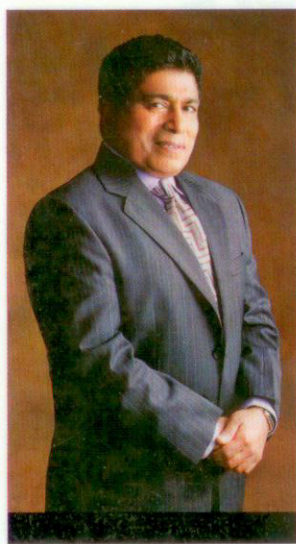


Does breast augmentation leave scars behind? I am unmarried and want to get implants, but I am worried about the scars.

Mansi Gupta, Lucknow

The scar of breast augmentation is well hidden and small. Breast implants can be placed through different incisions or cuts. The most commonly used one is placed in the crease below the breast. Here, the mark is hidden in a natural crease. The implant can also be placed through a small cut in the armpit, the scar of which is light but may be visible when you wear a sleeveless garment. The third option is to make the cut along the lower half of the areola, where it blends with the darker skin, and is generally recommended after pregnancy. There is also a less frequently used method, which is done through the belly button. All the above mentioned access routes are good and leave small or well-hidden 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@wmm.co.in



I am writing on behalf of my mother-in-law. She is a healthy 54-year-old woman. Over the last few years she has developed some blemishes and spots on her face, primarily under her eyes. Some of these patches extend down to her cheek. I would like to know if this condition can be corrected through any surgical or non-surgical procedures. I would also like to know the duration of treatment. Kindly respond with your valuable opinion.

Sneha Chouhan, Pune

Your mother-in-law would be either peri-menopausal or post-menopausal. This period in her life will bring about several changes in her body form due to the metabolism slowing down as well as skin changes such as the one you describe. In the absence of any pictures, I would guess that what she has is probably melasma, which usually occurs in the areas described by you. There would be times when the patches appear light and at other times, they may appear darker. This is due to the hormonal fluctuations. There is no permanent treatment for this, however, appropriate chemical peels based on her skin type may be effective. Based on an examination of your mother-in-law's skin, it can be ascertained if the pigmentation is dermal or superficial. While there is no treatment for dermal

pigmentation, superficial pigmentation is likely to respond to treatment. Alternatively, she can use good camouflage makeup like the Dermacolor foundation, which can be purchased online.

I am a 25-year-old unmarried woman. I was working as an events manager and had a bad lifestyle due to the odd hours and stress. I have deposits of fat on my abdomen, flanks and thighs. I am considering liposuction to boost my self-esteem and motivate me to bring about a change in my life. I am very confused with all the options out there—internal UAL, external UAL, smart lipo and PAL. Which form of liposuction would be the safest? Is one method superior to the other?

Joanne Fernandes, Dabolim

Thank you for your history and your concerns. Here are some facts that I would like to share with you, which will help you in deciding. The gold standard and all of the safety data quoted and published are based on suction assisted liposuction (SAL). All other forms that you have mentioned are mere adjuncts and represent advances in technology, not necessarily translating into better results. Needless to say, very little is put forth about the risks. An artisan working in a remote village can turn out some incredible works of art, working with simple old-fashioned hand tools, while mediocre work can be turned out at a rapid pace using powered instruments in the city. In short, the most important points to consider should be the experience, skill, results and safety profile of the surgeon. Additionally, the number of cases with a good outcome performed by the surgeon is important. ●