

I am 24 years old. My breasts do not look normal; they look weird and are extremely small. What can I do about these issues? Please help.

Ketki Navale, Nashik

Your information is not descriptive enough from a medical point of view, so I'm forced to make some assumptions. My guess is that you either have a tuberous or tubular breast. The terms are often used interchangeably, but are different. The existing breast tissue should be surgically addressed and an appropriate implant should be used. The implant can be placed through an incision in the breast crease. A sports bra is recommended for a period of four weeks, following which you may resume normal physical activities. The procedure is extremely safe and produces excellent results. The use of a US FDA-approved implant does not hamper pregnancy, and breast feeding is absolutely safe.

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I am a 27-year-old married woman and have been suffering from acne scars and hyper pigmentation for the past five years. Several marriage proposals have fallen to the wayside because of these issues. I am not obsessed with my looks and my expectations are realistic. Please suggest a treatment for me.

Apurva Bhatt, Mumbai

An in-depth discussion regarding your problem is not in the scope of this column. However, I will try to give you some suggestions that can come to your aid. Complete resolution of your problem is not going to be possible. It appears that you have acne scars of varying configurations as is the case generally. Your problem is further complicated by the hyper pigmentation, which may be due to Post Inflammatory Pigmentation (PIP) or Post Inflammatory Hyper Pigmentation (PIH). Your treatment could include surgical procedures such as dermabrasion, subscision, fat grafting, targeted chemical cauterisation and an appropriate chemical peel, following preparation of your skin with prescribed creams. Your downtime could be anywhere from one week to several weeks in complicated cases. The use of an appropriate sunscreen for your skin is recommended in the meantime.

I would really like to get your advice on the blue peel. I have pigmentation on both cheeks and my nose for the past five years. I have been taking treatment for it throughout. I have used several creams, tried micro dermabrasion treatment, and even had eight sittings of glycolic peels once every two weeks until the end of July. Despite all these measures, the pigmentation still remains. It does reduce during the treatment, but it comes back again. I used to have clear, flawless skin. I would like to know if the blue peel will help me. Or will laser treatment be a better option? How effective is the treatment? Will it require several sittings or is it a one-time treatment?

Aasmaa Khan, Bangalore

You are in the peri-menopausal age and the pigmentation that is troubling you is most probably melasma. Melasma is a hormone-related pigmentation that generally affects the upper and mid areas of the face. This is a common problem, and as you have experienced yourself, there is no complete cure for it. The pigmentation can be reduced by prescription creams and with medium-strength peels like the blue peel, which is a tri-chloro acetic acid peel. The pigmentation will reduce to a good extent with these two treatments, but occasional flare ups can occur if hormonal levels fluctuate. Multiple sessions of treatment are required in most cases. Camouflage makeup is the only option available for complete coverage of the pigmentation and though this is a temporary option, it works well. Melasma can be a frustrating problem. If you understand that it can be controlled and covered up and not cured completely, it becomes easier to deal with. ●