

I am looking for information on mega liposuction. Can you please tell me everything I need to know about the procedure?

Rajeshwari C, Mumbai

Mega liposuction refers to removal of more than 10 litres of fat in one sitting. This procedure is good for people who are not obese and have some control on their eating habits. Moreover they should be very sure about a calorie restricted diet and exercise before undertaking this procedure. Even though it has been proven to be safe, safety standards have to be stringently followed. A well experienced team, sophisticated monitoring and full medical backup are mandatory. I strongly recommend that this procedure not be undertaken in ambulatory care centres and in small nursing homes.

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



My wife, who is 63 years old, needs excess eyelid skin and eye bag removal and also a possible neck lift. What are the benefits and risks of this surgery?

A N Mishra, Kanpur

I would like to suggest additionally that I opine on what may be required, which may complement your needs. Please do send me some pictures to assist me in my thoughts. A brief medical history may also be in order. Age today is really not a factor in the consideration of facial rejuvenation surgery. Surgical treatments like medical treatments are evidence based today. The general feeling among doctors, including mine, is that the timing of the surgery is more important than the chronological age of the patient. Ageing changes vary from person to person predominantly based on genetics along with lifestyle and social habits such as drinking and smoking, both of which add to the ageing changes. There are no medical reasons for this procedure and the standard risks of surgery and anaesthesia exist. Having said that, this is a safe procedure with superior and predictable results in the hands of an experienced surgeon who routinely performs facial rejuvenation surgery. Asymmetries and weakness of the face are rare. The normal post

operative presentation such as swelling and bruising is not uncommon. One can be seen in social functions without any eyebrows being raised in about 10 days with newer and advanced facial surgery techniques.

I weighed 109 kg around six years ago and have lost over 40 kg with a fair amount of inch loss and sagging of skin on thighs and abdomen. But the problem areas are my thighs and hips. I would like you to guide me through the medical procedure so that I can have a better idea about the surgeries.

Neeta Rajam, Chennai

Losing 40 kg requires tremendous will power and commitment and I must congratulate you on this. The deflation of your body would have left loose skin in many areas. There may be some areas that have residual fat deposits also. You would require body lift surgery which would include buttock lift, thigh lift, breast lift, arm lift and abdominoplasty. The abdomen, sides, back and buttocks can be treated in one session by central body lift or belt lipectomy. The breast and arms are addressed in one stage by arm lift and breast lift. Circumferential thigh lift will effectively tighten the thigh skin. Residual fat deposits can be removed by liposuction. All these procedures are hospital based surgeries requiring three to four days hospital stay. There is a two week recovery period after each surgery. Between sessions, there should be a gap of at least one month. Body lift procedures are highly customised for planning and execution. The results are fabulous and worthwhile. ●