

I am 45 years old. I have deep lines on my forehead and look tired. I am stress free and sleep well. What could the problem be?

Krishna Nair, Trichy

You might appear tired due to many reasons. If I take your age and the deep forehead lines as clues to solving this problem, I would assume that the cause is probably the eyebrows. With age, the eyebrows droop and to correct this, we subconsciously try to raise them. This leads to the deep lines on the forehead. The descended brows give you the tired look in spite of a good night's sleep. These can be corrected with a brow lift, which could even be done endoscopically. Once the brows are repositioned, you will look more relaxed.

**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 would like to make my breasts look firmer. I'm not married and my breasts are not big (size 34 C), but I think they are saggy. What procedure should I go for and what is the downtime for it?

Reena Choudhary, Nagpur

In medical terms, what you describe is referred to as ptosis (drooping) of the breasts. Depending on the level of ptosis, the treatment can vary from getting implants to a mastopexy (breast lift). This surgery is safe and predictable in the hands of an experienced and skilled surgeon. Generally speaking, the downtime is about two to three weeks. There is no bed rest required during this period and you can resume all of your normal activities in about four to six weeks. Fondling of the breasts, active gym workouts, driving a car and swimming are not recommended till about eight weeks.

I will be in Goa in January for three weeks and would like get liposuction on my stomach area. I would ideally want it to be at the end of my holiday so I don't have to wear the compression garment throughout my holiday. I have a few questions—if I get it done at the end of my holiday, would it be safe to fly? Can the procedure be done in Goa safely? If I decide to get the procedure done, when would I need to see you for an initial consultation?

Vidya Rao, via email

The most important point to be taken

into consideration includes your height, weight and pertinent medical history. An endocrine or metabolic workup is essential. The ideal candidate for liposuction is one who is overweight and has areas of fat deposition that are resistant to dieting and exercise. Liposuction is not a weight reduction procedure and is best described as a body contouring procedure; nevertheless, there would be some weight reduction. As a rule, the post-operative management and follow up after any surgery is important to obtain a superior result. I would advise you to consider liposuction at least two weeks before you leave. This procedure can be done in Goa, and consultations are suggested as soon as you get there so that you can make the appropriate decisions. Last but not the least, it is absolutely safe to travel, including flying. A change of lifestyle, a responsible diet and 30 minutes of exercise daily, health permitting, is critical in improving and maintaining the results.

I am a 26 year old man. I started developing breasts when I was around 15 years old. I got plastic surgery done at the age of 18. The surgery was not successful as they removed extra tissue from my chest, leaving a crater there.

I now want to get it redone. Please advise.

C Arun, Kanpur

I hear such stories one too many times. What you have described is accurate, as excessive tissue removal will leave a crater deformity. This deformity looks worse when you raise your hand or when you flex your chest muscles. There are several ways to address this problem, and I would suggest you send us some photographs for better evaluation and an appropriate treatment with some idea of what you can expect after surgery. ●