

I am 5'3" and weigh 72 kg currently. I had liposuction done six months back, and I weigh more today than I did before the procedure. What went wrong?

Ritu Chowdhary, Kolkata

First of all, liposuction loss is measured in inches, not pounds. It is a body-contouring operation, and the weight loss will only be maintained with a responsible, calorie-restricted diet, as well as regular exercise. This is always a joint venture between you and the surgeon, and the results show that you may not have kept your end of the deal. Your weight gain is probably due to unhealthy eating habits. Weight gain after liposuction is not usually in areas where the surgery has been performed, but in other areas. If you are satisfied with the body contouring, seek advice from a dietician to plan a calorie-restricted diet, along with regular exercise.

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 had a septorhinoplasty done last year, and following this, my breathing has not improved but worsened. I am left gasping for breath during heavy exercising. What should I do now?

Siddharth, Chennai

Since you have not given details of the operation, I will try to deduce what the problem might be. I would like to know whether the nasal bones were cracked and moved in. Do you experience any associated nasal discharge? Chances are that your internal valves have gotten pinched off, since septorhinoplasty is done to correct the deviated septum, to aid breathing. You may also be suffering from allergic rhinitis due to the pollution. Consult an ENT surgeon or the surgeon who operated on you. Usually, such concerns are treatable by medication, if no major damage has been done to the internal valve structure of the nose.

I want to enlarge my breasts by about 200 gm. I know that that can be achieved with an implant, but I'm also curious about fat transfer. What is the better option and how safe is it?

Nivedita, Kanpur

The breasts are usually enlarged only with the use of breast implants. Implants are safe and do not adversely affect health or

breast function. I would recommend using only US FDA-approved breast implants. Both saline and silicon cohesive gel implants have been given approval by the US FDA, and are therefore, considered safe. Fat grafting is a new breast enlargement technique; it is undergoing extensive trials and has not yet achieved the level of safety that a breast implant surgery has gained. The reason is that it is difficult to differentiate between calcified grafted fat and a breast cancer calcification on a mammogram. Fat grafting also needs to be done in sessions, as not all grafted fat survives and only a limited quantity of fat can be grafted in one session. Breast implant surgery can be done as a day care surgery without hospitalisation. The scar is hidden in the natural crease of the breast, and fades over a few months. Work can be resumed in a few days and upper body exercises can be started after a month. Hence, until proven otherwise, implants are the best way to achieve breast enlargement.

I had my male breasts corrected seven years back. Initially the results looked good, but since the past few years, they have become prominent again. Why has this happened?

Ketan Shah, Ahmedabad

You probably had an open removal of the breast tissue. In open surgery, only the breast tissue component gets addressed. The entire chest is not contoured, as in the keyhole method. The remaining fat cells have enlarged over the years, which is why the condition has recurred. This can be addressed by liposuction in a day care surgery. Once the fat cells are removed, the 'breasts' will not appear prominent. ●