

# SMART *life*

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II

## MUMMY MAKEOVER

Demand for cosmetic surgery after child birth is on the rise. So are the cases of botched up surgeries, too



**Dr Mohan Thomas**, one of India's ace cosmetic surgeons, talks to Smart Life about the aesthetics and surgical side of Mummy Makeovers and on what has really changed among Indian women over the years.

➔ **NEXT WEEK, I HAVE** a mother coming down to meet me, all the way from Bangalore on a quick casual trip only to cut down one-and-a-half kilo on each of her breasts so that she shifts from a size GG to C. It's become just a way of life!

This year has seen a five-fold increase in the number of patients seeking cosmetic surgery since 2003 when I first landed in Mumbai from the US. The very mention of 'cosmetic surgery' was taboo then, particularly among men. Things have clearly changed today.

Mummy makeover is a term that I coined in 2004 and has now been embraced across the country. In my experience, less than 20

per cent cases of Mummy Makovers happen because both the husband and wife want it. These are mainly because the men are socialites and want their women looking good and presentable. However, the good trend is that majority of women who come in for such surgeries do so only because they want it. More so, the numbers are increasing among the regulars and middle-class groups. Even five years ago, the surgeries were more popular and common among socialites, mainly celebrities.

With the interest in cosmetic surgery rising, many doctors qualified or otherwise obviously have started looking at it as a lucrative revenue stream. This along

with the Indian mentality of looking for bargains is what fuels the bad outcomes. Except for a few high profile cases, bad outcomes or botched up surgeries due to the prevalent cultures are not discussed openly. I predict there will be an increase in the number of botched up surgeries and the outraged patients will be forced to vent and will spill out into the media. This is one of the reasons why aesthetic surgery has had some bad press in the west.

Doctors and patients are equally guilty in this regard. Fortunately for everybody, vanity rules and so the interest continues and will increase exponentially.