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**Q** I have deep lines on the sides of my nose running downwards, as older people do. The deep lines are giving me a tired, stressed out look. However, the rest of my face looks youthful. I have got fillers injections done and they have certainly helped. Is there any other way of fixing this?

**ASHLEY JOSEPH, MUMBAI**

**A** These lines are called naso-labial lines. They can be prominent in some people and appear earlier than other ageing marks. It could also be a family trait. Temporary fillers are a good option to soften these lines. A minimally invasive permanent method for this would be to insert gortex (PTFE) threads beneath the lines. The thick thread will lift up the skin in that area and make the groove less deep. This is a safe and nearly scarless option and works well. The result is long lasting and keeps on improving. Being a short procedure it can be done under local anesthesia and sedation.

**Q** I had breast augmentation done three years ago using saline implants. Recently, I read that silicone implants have been approved for use by the US Food and

Drug Administration (FDA). Do you think that I should have my implants changed?

**LEENA GOYAL, DELHI**

**A** If you are happy with the implants that you have there is no reason to get them changed. Saline implants are safe and have been used for many years with good results. Silicone gel implants feel and look more natural. Cohesive gel implants, which have new generation silicone gel, are better and do not leak. The implants should be changed only if you want bigger implants or if you are unhappy with the feel of them.

**Q** I have a small tattoo on my forehead, which was done when I was a child. I can conceal it with a *bindi*, but I want to get rid of it permanently so that even when I don't put a *bindi*, it is not seen. Please advise.

**ANUSHREE BHAGWAT, PUNE**

**A** Since the tattoo is small there are multiple options. It can be permanently removed by surgery or laser treatment. Surgical removal will leave a small scar, which usually fades over a few weeks. Laser treatment gives good results, although multiple sessions may be required. A good non-

surgical option is also available, although it is not permanent. This is to use camouflage make-up (derma colour), which is sweat and waterproof. This will take only take two to three minutes to apply and can hide the tattoo completely.

**Q** I have been suffering from a peculiar problem for the last two years. The fat from my right cheek is slowly disappearing and it appears as if there is only skin and bones there. It has not deteriorated in the last six months, but it looks very unsightly. What is the problem? Is there a cure?

**PRIYANKA MOTHA, GANDHINAGAR**

**A** From what you have described, this may be Romberg's disease — the cause of which is not clearly known. It causes atrophy of fat in certain areas. Once the disease's progress has stopped, as in your case, corrective surgery can help tissues. This could be done by injecting your own fat or by grafting, using your tissue like derma fat graft and adipofascial flap. The results are generally gratifying. Fat injection is minimally invasive and when done meticulously, gives long lasting results. **F**

**Q** What is the after-care following breast implants? Are there a lot of restrictions afterwards?

**ROSHNI SINGH, CHANDIGARH**

**A** The after-care is fairly simple. There is a set of specific stretching exercises to be done during the immediate post-operative period to reduce discomfort. You could get back to work in 24 hours. Once the access incision heals, prescribed breast exercises have to be done to keep the implants soft and supple. These exercises take about two minutes and has to be done daily. All normal activities and exercises can be done after a month of surgery.