

I have excess fat on my cheeks and jaw line. Can this be corrected surgically? What are the risks and the approximate cost of the surgery?

Kalpna Venkat, Hyderabad

The problem that you have mentioned can be addressed by a variety of treatments, including, but not limited to, removal of the buccal fat pad, facial liposuction and facial sculpting. I suggest you consult a skilled and experienced surgeon as a surgery gone wrong will be permanent and difficult to disguise. There are important blood vessels and nerves running through these areas and hence the need for caution and expertise.

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 42, and I have really deep-set eyes along with thin skin and dark circles around the eyes. I wear glasses that cover this up, but when I remove them, people are shocked by how bad they look. Is this problem common and can it be rectified by cosmetic surgery?

Shefali, Pune

Deep-set eyes and dark circles are quite commonly seen in cosmetic surgery practice. So do not worry that your problem is rare. Sometimes the deep-set eyes are genetic and occur primarily from a deep eye socket. Such cases are not corrected through cosmetic surgery. Inadequate amount of fat in the lower lids can also create the sunken look and the groove that you have mentioned. Fat grafting into the lower lid will correct both the problems very well. Sometimes the deep-set eyes are associated with a droopy eyebrow, which makes the eyes look smaller. Addressing these concerns through surgery will open up your eyes and make them look less deeply set. The dark circles can be treated with prescription creams or with a chemical peel. About 50 to 60 per cent reduction in the pigmentation can be expected from the creams and peels. Cover-up makeup can be used as a temporary measure till the treatments start showing results.

I am 22 years old, 5'2" tall and weigh 79 kg. I have fat deposits on my thighs, arms and lower abdomen. Please suggest a suitable process to get rid of this fat. I have tried losing weight at a popular

weight-loss clinic and at the gym. I lost 11 kg but gained it back.

Leena George, Kolkatta

It appears that you are either obese or have a tendency towards obesity. The most important thing for you to know is that keeping the weight off is going to be an ongoing struggle for you. An endocrine examination is essential to rule out metabolic disorders. Lifestyle and exercise patterns should be assessed and changes should be instituted in both for the maintenance of the end result. These pockets of fat that you have described usually respond well to liposuction.

I am overweight and have tried a number of exercises and diets, but they have been of no use. My blood pressure has hiked since the past one-and-a-half years and my legs get severely swollen after day's work in office. Walking long distances and running are very hard for me to do. I came to know about the gastric bypass surgery done in Mumbai, which I believe may be the only solution for me. Kindly send me details to help me make a decision.

Shweta Kamble, Nagpur

Your history indicates that obesity could be cause of your problems. You also seem to have fluid retention along with high blood pressure. You may be a candidate for bariatric surgery, but detailed history and examination is critical prior to any recommendations. You will need to be in Mumbai for three to five days depending on the type of surgery. Meanwhile, adopt a healthy lifestyle and take up an aquatic exercise like swimming. Post surgery, you will experience a deflation or descent of certain parts of the body. Needless to say body contouring procedures will be required after any massive weight loss.