

I am 35 years old and have gone from 95 kg to 75 kg in six months, which has left me with sagging skin. What can I do about this?

*Bhagyashree Patil, Nashik*

**I must congratulate you on your successful efforts to lose weight, but, unfortunately, it was done in a short period of time. After this amount of weight loss, it would be nearly impossible to tone up with exercises. You would probably require lifts and tucks in the areas where you have lost the weight. A total body lift, including breast lift, tummy tuck, butt and thigh lift and arm plasty can be done. This would be done in stages. Scars are inevitable after these procedures, but they can be placed in areas that are easily covered up.**

**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)



I am 30 years old. I have pigmentation on my cheeks ever since my child was born six years ago. I consulted a reputed clinic and they suggested going for laser treatment, which they called skin renewal treatment. After every session, I used to get big marks on my face, but they used to subside after four to five days. After my third sitting with them, I have got permanent marks on my cheeks and nose. It's been seven months and they have not subsided. They suggested using Clearz cream every night, but it hasn't helped. What do you suggest?

*Kamini Agrawal, Raipur*

Treatment of pigmented spots totally depends on the diagnosis. It is not possible to make an accurate diagnosis without a clinical examination. Post-pregnancy facial pigmentation usually occurs due to hormonal fluctuations during pregnancy, but tends to subside over the years. The pigmentation can be lightened by using prescription creams and chemical peels. Some newer lasers are also partially beneficial, but complete removal is difficult. The most practical solution would be to use skin lightening creams and base creams like Dermacolor at the same time.

I weigh more than 86 kg, and my height is about 162 cm. I am diabetic and have a sedentary lifestyle. I have normal arms and legs, but my problem area is the mid-body. Can I opt for liposuction? If yes, then how much time would it take if

I come to Mumbai?

*Maya Antony, Bangalore*

From your height and weight, it is clear that you have a very large quantity of fat stored in the central areas. It is also likely that, given the fact that most of the fat is in the central portion, that the skin is also hanging down due to the bulk. Ideal correction would require large volume liposuction and tummy tuck. If your diabetes is controlled strictly, the procedure can be done safely. This procedure is done under anaesthesia and requires hospital admission for a few days and follow ups for a month. To me, more worrying than the diabetes, is the fact that you have a sedentary lifestyle. Unless you become more active and control your diet, the results cannot be maintained. Hormonal problems that can cause weight gain should also be ruled out.

I need to reduce the width of my nose to balance out my facial features. I have consulted with a surgeon who has advised me to have an implant put in the nose. Could there be any problems down the line? I am a little worried.

*Akshara Murthy, Mumbai*

Implants are widely used to build the height of the nose. Although your own bone or cartilage could be used for this purpose, most people seeking cosmetic rhinoplasty prefer an implant. The potential problems with implants—edges becoming visible through skin, shifting of implant, infection and rejection—are infrequent when the surgical technique is meticulous. Implants with pores in them integrate well with the skin. But implant removal, if needed, will be quite difficult. Solid silicon implants are widely used in rhinoplasty and the results are good. Among autologous tissues, bone graft from the skull yields the best results long term. ●