

# I have large drooping breasts, and their heaviness bothers me. Is breast reduction surgery the only option for me?

Rashi, Indore

**Heavy, drooping breasts are not uncommon. Many women hide this with loose clothing or an appropriate bra. But the only permanent solution to this is removal of excess tissue and breast reshaping. Breast reduction or mammoplasty can take care of the heaviness and the droop at the same time. This is probably the right time to have the surgery done, as the droop will increase over time. Since you are having problems due to heavy breasts, a breast reduction surgery seems justified. This is usually a hospital-based procedure and the recovery time is two to three weeks. Breast reduction surgery does leave some scars, which fade over time. We advocate short scar technique, which leaves negligible scars.**

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



I am 36 years old and have two children. After the pregnancies, I have lost my figure. Can you shape my body according to my requirements?

*Smriti K, Mumbai*

Body contouring or sculpting can give dramatic improvements. The bone 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, the fat deposits on the hips and thighs make one look wide in that region. These can be removed by liposuction. The loose skin on the abdomen can be tightened by a tummy tuck, which makes the tummy look flatter. The breasts, too, lose shape because of the breastfeeding and not wearing a well-supporting bra. Breast augmentation and/or breast lift can renew the upper body structure. Female genital areas also get loosened after a normal delivery, causing unhappiness in the relationship. This can be addressed through surgery. It is important that the surgical possibilities and your expectations should match.

I am 5'3" and 106 kg. I've tried losing weight a number of times, but gave up in a few months each time. I like food and also have a sweet tooth. Can body contouring help me get back into shape?

I want to look good at my cousin's wedding in two months.

*Rituparna G, New Delhi*

Your BMI is very high and places you in the obese category. As you have admitted yourself, the root cause of your obesity is a poor lifestyle. Although cosmetic surgery can provide instant results, it may not be right for you. You must lose weight before contemplating body contouring surgery. If you cannot do this, you may require bariatric surgery, which reduces your capacity to ingest or digest food. This is reserved for morbidly obese people. If you do not take charge of your life, you may end up in that category. Also, you must see an endocrinologist to rule out any hormonal imbalances which can cause obesity. Please remember that no surgery can be a substitute for a healthy lifestyle.

I am a 15-year-old girl. I am worried about my excessive body hair. I have dense growth on my face, legs and hips. I had a hormonal imbalance the past year, and was detected with polycystic ovaries. Though I wax whenever I get time, it is an extremely painful process, and I have never used razor. Kindly suggest a permanent remedy.

*Debashree, Shimla*

Excessive body hair can be disturbing. Hormonal imbalance may very well be the cause of this and polycystic ovaries could be the underlying pathology, especially so for the facial hair. Shaving and threading may leave behind pigmented spots. Correcting the hormone levels should be the first step for you. You should see a good gynaecologist or an endocrinologist for the same. Permanent hair removal can be done through electrolysis. Laser hair reduction, a popular option, can cause significant hair reduction over a few sessions. ●