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**Dr Mohan Thomas, M.D. (USA)**  
FACS (USA), leading Cosmetic Surgeon, Visiting Scholar-Mt Sinai Hospital (New York) and Consultant, Breach Candy Hospital, Mumbai

**I'm 36 years old and underwent a tummy tuck two years ago. Since then I have gained two kilos and my upper belly now looks bigger when compared to the lower half. Can this be fixed? Why has this happened?**

**SMRITHI NAIR, QUILON**

**A** Since your tummy tuck was performed two years ago, it is likely that a traditional method was used. The upper abdomen may not have been treated by liposuction at that time. As you put on weight, the fat cells in that region have enlarged, causing the bulge. Now, we do a tummy tuck with complete circumferential liposuction without compromising on safety. The result is much better and even drains are not required, which means a shorter hospital stay. The fat deposit that you have can be addressed by liposuction or by non-surgical means. G-NIUS

is a good non-surgical fat reduction system and is very effective in treating abdominal fat deposits and is a walk-in and walk-out procedure. It uses energy beams to break up fat cells without any discomfort.

**Q I am 28 years old and troubled by hair loss. I fear I may become bald soon. Please advise.**

**N SHARMA, RAIPUR**

**A** Hair loss is a straightforward problem in men, but in young women it could be vexing. Often, a normal cyclical hair fall triggers a panic response. Please remember that up to 100 strands of hair are shed and replaced every day; and seeing this should not alarm you.

Abnormal hair loss can occur in young women due to stress, anemia, hormonal imbalance, vitamin deficiency and chronic illnesses. A medical examination will rule out these causes. A healthy balanced diet including fresh vegetables and fruits will help. Supplements containing Biotin also help to restore hair growth.

**Q I'm a 32-year-old with a chubby face and a double chin; my jaw line is hardly visible now. Whenever I put on weight, it first shows on my face. Can liposuction be done on the face? Is it safe?**

**REKHA DUBEY**

**A** Fat accumulation on the face occurs mainly in three areas — below the chin (double chin), over the jaw line and in the cheek area. Everyone has a pad of fat in the cheeks. When this enlarges, you get a chubby look. When all three fat storage areas get enlarged, the face gets a round look and loses definition and sharp features.

Facial sculpting is a remarkable procedure that combines liposuction of the double chin and jaw line, and surgical removal of fat pad on the cheeks through tiny cuts. The results are outstanding. As you are quite young, there will not be any sagging of the skin afterwards. Facial sculpting, like all surgical procedures, is safe when performed with skill and care.

**Q My hands are my problem area. They look wrinkled and give away my age, ie 62. I had a face lift done five years ago and am quite happy with the result. I now want my hands to match my face! Is it possible?**

**SHIRIN DOCTOR**

**A** Ageing changes occur all over the body and hands are no exception. The hands look wrinkled due to loss of fat below the skin and loss of skin elasticity. The best way of rejuvenating the hands is to replace the lost volume. This is

done by harvesting fat cells from another part of your body and evenly inserting them as tiny beads under the skin of your hands. This is done by the minimal access method and can be done as a day care surgery. The results are good and last for a long time.

**Q I was overweight a few years ago, but I then started going to the gym regularly and lost quite a bit of weight. A year ago, when I was 34, I underwent liposuction of the tummy and hips and am pleased with the result. However, now I have put on two kilos and my breasts seem to have become bigger. Why has this happened? Can it be corrected?**

**NYLA K, KANPUR**

**A** There could be two reasons why the breasts seem larger. The liposuction could have made the lower part of your body lean and in comparison, the bust is looking bigger.

Another important reason could be that as the fat deposits from the abdomen and hips were removed, the weight that you gain gets stored in the breasts. If the breasts are heavy and not sagging, liposuction of the breasts can be done. If they are sagging, breast reduction surgery will reduce the bulk and lift them. **F**

If you have a question related to cosmetic surgery for Dr Mohan Thomas, send in your query to [femina@wmm.co.in](mailto:femina@wmm.co.in). However, Femina does not take responsibility for the accuracy of the medical information on this page.