

A childhood accident has left my nose distorted. I am planning to go for a nose job. Please advise on what I should do.

Jisha Varghese, Kuwait

From what you have described, it seems that you have a post-traumatic nose deformity. Since this happened in childhood, further growth of the nasal bones has occurred in that deviated direction. This deformity can be corrected by septorhinoplasty, which will take care of the septal deviation and the appearance of the nose. Good results can be expected from the surgery. However, if you are expecting perfect results, you may be disappointed, as this is among the more difficult cases. It is important to have realistic expectations to have a happy outcome. The aim of the surgery would be to correct the deformity to a level where you do not feel very conscious about the nose and it does not attract unwanted attention.

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 got a tattoo done two years ago, above my ankle. It is in black ink. I wish to remove this tattoo and would like to know how it can be surgically removed. I am aware that it is a laser procedure, but I know little of its after effects. I am also worried about its leaving a scar. I would highly appreciate it if you could send me the details of this procedure.

Sarika Chugh, Mumbai

Newer laser tattoo removal techniques can eliminate your tattoo with minimal side effects. Lasers remove tattoos by breaking up the pigment colours of the tattoo with a high-intensity light beam. Black tattoo pigment absorbs all laser wavelengths, making it the easiest to remove. In the past, tattoos could be removed by a wide variety of methods, but, in many cases, the scars were more unsightly than the tattoo itself. Depending on the size and colour of your tattoo, the number of treatments will vary. Your tattoo may be removed in two to four visits, though many more sessions may be necessary. Treatment with the laser varies from patient to patient depending on the age, size and type of tattoo (amateur or professional). The colour of the patient's skin, as well as the depth to which the tattoo pigment extends will also determine the removal technique. The tattoo removal site is at risk of infection. You may also

risk lack of complete pigment removal, and there is a slight chance that the treatment can leave you with a permanent scar. You may also risk hypopigmentation, where the treated skin is paler than surrounding skin, or hyperpigmentation, where the treated skin is darker than surrounding skin. Laser tattoo removal is the best option available now and the chances of anything going wrong are very low.

I currently live in Dubai and I am considering travelling to India for breast augmentation. How should I plan this surgery? I want to go from an AA to a C cup. Can I get this done in Goa? It would be great if you can provide some information about the procedure.

Megha Roy, via email

The cohesive gel implants available now are USFDA-approved. Their safety record is high and they feel natural. Both anatomic and round implants are good. Indians prefer the round implants, as the upper pole fullness is desired by our women. A good cleavage is demanded by most patients undergoing breast implants and this is somewhat possible with round implants. Anatomic implants are more often used among women abroad, who appreciate the natural slope of these implants. Also, anatomic implants are significantly more expensive, which is a big consideration for most of our patients. The size of the implants used depends on your chest size, height and weight and also the amount of breast tissue that you already have. If there is sufficient skin laxity, then going from AA cup to C cup is possible and you would have a very good result. The incision is hidden and people get back to normal within six weeks. ●