

I am 40 years old, working as an executive. My nose is wide at the base and is crooked. Is it possible to make my nose straight through plastic surgery?

Priya Prakash, Ranchi

Correction of your nose can include a functional and aesthetic component. Need for functional improvement is based on the ease of your breathing through the nose, as well as the CT scan of paranasal sinuses. Rhinoplasty, which is a surgical correction of your nose, can address your needs. Photographs of your profile, front and side views would help me determine the appropriateness of the size, shape and contour of your nose in relationship to your face.

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 unmarried and weigh 56 kg. My problem is that my breasts are very large and lack firmness. I am getting married in four months and I want to give them a firmer look. Please let me know if this is possible through medicines.

Kinjal Gupta, Mumbai

Unfortunately, there are no medicines to correct or reduce large breasts. Breast reduction surgery will reduce the size of the breasts and lift them as well. Usually, the areolas are very large in such cases, and they too can be reduced to normal size. Breast-reduction surgery results in significant improvement in breast shape and size. There will be some visible marks on the breast after the surgery, and complete healing will take three months. If you are getting married in four months, it probably does not leave you enough time to undergo the procedure. You should plan to get married at least six months after the surgery or consider the surgery after marriage, with the support of your husband. Sometimes, in selected people with moderate enlargement, breast size can be reduced through a minimal access surgical procedure that has been pioneered by us.

My son is 21 years old now. He has a severe case of pimples, which our dermatologist diagnosed as cystic acne.

He has very deep scars on both cheeks. We have tried multiple sessions of fruit peels and micro dermabrasion, but there's been no improvement. What would you suggest in such a case?

Mansi Shah, Mumbai

Pimple scars are a common problem. Cystic acne leaves behind deep craters and ice-pick scars, as in your son's case. When the scars are deep, mild peels and micro dermabrasions do not help at all. I would wait till the active phase of the pimples has subsided, before undertaking any resurfacing procedure. The best options to resurface deep scars are surgical dermabrasion and laser resurfacing. Adjuvant procedures, like releasing the scar from below (subcision), injection of fat beneath the scar and chemical cauterisation of ice-pick scars also help in selected cases. Multiple sessions may be required. A 60 to 70 per cent reduction in the scars at the completion of treatment can be considered as a good result. The skin should be pretreated with certain creams before undertaking resurfacing to ensure even healing and to prevent increased pigmentation.

I have read your advice for the cosmetic surgery available for the correction of puffy eyes, but never for deep-set eyes. Is there any surgery available to correct deep-set eyes?

Rohini Sharma, New Delhi

It is important for us to know your age as well as your height and weight, and have photographs of your profile. The management of this condition can be complex and cannot be adequately discussed in this column without more information and pictures. •