

Skin Scope

This year will give more solutions to fight skin problems

As celebrations are on we will witness a large portion of the society seeking solutions to combat the effect and the damage caused by a number of factors including overexposure to the sun, improper nutrition, sedentary lifestyle, and the damaging effects of polluted environment. The innovations in the field of medicine and better understanding of the physiology of skin have made cosmetic surgery an increasingly attractive and safe potion for not only the young but those on the higher side of the age graph.

Back Gear

We have already seen a trend of increasing demand of age reversing procedures from people as young as 25-35 years to curb the effects of aging. What makes this young group of people more confident in undergoing these procedures is the minimally invasive nature of these procedures and their efficacy. As opposed to what was previously seen men are among the growing number of individuals seeking cosmetic and plastic surgery, especially with minimally invasive treatments. It was found that liposuction is one of the most popular cosmetic surgery procedures in the India as according to a recent survey by ISAPS (International Society of Aesthetic Plastic Surgery).

Obesity Fighters

Obesity has gained epidemic seriousness in the busy lifestyle of the day. It has not only brought with it a bodily dysmorphic nature but also a wide range of altered physiological conditions leading to earlier and a more serious nature of lifestyle diseases such as diabetes and heart attacks. Ill effects of obesity includes a higher risk

A recent trend has been on medical micro-pigmentation tattooing or permanent makeup.



of high blood pressure, stroke, osteoarthritis, cancer and gall stones and also possible depression and low self esteem. Controlled timely and reversed at an early stage the individual may benefit a life worth living. The beauty is from within and with development of state of art minimally invasive surgical techniques bariatric surgery (obesity surgery) is a safe and a predictable science now. The upcoming year sees the entry of special obesity clinics which tackle not only the physical, but also the psychological issues involved in this modern epidemic.

Gone By

The passing year saw a large increase in injectable and non-invasive treatments such as botulinum toxin (BTX-A), fillers and injection lipolysis. Also came some of the less effective external non-invasive body contouring options such as external ultrasound and lasers to dissolve the underlying body fat. The increased demand of injectable materials has made the production of these much more economical at an industrial level. Constant research in the area of fillers is making companies come up with newer molecules which are more inert and are longer lasting than the existing ones thereby decreasing the time interval between subsequent treatments. Also the morphologic nature of the newer injectable fillers blends easily with the underlying subcutaneous tissue thereby rendering it near impossible to make out a filled up face on touch.

The cohesive silicone gel implants have proved their efficacy and safety, and are here to stay for breast augmentation procedures.

Dr Mohan Thomas,
Senior Cosmetic Surgeon,
Breach Candy Hospital

Now with increase in the development of medical infrastructure in India on a rise, all sorts of medical treatments are available in India at fraction of the cost that in the developed world. Patients flying in for invasive as well as non-invasive cosmetic treatments to India have been constantly on a rise.