

I am 30 years old. My vagina has loosened after childbirth. Will vaginoplasty help? What is the aftercare and recovery time required?

Shabana S, Mumbai

Vaginoplasty tightens the vagina and enhances sexual pleasure. The surgery can be performed in a day. Healing will take about two weeks, but it is best to abstain from intercourse for at least six weeks. You can resume everyday activity a day after surgery and nobody will know that you have undergone surgery, as there are no scars, once you have healed. However, before considering this option, you should try Kegel exercises, which will help tone your vaginal muscles. If you perform these exercises regularly, you will notice a considerable improvement in the tightening of your vaginal muscles. Consult your gynaecologist to know more about Kegel exercises. If you want tightening even after these exercises, vaginoplasty will certainly help.

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



My daughter is 18 years old and has a very short and flat nose. She would like to have a sharper tip on her nose. Her eyes also appear as though they are placed very far apart. Though she is keen on corrective surgery, she wonders if the results will look artificial. We would like to know more about the procedure and time involved for complete healing. She will be heading to the UK on December 27 and would like to have the surgery done before that. Do we have enough time?

Shubham Sharma, Mathura

Both men as well as women have always wanted a sharp nose. This desire is largely governed by society's general definition of good looks—a sharp nasal structure is synonymous with beauty. A short and flat nose, as you rightfully pointed out, makes the eyes appear far apart. In the absence of photographs based on your description, a rhinoplasty along with augmentation of the dorsum of the nose may be indicated. What is not known is whether the septum is deviated or not—a CT scan of the paranasal sinuses can help reveal this. This is a day procedure, and most patients, even from distant regions, are able to return home in about a

week. There may be some residual swelling or bruising for a few weeks—all of which is temporary. There is enough time for your daughter for rhinoplasty if indicated in the CT scan; she can leave for the UK by December.

I have already had sleeve gastrectomy surgery for obesity. My weight is around 66 kg (I've lost about 35 kg). My height is 5'5", but I still have fat on my lower abdomen. Could you let me know if liposuction is possible for my lower abdomen, and how long will I have to take rest after the procedure? Could you also share some basic details about the procedure?

Manju R, Nagpur

I must congratulate you on your decision and the outcome. Massive weight loss, as in this case, is often accompanied by the deflation syndrome, a term I coined several years ago. Several areas of the body may hang and may require appropriate lifts. Judging by your description, it appears that you may require a lipoabdominoplasty, which is generally a hospital-based procedure requiring 2 to 3 days of hospital stay. You will need to wear a corset after the procedure for 4 to 6 weeks, which will not only help shape the area concerned, but also support the skin and prevent discomfort. Your down time (time away from work), could be between 10 to 21 days depending on the type of procedure chosen. Bed rest is generally not required, except on the first night after surgery. You will be free to engage in light physical activity like walking as early as 24 to 48 hours after surgery, depending on whether drains have been used. ■