

I had chronic acne, which has improved over the years. My concern is the marks that refuse to go. Is there any treatment for acne scars? Can it be done in one sitting?

Srilatha Nair, Chennai

The best way to keep acne at bay is to keep the facial skin free of oil and use topical antibiotic creams on acne that turns yellow. For the scars, there are different treatment options. For cheeks that are devoid of volume, you would need volume replacement. For shallow scars, you will need sessions of dermabrasion. Deeply tethered scars will need release treatment. All procedures may not be possible at the same time, since preparation of the skin is needed. They may also have to be repeated for optimum results.

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 want to know and understand if liposuction is safe. My wife has lost 14 kg in four months, but now her stomach sags. She also has a thyroid problem due to which she was gaining weight again. Kindly suggest some treatment for this.

Anil Deshpande, Nagpur

Body contouring or sculpting can result in dramatic improvements. Liposuction is a safe procedure, if done by trained personnel in a hospital or a well-equipped centre. Your wife can certainly lose inches and have an appealing look. The bony and muscular structures will not be altered. A clinical examination will reveal the amount of fat deposits, the looseness of skin, presence of hernia and the extent to which the body can be re-contoured. Usually, there are bulges around the abdomen and fat deposits on the hips and thighs, which can make one look wide in that region. These fat deposits can be removed by liposuction. The loose skin on the abdomen can be tightened by a tummy tuck, which will make the tummy look flat and tight. Thyroid hormones should be kept well under control by taking regular medication and frequent tests to monitor hormone levels. A good control on hormone levels, healthy eating and regular

exercise will prevent any more weight gain. It is important that the surgical possibilities and your expectations should match.

I am a 15-year-old girl. I am extremely worried about my excessive body hair. I have long and curly hair on my legs and hips. Also, I had a slight hormonal imbalance last year and was detected with polycystic ovaries. Though I wax my legs whenever I get the time, it is an extremely painful process and I have never used a razor. I really want to get rid of my body hair. Kindly suggest some permanent remedy. I have heard about laser treatment, but would like to know the pros and cons, and the right age to undergo the treatment.

Mayura Das, Cuttack

Excessive body hair can be disturbing. Hormonal imbalance may very well be the cause for this and polycystic ovaries could be the underlying pathology, especially for the facial hair. I am glad that you have not used a razor. Shaving and threading can leave behind pigmented spots. Treating and correcting the hormonal levels should be the first step for you. Kindly see a good endocrinologist who would advise you after necessary tests and would put you on medications. Permanent hair removal can be done by electrolysis. Laser treatments can cause significant hair reduction over a few sessions. Laser hair reduction has become the most popular permanent method used. It is very good for people who have dark hair as the laser can recognise the hair roots better. Touch-up laser may be needed in a few years. ●