

I am 45 years old and have gone from 100 kg to 70 kg in the past six months. I now have saggy skin in most areas. How can I correct this?

Hiya Banerjee, Ahmedabad

I must congratulate you on your successful efforts to lose weight; unfortunately, it was done in a short time. At your age, it would be extremely difficult to tone up with exercises. You probably would require lifts and tucks in those areas. A total body lift, including breast lift, tummy tuck, butt and thigh lift and arm plasty can be done. This could be done in stages. Scars are inevitable in these procedures, although they can be placed in areas that are easily covered by undergarments. Once these surgeries are done, you should maintain your weight with a calorie-restricted diet and exercises to make the results permanent.

**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](mailto:femina@www.co.in)



My wife delivered our third child in April 2010. She is now 40 years old. Post delivery, her tummy became really big and flabby and has not shaped up despite exercise. Her breasts, too, have lost their shape and become droopy. Is it possible to correct these issues with any treatment or surgery? If yes, how many days will it take to be discharged from the hospital?

Ravi Dabholkar, Pune

The issues that you have listed will require breast reshaping and body contouring, and can be corrected through the Mummy Makeover surgery, a term coined by me. The body contouring will involve liposuction to remove the extra fat and a tummy-tuck surgery to remove the resultant loose skin. These two procedures will ensure a well-shaped and flat stomach. Fat deposits in any other area, usually the hips, thighs or arms, can be addressed at the same time. The safety record for liposuction performed at good centres is very high. With the recent advances in the techniques of liposuction, a circumferential liposuction can safely be combined with tummy tuck surgery (lipo abdominoplasty). Lipo abdominoplasty would require about four days in the hospital and approximately two weeks as recovery time in Mumbai. I would suggest that

the breast surgery be performed at a later date. Sagging breasts would require a breast lift to put them back in position and to regain their natural shape. In some cases, where there is a significant loss of volume, a breast implant may also be necessary to make the breasts firm again. The breast lift or mastopexy is usually performed as a day-care surgery and would require you to be in Mumbai for about a week for only follow up.

I have a small nose with a button like tip. I consulted a surgeon who advised me to have an implant put in the nose. Would there be any problems down the lane? I am a little worried about putting in an artificial implant in the nose.

Sneha Pol, Mumbai

Implants have been very widely used to give height to the nose. Although your own tissue (bone or cartilage) could be used for this purpose, most people seeking cosmetic rhinoplasty prefer an implant. This could be because of the good safety record of implants and the reluctance to let bone or cartilage be harvested from another area. There are potential problems with implants—edges becoming visible through skin, shifting of implant, infection and rejection. Fortunately, these problems are infrequent when the surgical technique is meticulous. Implants with pores in them integrate well with the skin. But removing such an implant, if needed, will be quite difficult. Solid silicon implants are widely used in rhinoplasty and the results are good. Among autologous tissues, cartilage from the ribs and bone from the skull give the best long-term results. ●