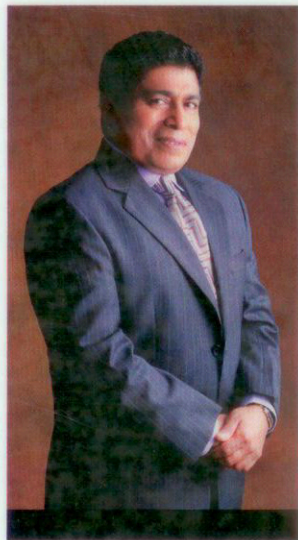


I am 26 years old, 5'2' and weigh 118 kg. I want to undergo bariatric surgery. How can I address the loose skin post-surgery?

Yamini Kaushik, Kolkata

The decision to undergo bariatric surgery is valid due to your high BMI, assuming that you have undergone all the pre-operative work necessary. Deflation syndrome, a term coined by me, best describes what happens after massive weight loss, either by dieting or through bariatric surgery. It is unrealistic to expect everything to be back to normal. There is no post-operative protocol to contour the body without some sort of surgical treatment. You will require one or several corrective procedures following your weight loss. Regardless of your resistance to any kind of surgery, prior to undergoing the bariatric surgery, it is better that you come to terms with the fact that you will need corrective 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 68-year-old man in good health, with controlled high blood pressure. My wife and I are avid readers of your column and I want to get an opinion on what would be the best option to correct the ageing changes on my face. I trust your judgement.

Atul Paranjape, Pune

There is no doubt that every person, no matter their background or ethnicity, grapples with this thought. The ageing changes on the face could be a culmination of loss of volume, skin laxity and some gravitational changes. Needless to say, there are accompanying changes in the facial bone structure as well. In general, the best option would be a surgical one with various forms of facial rejuvenation surgery, including surgery for the areas around your eyes and neck. In the non-surgical options, there are several ways to bring about an improvement, such as fillers placed at strategic locations to bring about facial restructuring. The only downside of this option is the need for touch-ups every 10 to 18 months, and the fillers themselves are expensive. The in-between option is fat grafting by a highly skilled and experienced surgeon who is familiar with the procedure. For a more detailed discussion, kindly send pictures of the

face taken from the front and the sides or come and meet us in person.

I work in event management and I'm often in the presence of many glamorous people. Because I was very conscious about my nose, I underwent my first rhinoplasty five years ago. Since then, I have undergone two more rhinoplasties, the last being an year ago. When I look at myself from the side, not only does the nose look disproportionate, but my chin seems to be nonexistent. I have often posed in front of a mirror with my jaw jutting forward and I liked the way my face looked. Should I go in for another surgery?

Ann D'souza, Bangalore

Rhinoplasty is the most common procedure performed worldwide and also the most reoperated one. Since the nose sits on your face, it often takes centre stage and people have an acute sense of awareness about the way it looks. As you rightly noticed, there should be a balanced relationship between the forehead, nose and chin. It is quite possible that you have a very weak or retruded chin, adding to the prominence of your nose. As a responsible surgeon, I cannot advise patients to have surgery or otherwise, as this is your personal choice. Please think long and hard about this, as it is possible that you are obsessed with your nose. My suggestion would be to either seek another opinion from a reputable surgeon in your neighbourhood or send pictures of your face taken from the front, side and from below with a clear view of your nostrils, so that I can give you some suggestions with regards to the changes that can be made. ●