

“Does liposuction have permanent results? I have heard that one puts on weight faster after liposuction is done. Is this true?”

Rita Pandit, Surat

Anyone planning liposuction should understand this. Liposuction removes most of the fat cells in the areas targeted. Fat cells cannot multiply, but can enlarge in size if one continues a poor lifestyle and consumes excess calories. Liposuction is not a substitute for a healthy lifestyle, which should include regular exercise and calorie restriction. The results can be permanent if you wish to keep them that way.

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



My daughter sustained a burn injury on her face eight months ago. It has healed, but there is a thickened scar tissue on her left cheek, which is not changing in size. Can it be completely removed by cosmetic surgery?

Priti Naik, Bangalore

The best way to treat a post-burn hypertrophic scar, such as this, would be to use a combination of silicon gel sheets and pressure dressing. This will help flatten the scar and make it less visible. It will take about six months and your daughter needs to be patient. Lower dose steroid injections can help in some cases. Once the scar is flat, it can be covered up by camouflage makeup, a good non-surgical option.

My husband has fat deposits on his chest, which are not getting reduced even with a diet and exercise. He's had these since puberty. Why does this fat not respond to exercise?

Archana Pillai, Mumbai

Your husband seems to have male breast formation, which occurs during puberty, due to the hormonal imbalances. In addition to fat, there is usually some breast tissue, which does not disappear with diet and exercise. It is not a medical problem, and many are not bothered by it. However, if this causes embarrassment or undue self consciousness, it can be removed by keyhole surgery.

I wish to undergo liposuction, and would like to know the latest methods by which it can be done.

Manju Mehta, Raipur

Refinement in instrumentation and technique have made liposuction safer and more predictable. However, the latest need not be the best. Technology has to be used judiciously. Ultrasonic liposuction, power liposuction and laser liposuction are the newer options available. As far as results are concerned, there is no major difference in the long run between traditional liposuction and technology-assisted liposuction. Technology can supplement, not substitute, the skill and experience of the surgeon.

I recently read about a new face lift procedure called Ribbon Lift TM. Can you tell me more about it? Is it available in India? What are the advantages?

Sangeeta, New Delhi

The Ribbon Lift TM is an improved version of the thread lift, which is a minimally invasive face lift technique. Thread lifts have become unpopular in recent years. The results were not powerful enough and lasted only a brief period of time. Also, there were some side effects from the threads. The Ribbon Lift TM is designed to decrease the number of poor outcomes, but is still not convincing enough. Besides, it is quite a recent technique and at least a few years of clinical experience would be required to make a final statement. Personally, I would advocate a mini face lift in place of the Ribbon Lift TM. With a surgical procedure, there is much more control and predictability. A mini face lift has an almost undetectable scar and a very fast recovery period. ●