



# Spare the **RIB**

How far would you go to get that hourglass figure? As far as removing your ribs, leaving your organs unprotected? **Anjali Samanta** looks at the insanity behind the vanity

REMOVING THE PROTECTIVE COVERAGE OUTSIDE ORGANS IS NO LAUGHING MATTER, BUT A SERIOUS DECISION, ONE THAT SHOULD BE TAKEN AFTER A LOT OF CONSIDERATION.

and the side portions of lower ribs are removed, leaving the back portion intact to provide at least partial protection to internal organs.

**Why not** It is a complex surgery as it goes beyond the skin and fat layer. Removing the protective covering around organs is no laughing matter, but a serious decision; one that should only be taken after a lot of consideration. There are times when rib resection is considered necessary and justified as part of other surgeries to gain access to certain organs or bones, but undergoing this procedure purely for cosmetic purposes is a drastic step. This is an irreversible procedure (ribs could grow back at times, but that depends on how they have been cut).

**If you must** Weigh the pros and cons. Discuss it with trained professionals: if you can get similar or better results with other ▶

**Why** That narrow, narrow slim waistline seems elusive despite the years of strict dieting and a rigorous abdominal exercise regimen? Here is a quick fix solution—rib resection (rib removal)—that promises just that. Usually the 11th and 12th (sometimes even the 10th) ribs, also known as the 'floating ribs,' are removed to get that sexy, hourglass figure. These ribs are known as floating ribs because they do not join at the breastbone. As part of rib resection operation for waist slimming, usually the front

## Ouch!

Whalebone corsets were popular in the 18th and 19th centuries, used to achieve the impossibly narrow 16- and 18-inch wasp waists. Side effects ranged from swooning to broken ribs and deformed internal organs.