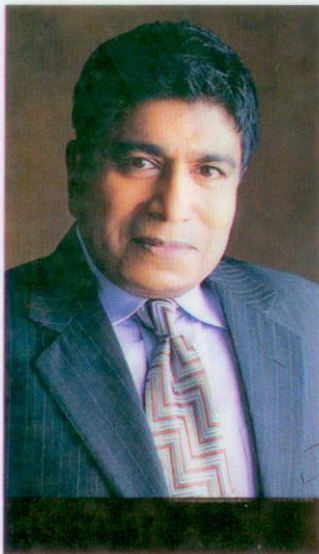


“ Is laser liposuction a surgery? I've heard it is very effective. What are your thoughts on this? ”

Sonia, Mumbai

Laser fascinates most people and we expect magic from it. In laser liposuction, laser is only an adjunctive tool. A laser beam is used internally to melt the fat cells before suctioning the fat out. This has the theoretical advantage of less swelling, bleeding and faster surgery. Laser liposuction is yet to become popular. Short term results with laser liposuction have shown increased incidence of certain complications like fluid collection and skin burns. The ultimate results are not affected by the technology used but rather by the technique and skill of the surgeon.

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 not very happy with the shape of my nose. The tip of nose is broad and when I smile the base of my nose widens and it doesn't look good. Can this be fixed?

Jhanvi, Ahmedabad

What you have described is a very common problem in our country. The cartilages that give shape to the tip can be restructured to make the tip narrower. I prefer to perform this as an open rhinoplasty, where the cartilages are directly seen and modified. The lower part of the nose normally widens when we smile. In some people, especially those who have a wide base to begin with, this may appear exaggerated. This is a surgically correctable condition. The base of the nose can be narrowed and it can be fixed with permanent sutures remarkably well. This may cause a feeling of tightness over the lip when you smile for the initial few weeks. Nose surgery is a day care procedure and requires about seven to 10 days for recovery.

I have had a double chin for many years. When I lose weight, most of it goes off although not completely. I have put on weight now and the double chin is bothering me. Can I get a nice jaw line by cosmetic surgery?

Annie, Panjim

In young people, a double chin is most often due to fat deposits. That is why it reduced when you lost weight. A small chin may add to this problem. If your double chin is only due to fat deposits, weight reduction or liposuction can correct it. If the chin is also small, a chin implant will improve the facial profile and reduce the double chin to a great extent.

My son is 23 years old. He has a severe case of pimples, which our dermatologist has diagnosed as cystic acne and has very deep scars on both cheeks. We have tried many sessions of fruit peels and microdermabrasion, but there is no improvement. What would you suggest for such a case? What kind of improvement can be expected?

Susheela, Chennai

Scars left by pimples is a common problem in boys and girls. Cystic acne leaves behind deep craters and ice pick scars, as in your son's case. When the scars are deep, mild peels and microdermabrasions do not help at all. I would wait till the active phase of the pimples has subsided before undertaking any resurfacing procedure. The best options to resurface deep scars are surgical dermabrasion and laser resurfacing.

Adjuvant procedures like releasing the scar from below (subcision), fat injection beneath the scar, and chemical cauterisation of ice pick scars also help in selected cases. Multiple sessions may be required. A 60 to 70 per cent reduction in the scar at the completion of treatment can be considered a good result. The skin should be pretreated with certain creams before undertaking resurfacing to ensure even healing and to prevent increased pigmentation. ●