

I have stubborn fat on my abdomen and thighs. Please give me some advice on how to get rid of it. I am very confused with terms like Smart lipo and Vaser lipo. *Sheetal, Mumbai*

Smart lipo is a laser-assisted procedure. Vaser liposuction is an internal probe that was used some years ago with disastrous consequences and has been re-invented and re-introduced since. These techniques have a high complication rate when compared to Suction Assisted Liposuction, which remains the gold standard. Needless to say, it is always the skill of the surgeon that matters. Liposuction is predictable and permanent, if you take care in the form of healthy eating and exercise.

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 have a scar on the left side of my face, about half-an-inch in size. I've had three sittings of laser treatment by a skin specialist to treat it. The results are good, but I'm not completely satisfied with them, as the scar is slightly depressed and is lighter in colour. I want the scar to be removed as much as possible. Please let me know if this is possible.

Sudha, Chennai

The scar appears to be quite small from your description and may best be left alone, as you have already experienced a significant improvement. Good makeup may be a better option. Your expectations need to be realistic. With a depressed scar, a scar revision may be indicated. Any further treatment with laser may thin the skin, making it lighter and shinier. For further advice, you will need to send me some recent photographs.

I need to get my entire abdomen area sculpted to get a six-pack look. I also need to get rid of the fat from my inner upper thighs, as they rub against each other when I walk, causing abrasions. I would like to know more about the procedure for this.

Ritika, Bangalore

Liposculpting is a procedure that can give you a six-pack in the abdominal

area if you are toned and are willing to work at it. This is achieved by aggressive liposuction and selective body sculpting, so as to make the muscle bulges more prominent. Muscles have to be marked prior to surgery; hence a complete understanding of the human muscular anatomy is necessary. Removal of fat from your inner thighs is possible and you will be free from your problem in this area. Please send photos of the area in question to receive a more complete response to your questions.

I am 21 and have been suffering from acne for the past eight years. Most of the pimples are on my right cheek near the ear. After consulting many doctors and dermatologists, I have taken medicines and applied many gels and creams, but all these have resulted in dry skin. Over the past year, I have stopped taking all medication and now only take homeopathic medicines. I would like to know if there is any treatment available to get rid of this problem permanently.

Janaki, New Delhi

It seems rather odd that you would have an outbreak of acne only in front of your right ear. Most people outgrow this problem in time, as the surge in hormones stabilises. Your problem might be an oily skin, which can promote the growth of bacteria. Initiatives to address this include the use of an astringent and some of the other medications you have been on. Selective use of an Nd Yag laser may be indicated after appropriate clinical evaluation. I would suggest you send me some photographs for a better evaluation. ●