

Are butt implants dangerous? Can I do it under local anaesthesia and how many days off work are required? What is the after-care treatment?

Semet Omar, (via-e-mail)

Butt implants are safe. Silicon gel implants are used to augment the buttocks. Major concerns as associated with breast implants are redundant in case of butt implants, as it is an area without any function other than aesthetic appeal. You would be able to get back to work in two weeks and can start exercises after a month. A lycra support panty is to be worn for a month. Fat grafting/injection, also called Brazilian butt lift, is another good option to augment the buttock area. Fat cells harvested from your tummy/flank area are processed and injected into the butt in fine layers. This procedure is more frequently done as it shapes the body as well as gives more prominence to the buttocks.

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 concerned about Puffy Nipple Areola Complex on my chest. This has occurred recently due to ingestion of medication. It gives an abnormal pointed contour to my chest. I would like to seek your help in making my nipples/areolas smaller and flatter. Is there a surgery for the correction of this condition?

Nirav S, Mumbai

Puffy nipples are caused by male breast formation. Male breast is a combination of residual breast tissue and fat accumulation which can be removed by power liposuction. Most cases occur in puberty during sexual development. However, drug induced cases are on the rise now with increasing use of steroids for body building. This is a keyhole surgery and the access points are 2 to 3 mm long. Through this, both the fat and breast tissue can be removed. The results are permanent and predictable. This surgery can be done as day care surgery and you will be discharged the same evening. You can resume work in a few days, but heavy exercises can be done only after four weeks.

I previously weighed 65 kg and currently I weigh 52 kg. My height is 5'1". I have lost 12 to 15 kg of weight

in a short span of six months. I feel hanging skin around my arms (under arms) which is my main area of interest. Please provide a solution to my problem.

Susan Mathew, Cochin

Your weight is now proportionate to your height. However, the loose skin is due to rapid weight loss; a crash diet without balance in nutrients affects skin proteins. I would advise non-surgical options first, like toning exercises for the arms and a healthy balanced diet, which includes all nutrients and plenty of fluids. If the skin is very loose, it may not get entirely corrected without surgical help. There may be an intermediate option of laser-assisted liposuction or smart-lipo, which involves all the steps leading upto liposuction procedure, namely injecting the area with tumescent fluid through access points. Subsequently a laser fibre, NdYag is inserted through the access points and the laser fired, which liquefies the fat. Otherwise, brachioplasty procedure (armlift) can be considered. Arm lift usually involves liposuction of residual fat deposits and skin excision to correct loose skin. Often pressure is applied over both arms via a wrap or a pressure garment, either used right after surgery or delayed for a few days depending on the amount of swelling. It would entail having a scar running down the inner aspect of the arm. The scar fades over a period of time. The recovery period is two weeks. Heavy exercises can be started after two months. There are variations in the arm lift including a short scar technique. A clinical examination will reveal the best option. ●