

I am considering liposuction for the fat on my sides, but I can only take limited time away from work. What is the minimum recovery time, post-surgery?

Sarita Panicker, Mumbai

Liposuction of the fat deposits that you have mentioned can be performed as a day-care surgery without hospitalisation. You can be back to work in two to three days if your work does not involve heavy physical activity. Long-distance travel should be avoided for about a week. You can and should go for long walks 24 to 48 hours after the procedure. You can start exercising regularly at the gym in a month's time. In short, liposuction has a short recovery time, results are predictable and the change is significant.

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



Does breast augmentation leave big scars? I am unmarried and badly want to have implants, but I am worried about the scarring.

Manju Naik, Pune

Your concern is valid. Fortunately, the scar of breast augmentation is well-hidden and small. Breast implants can be placed through different incisions or cuts. In the most commonly used procedure, the cut is placed in the crease below the breast. Here, the mark is hidden and in a natural crease. Breast implants can also be placed through a small cut in the armpit, which fades in a few months. The third option is to make the cut along the lower half of the areola, where it blends with the darker areola. All the above mentioned access routes are good, and leave small or well-hidden scars.

My wife's breasts have reduced in size, and have become shapeless after pregnancy. I would like her breasts to get back to a good shape. What could she do for the same?

Brijesh Dutt, Meerut

It is not unusual for breasts to droop after pregnancy, and when followed by breastfeeding, there is additional deflation of the breasts. I am sure your wife desires her breasts to be of normal size as much as you do, if not more. If

there is enough volume, then all she requires is a breast lift or mastopexy. If the volume is lacking, then an implant and mastopexy is recommended. It would help if you could consult me in person so that an appropriate assessment can be made.

I do not have jowls, but I do have excessively chubby cheeks, and I would like to go for a cheek reduction procedure. I would like to know more about the procedure.

Maria James, Kuwait (via e-mail)

Cheeks can either be an asset or a cause of concern and ridicule. It is important to assess how much of the chubby cheeks is soft tissue versus the skeletal prominence. There could be a relative appearance of cheeks being large due to the lower third of the face being less prominent. In short, you might have a very weak chin. Photographs would be of great help to correctly assess the problem and suggest a course of action.

The upper part of my arms, from elbows to armpits, looks very fat and has huge deposits of fat. Is liposuction a good solution for this problem? This excess weight often leads to pain in the shoulder, upper back and neck region.

Geeta Chawla, Surat

It's normal for this part of the arm to accumulate fat, particularly if, in the past, you have had liposuction of other areas, or after the age of 40. Liposuction can be an answer for the problem you have mentioned, provided you have a healthy lifestyle and exercise regularly, so that the acquired results can be maintained. An endocrinological check-up may be in order. ●