

I have a bald spot on my scalp due to a burn. It is about 4x4 cm in size. I apply kajal to cover up the area. Is there a permanent solution to this?

Raksha Sharma, Pune

Applying kajal to cover up is a smart and practical way of dealing with the problem. Since this is a large area, a permanent solution may lie in expanding the surrounding scalp with tissue expander and moving the expanded scalp to cover the bald area. This takes a few weeks to complete. Hair transplant can also be done. Good results can be obtained by modifying the technique for the scarred area.

**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 writing this for my sister aged 50, who is looking mainly for skin tightening and the removal of wrinkles, and the possible removal of an old scar just above the brow. She also wishes to improve the texture of the skin on her face so that she looks younger. What procedure would you suggest?

Namrata Dey, Delhi.

Before making any suggestion, I would require some more details, such as a brief medical history, as well as some photographs of the right and left profile and a picture taken from the front would be very useful. It appears that your sister would be a good candidate for a facial rejuvenation surgery involving the brow, mid face, lower jaw and neck, provided there are no medical contra-indications. The old scar above the brow can be addressed at the time of surgery. The texture of the skin should improve with the procedure. If further improvement is required in the future, then a customised chemical peel may be opted for.

My breasts are very large. They have been large since I was 15 and grew till I was 19 years old. Even though they are not growing anymore, I experience an excruciating pain in my neck. Therefore, I would like my breasts to be reduced permanently. Is the procedure same for unmarried girls? Is it a non-surgical procedure

and how long will it take?

Shweta Naik, Mumbai.

Large breasted women often suffer from backaches. The increase in breast size post puberty is caused by weight gain or a high level of prolactin. Do you have a history of breast cancer in the family? An MR mammogram of your breasts is recommended. Surgical reduction of the breasts is a permanent solution; but any weight gain in the future can cause an increase in your breast size again. To date, there are no non-surgical procedures, pills or potions to reduce breast size.

I wish to have a mega liposuction done. What are the merits and side effects of this process? How much time will it take for the operation, recovery, skin-tightening? I am concerned about the safety of the operation and its long-term side effects.

Joanne D'souza, Mangalore

I need details such as your height, weight and relevant medical history. Liposuction is a body contouring procedure and not a weight loss procedure. Before undergoing the procedure, you need to meet certain criteria. Mega liposuction is safe when performed in a hospital that meets medical safety standard norms. The degree of skin tightening depends on several factors such as your age, existing elasticity and tone of skin, and the degree of physical activity. The cycle of cosmetic surgery includes a change of lifestyle, calorie restricted diet and a regular exercise regimen. The maintenance and sustenance of the end result is possible only if you adopt the changes required. ●