

Are the results of liposuction permanent? I have heard that you put on weight faster after liposuction. Is this true?

You have raised an important query and anyone planning liposuction should understand this. Liposuction removes most of the fat cells in the areas treated. This takes care of the difficult-to-get-rid-of fat deposits. The remaining fat cells cannot multiply, but can enlarge in size if one continues a poor lifestyle and consumes excess calories. Also, remember that fat cells from all over the body cannot be removed. Liposuction is not a substitute for a healthy lifestyle, which should include regular exercise and calorie restriction. The results of liposuction are permanent if you maintain your weight after surgery.

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@www.co.in



I am a 45-year-old woman with very large breasts. I have been large-breasted since my teens and they have progressively gotten bigger. My bra size is 44 GG. Besides the stares that I am subjected to, my back and neck are constantly in pain and my bra straps cut into my shoulders. Will breast reduction be a safe option?

Sucheta Jain, Mumbai

Breasts are either a boon or a burden. Over the years, I have seen many women of all ages suffer on account of very large breasts. Breast reduction surgery can definitely help you. You have not mentioned your height and weight. However, even if you were 5'9" and weighed 85 kg, your breasts are disproportionately large. Breast reduction is probably one of the most challenging breast surgeries. There are many surgical techniques that can be customised for you, but there are limitations to each one of these, hence the choice of the procedure is critical, not to mention the superior skill required to execute it. To have surgery or not is a personal choice. However, in this case, there is a medical component, namely the back and neck pain. Kindly come and meet us in person or send pictures of the area taken from the front and sides to help us customise your treatment plan.

I am 28 years old and losing hair since the past three to four years. My father

Nancy Rosario, Bangalore

started losing hair only in the late 30s. I have heard of hair transplants. Can you tell me some more about this?

Rohit Panchal, Vadodara

Early onset of baldness, as in your case, is becoming quite common. This may be due to the increased levels of stress and the fast pace of life now. Male pattern baldness is usually genetic. A type of male hormone acts on hair follicles and makes them inactive in such people. The level of this hormone can be brought down by medicines, which will make most of the hair grow back. Young people like you with recent onset of hair loss can expect to get good improvements within three to six months. If there are certain areas which remain thin at this time, hair transplant can be done to increase hair density. Transplanted hair is permanent and looks very natural. Before going in for a treatment, medical illnesses should be ruled out.

I have a small nose. Actually, the bridge of the nose is low and this makes it look like a button nose. Also, it looks as though my eyes are set far apart. How can this be corrected?

Vandana Mathur, Delhi

A low bridge of the nose is not uncommon in our country. As you have rightfully pointed out, this creates an illusion of a small nose. The bridge of the nose can be built up, which makes the nose look longer and narrower. Augmentation of the nose can be done using your own tissue—bone or cartilage—or by using an implant. We prefer to use one's own tissue, although it is your personal choice. Please make sure that you understand the pros and cons of the different tissues or implants from your surgeon before you go in for the surgery. ●