

The right side of my chest is slightly enlarged. I underwent corrective surgery for the same but it disfigured that area of my chest. How can I get it back to normal?

*Rohan Lamba, Mumbai*

**From your description, it seems like you had a surgical procedure to address right-sided gynecomastia, a condition that causes breast enlargement in men. After surgery, you must have either put on weight, or the area was not treated or corrected well. You should get an ultrasound of both sides of the breasts done. Then, accordingly, a surgical solution can be drawn to correct your problem.**

**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'm 25 years old, 5'5" and I weigh 75 kg. I want permanent weight loss, without side effects. I would like to know how liposuction can benefit me.

*Shruti K, New Delhi*

Liposuction is a body sculpting procedure where loss is measured in inches, not kilos. The procedure works best on areas that are resistant to diet and exercise. But by and large, liposuction should not be considered as the only weight-loss solution. An analysis of your height and weight indicate that the required weight loss may not be more than 10 kg. A reassessment of your lifestyle and diet, along with 30 minutes of daily exercise, is essential for a healthier life in the long run. If you choose liposuction, think of it as a joint venture between you and the experienced surgeon. Failing to recognise this will result in your inability to maintain the results, despite the good initial outcome.

I'm a 47-year-old male in good health, based in the US. I'm interested in getting my chin and jaw augmented. After some research on the Internet, I found a company called Medpor-Porex that has a product that, I think, can work. I've been to India before, and have time to travel during the last week of September.

*Dalip Chadda, Chandigarh*

It's important to know if you had concerns about your chin and jaw all

along, or have they developed with age. Age-related changes may need to be addressed along with possible skeletal changes. I cannot comment on your selection of the implant, but what you're asking for is possible. The ageing-related soft tissue changes in your face need to be evaluated by photographs or by a personal consultation. While augmentation of the facial skeleton via US FDA-approved implants remains a viable option, addressing your facial issues in a composite manner would be more appropriate. Kindly send pictures of your face in different views to me, so I can study them and help you with a suitable treatment plan.

I'm interested in getting a fat transplant for the hollows under my eyes and tissue grafts for lip augmentation. Please let me know the number of sittings required and the time gap between each sitting.

*Sulbha Kelkar, Bangalore*

Restoring the volume of the face, especially below the eyes, is a well-established form of tissue transfer, provided it is aesthetically indicated. An experienced surgeon can address the hollowness under your eyes temporarily, either by using dermal fillers, or injecting small amounts of fat. As far as the lips are concerned, the options are again temporary or permanent via dermal fillers or soft tissue transfers. The temporary methods are non-surgical, while the permanent methods are surgical. I suggest you augment these areas initially through a temporary measure, prior to considering a permanent solution. For a final assessment, please get back to me with your age and front, side and three quarter-view photographs. •