

A recent accident has disfigured my face. I am interested in chin augmentation, broad nose correction and lip correction. Please advise.

Rupa Biswas, Bhilai

I understand your concerns, and will briefly address some of the issues that you have raised. However, please forward me a detailed history and photographs of the frontal and lateral parts of your face. As far as chin augmentation is concerned, you have two options—a bone correction procedure known as genioplasty or osteotomy of the chin, and alloplastic augmentation using a chin implant. The first procedure, which is skeletal, is more versatile, but will also involve more downtime and a soft mechanical diet for upto four weeks, while the chin implant will require a shorter operating as well as recovery time. Reconstructive rhinoplasty is a viable option, if executed properly. I shall advise you about lip correction after you send me the required photographs.

**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 had done a bone graft rhinoplasty four years back. Before surgery, my nose was flat, but every time I smiled, it stretched and became very broad. Though the surgery has reduced the flatness, the size of my nose still remains the same; it still looks very broad, especially when I smile. There is also a light mark on the middle of my nose, which the doctor has attributed to irregularity of the bone graft that's been used. I want to know if I should do a revision rhinoplasty by taking the bone graft out. Can I reshape the area? I want my nose to be as small as possible from top to bottom and side to side.

*Siddhi Chitnivas, Pune*

Rhinoplasty is one of the most common procedures done worldwide. Ironically, it is also the part of the face that is most commonly re-operated. For a successful outcome, it is very important for the patients as well as the surgeon to be on the same page. From your description, it appears that your nose may have been disproportionately large for your face, and the surgery has only improved its height. While your description of the pre- and post-surgical appearance is quite detailed, I would still like to have a look at photographs of

your nose focusing on the front, three quarters and lateral areas. As I practise evidence-based surgery, these visual aids can help me suggest an appropriate treatment plan. This will only further ensure that your next surgery, if you choose to go ahead with it, offers a successful outcome.

My skin has darkened severely in the past few years. I was born with a fair complexion, but frequent exposure to the sun during my school days and pimples in my teenage years have altered my complexion significantly. I have had treatments like micro-dermabrasion and monthly clean-ups, but there has been no improvement. Please help.

*Simi Nair, Chennai*

Fairness is an obsession for many in our country. We have a natural tendency to darken, when exposed to the sun. This is actually a protection that Nature has endowed us with against ultra-violet rays. A proven way of lightening the complexion is to use a good sunscreen lotion—preferably oil-free and with sun protection factor (SPF) of at least 30. Sunscreens remain active for only a few hours and if you have prolonged exposure, repeated application is required. UV rays are also present in the fluorescent lights indoors. For total UV protection, use sunscreen even when you are indoors. Though prescription creams for skin lightening are effective, many of them contain medicines which decrease the activity of pigment-forming cells. Consult a respectable dermatologist, who will be able to prescribe the creams. If you start believing that beauty is not skin deep, life will be easier. •