as the 'Mummy Makeover'. "After delivery, breasts tend to sag, and in case of normal delivery, even the vagina loses some of its shape. Among the other things, genital rejuvenation is also becoming common."

Belly buttons that smile

Also, many women who go for tummy tucks, especially after a pregnancy, ask for the cavity in their belly button area to be reshaped. Dr Rao says some patients request for a shape to be created, like smiles or inverted Ts. "It's common for patients to come with foreign magazines in hand and ask for similar shapes," he says.

Rakhi Sawant once said, "Jo cheezein God nahi deta, woh doctor de dete hain!" (Whatever God doesn't endow one with, the doctors give it.) Of course, the hoity-toity women would prefer to be found dead rather than openly endorsing this item girl's opinions, but city surgeons have time and again revealed that the story's otherwise.

And the latest on the lips of cosmetic surgery patrons is 'Brazilian Butts', they say.

Plastic surgeon Amod Rao reveals, "These days more and more young women are going for what's called as the Brazilian Butt Lift." He says that the procedure, in most of the cases, requires only one sitting, and is permanent. And the procedure is quite safe, according to

experts, as fat from one part of the body is used to create a voluptuous behind.

Brazilian Butt Lift is nothing but an addition to the numerous body contouring procedures, says Dr Amresh Baliarsing, a plastic surgeon. "Either we take out fat through liposuction from undesirable areas, or we inject fat to flatter areas for a desirable contour," he says.

While liposuction involves incisions, butt lifts are achieved only with small pricks, and is safer than using silicone implants. "As fat is taken from the body of the patient itself and transferred to another area, there aren't chances of rejection reactions," explains Dr Rao.

Agrees Dr Baliarsing, "Fat injections are a more natural way and last longer than implants." In fact, he says, more and more patients prefer these fat injections even for breast augmentation.

This butt contouring procedure takes around two-four hours, and you can go home after that. After that you just have to be careful not to sleep on your back for 10 days. Of course, post treatment, certain medicines are also to be taken for sometime, as advised by the doctor. "Though very rare, some patients end up getting an infection, or what we call as seroma formation, where the fat is absorbed. In some minuscule cases, there could also be uneven absorption of fat. However, this can be rectified via touch-up procedures," informs Dr Rao.

Saadia S Dhailey