

# Cosmetic Surgery Solutions



Permanent  
**Fat**  
Reduction

## FAT INJECTION - A VERSATILE TOOL

Ageing changes, facial contour problems, deep acne scars and facial augmentation are different problems- but there is a common solution to these. FAMI or fat auto muscle injection, where patient's own fat is harvested, separated and centrifuged and injected in many layers to give lasting results. Fat transfer is also successful in butt enlargement. In many cases, this substitutes the use of implants.

"Success depends on careful selection of patients and technical perfection. This is a great tool in facial rejuvenation and can be combined with face lifts. Deep acne scars can be improved to a great extent with FAMI and when combined with resurfacing, gives fabulous results" says Dr. Mohan Thomas, M.D of Cosmetic Surgery Institute.

**Meena Desai/ 38yrs / F**

Dear Dr,

*I am planning to undergo liposuction. What is the best time of the year for this*

Dear Meena,

There is no specific 'good' or 'bad' time for this surgery. Anytime of the year is good. The results are not affected by season. You have to wear a corset in the post operative period. Some people have had discomfort from this during peak summer. If your work does not involve being out doors for long period of time, this would not be a problem.

**Mithilesh K./ 25yrs/ M**

Dear Dr,

*What is the best option for male breast reduction? Surgery or chest exercises?*

*I have not tried exercises seriously. What is the best exercise for this?*

Dear Mithilesh,

Male breast occurs due to a combination of fat accumulation and abnormal breast tissue formation. The fat component may reduce to some extent with exercises, but the best option is key hole surgical removal which is a day care procedure. This will remove both fat and breast at the same time. This can be done by key hole surgery without big scars and hospital stay. The results are permanent and pleasing.

**Priya Verma/ 33 yrs/ F**

Dear Dr,

*I am very conscious about my shape and take diet and exercises very seriously. In spite of losing 10kgs, the fat on my outer thighs is not going off. They are not large, but still I would like to get rid of these. I know that liposuction is the best option, but is there any non - surgical option?*

Dear Priya,

The "resistant" fat deposits that you have are called saddle bags. Many women are distressed by this as it shows through western type clothes. A proven and effective non surgical option to get rid of this is injection lipolysis. Multiple sittings may be required. High intensity focused ultrasound (HIFU) is another option, but this is yet to be tested in a large scale. Liposuction and Lipolysis are proven and dependable options now. HIFU (Ultra Shape™) is totally non-invasive & may become a preferred non-surgical option. HIFU is best administered by qualified cosmetic surgeon.

**Divya Mehta/ 30yrs/ F**

Dear Dr,

*I am 30yrs old my problem is puffiness below the eyes. It is like a small roll and is giving me a tired look? My mother also had this for long time. What is the cause and how can it be corrected?*

Dear Divya,

The puffiness or roll under your eyes is due to protrusion of fat. A small amount of fat from your eye pocket is bulging out and giving a tired and unrested look. As you have observed, this can happen as a family trait. Since you are young, this can be corrected by surgery to reposition the fat. This could be done from the inside of the eye lid without any external marks. Swelling and bruising should be

*If you have any query please feel free to mail us at [cosmeticsurgery4u@gmail.com](mailto:cosmeticsurgery4u@gmail.com), without revealing the identity we will answer it in the next issue.*



**THE COSMETIC SURGERY INSTITUTE®**

*Unmatched class and confidentially yours*

ISO 9001 : 2000 CERTIFIED COMPANY

Bandra(W) & Breach Candy, MUMBAI. Tel.: 91-22-2642 7382, 6452 6000, 3290 4352, Clinical Co-ordinator: 98210 09038

Panjim, GOA, Call: 98197 76707, DELHI - 098210 09038, E-mail: [cosmodoc1@yahoo.co.in](mailto:cosmodoc1@yahoo.co.in) [www.csisite.com](http://www.csisite.com)

Caution: Cosmetic Surgery Institute, has its registered office at 169, Lily villa, Bandra(W), Mumbai & offices at: Breach Candy( MUMBAI), Panjim(GOA) & New Delhi only.