

# I am a model, 5'6", 62 kg and I exercise regularly. Can I get the fat on my upper arms reduced through a non-surgical treatment?

Hetal Shah, Chennai

Your frustration is shared by a large number of women. Fortunately, arm reshaping is an effective and predictable aesthetic procedure. Liposuction is the mainstay to reduce the fat from the arms. This is done using a tiny 2 mm cut in the skin, the marks of which are hardly visible after a few months. Injection lipolysis is the only non-surgical method that I would recommend for the arms. The results of this treatment have been very encouraging. Multiple sessions at three-weekly intervals would be required. There would be minimal swelling and bruising on the areas treated. Injection lipolysis is good for small to moderate fat deposits only.

**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](mailto:femina@wmm.co.in)



I am 20 years old. My breasts are small and slightly sagging. I wish to undergo breast enlargement and breast lift. My internet research shows that in many places, breast implants are done after the age of 21. I am coming to India in a few months and wish to have the surgery done. Is it possible?

*Gauthami Chandra, via e-mail*

The age of becoming a major is 21 years in most countries, and this is one reason why breast implants are not done before that age. Some amount of breast development may also occur late in the second decade, and this is the medical reason for not doing the surgery before 21 years. If the breast size has a significant psychological impact on you, breast surgery can be undertaken before this age with parental consent. Small and saggy breasts can also be due to a developmental problem called tuberous breasts, which causes the bases of the breasts to get constricted. Creating normal-looking breasts would require surgical correction. Implants are also required in some cases.

I am 5'4", 65 kg and a mother of two children. My belly is bulging, especially the upper part, just above the belly button. This bulge is not getting reduced with exercises. Will the non-surgical fat reduction help to get rid of it? I have

already gone through two Caesarians and am not keen on another surgery.

*Sandhya Patil, Mumbai*

The common fat storage areas in women are the lower abdomen, hips and thighs. A prominent bulge in the upper abdomen should be seen with suspicion. This could be due to weakness in the abdominal wall muscles, common after multiple pregnancies. A clinical examination is required to diagnose this. If that is the case, muscle strengthening can be achieved through abdominoplasty (tummy tuck). If the muscle weakness is severe, a mesh repair of the abdomen can be done, along with the tummy tuck. This is a surgical procedure and can be combined with liposuction to remove fat from other areas. If the bulge is mainly due to fat deposits and without significant muscle weakness, non-surgical fat reduction is possible.

I am 38 and my boyfriend is 25 years old. We are happy together, but because of my age, I feel awkward when we go out together. People sometimes think we are mother and son! My body is still in good shape, but my face gives my age away. I am considering a face lift to look younger. Can I look 20 years younger after a face lift?

*Geeta Sharma, Delhi*

A face lift will make you look a lot younger and refreshed. It is difficult to quantify in number of years, but the change is significant and appears natural. If your face is the only part that makes you look aged, a face lift is really worth considering. However, the reason for undergoing it should be valid. If you are doing this for your self-esteem and happiness, go for it. If it is to please younger partner, think twice. Your partner can change his mind at any time. ●