

My breast size is 32, which I think is very small. I would like them to be fuller, preferably a size 38. How should I go about doing this?

Nazia Mazumdar, Dhaka

You mentioned that your bra size is 32 and you want it to be 38, which shows that you haven't been properly sized for a bra as yet. Get yourself measured correctly at any reputed store, and they will tell you your cup size. The change that you have asked for is this cup size, and they are segregated into A, B, C and so on, with A being the smallest size. We routinely perform breast augmentation using US FDA-approved implants only, and have no hesitation in offering you the same. You can schedule a private and personal appointment for a consultation by sending me an email.

**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](mailto:femina@wmm.co.in)



A couple of years back, I underwent a rhinoplasty in Bangkok, after which my left nostril 'fell', making the nose appear smaller. Because of this, breathing has become difficult and I also snore while sleeping. Also, there was a one inch-wide burn mark on the top of my nose, for which I got another small surgery after the rhinoplasty, which has made my nose seem even shorter. What do you suggest for my situation?

Deepti Goswami, via email

Going through the detailed history of your surgeries, what is still not clear to me is what your original complaints were, and what exactly was done to address them. Multiple surgeries will give you multiple problems, unless you are very clear about your needs. A rhinoplasty can address an aesthetic as well as a functional need. It is quite possible that you may have a collapsed internal valve. In the absence of any photographs, it would be hard to comment any further. I urge you to send the pictures of your nose for detailed and targeted suggestions.

I wish to undergo liposuction and I would like to know the latest method used for this. I would also like to know about smart lipo.

Seema Panchal, Mumbai

Advances in technique and instruments have made liposuction safer and more predictable. However, the latest need

not be the best. Safety and efficacy of technology can be known only after it has been used in a large number of cases. Technology has to be used judiciously. Ultrasonic liposuction, power liposuction and laser liposuction are the newer options available and are used selectively. Smart lipo uses laser energy directly on the fat cells to break them. This procedure claims that it causes the skin to retract more, and so, can be used on areas with loose skin. However, long-term results of laser liposuction are not yet available and claims remain mere claims. As far as results are concerned, there is no major difference in the long run between traditional liposuction and technology-assisted liposuction. Technology can supplement, not substitute, the skill and experience of the surgeon.

I am 5'6" and weigh 62 kg. I am very regular with my exercise. My problem area is my arms. The fat on the upper part of my arms does not get reduced, despite all kinds of diets and exercises. What do you suggest? I would prefer a non-surgical treatment.

Annie Thomas, Chennai

Your frustration is shared by a large number of women. Fortunately, arms reshaping is an effective and predictable aesthetic procedure. Liposuction was once the mainstay for reducing the fat from the arms. This is done through a tiny 2 mm cut in the skin, the marks of which are hardly visible after a few months. Injection lipolysis is the only non-surgical method that I would recommend for the arms. The results of this treatment have been very encouraging. Multiple sessions at three-weekly intervals are required. There will be minimal swelling and bruising on the areas treated. Injection lipolysis is good for small to moderate fat deposits only. ●