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Interviewed by a fan

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IN SELECTIVE CITIES



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

tucks are done in combination with liposuction, as this addresses fat deposits and loose skin in one go.

Q I have breast-fed my two children because of which my breasts are sagging quite a lot. I have heard of breast lifts, but I want to know if my sagging breasts can be corrected only by inserting breast implants. I've also been told that recovery is faster if only implants are inserted. What do you advise?

GRACY MATHEWS,
MANGALORE

A It is true that the recovery time after breast implants is very short. In some cases, sagging breasts and loss of volume can be corrected by only inserting implants. But this is only if sagging is minimal. Since you mentioned your breasts are sagging a lot, you would probably require a breast lift, that will rearrange the breast tissues and make them perky again. If an implant is inserted into a breast with moderate to severe sagging, it would look very unaesthetic.

Q I am a flat-chested 16 year old. I want to increase my bust

size, but my parents will not allow me to undergo surgery. How else can I do this? Is there any exercise, cream or medication that will help?

KAINAZ

A Unfortunately, the only proven and effective way to increase bust size significantly is to surgically insert breast implants. This is a safe option as the implants now available are USFDA approved and are of better quality. Since you are only 16, parental consent would be required for surgery. You could try to convince them or wait till you become an adult.

Q I'm a 46-year-old with large drooping breasts. Because of this I also suffer from back pain. I have researched various options and breast reduction by liposuction seems to be an ideal option as it leaves no scars. What is your opinion?

RATNA PANDEY, BHILAI

A Breast reduction by liposuction is a well-known procedure. The excess fat is removed from the breast by minimally invasive liposuction. This results in reducing the breast size, the heaviness felt and back

pain. As excess skin is not removed in this technique, the drooping is not corrected. I would advice only liposuction breast reduction to a young woman for symptomatic relief. For good aesthetic results, a short scar open breast reduction would be preferred.

Q I am 50 years old and have increasing hair loss and a receding hairline. Can this be treated? Can hair transplant be done on women too?

MEGHA RAI, JAGDALPUR

A Hair loss occurs in women due to many reasons. Low thyroid hormone levels, hormonal imbalance during menopause, nutritional imbalance and certain skin disorders are the most common causes. The treatment depends on the cause and once diagnosed, can be treated well. Hair transplants can be done on women in selected cases.

Before going in for surgery, you should meet a dermatologist and find the cause of the hair loss and treat it. Surgery may be unnecessary. In the meantime, a balanced diet and restful sleep will help to solve the problem to some extent. **F**

C I'm 43 years old and have fat on my stomach and sides along with loose skin thanks to pregnancies. I want a nice flat stomach and am considering a tummy tuck. I was told that liposculpting would ensure a flat tummy without my having to undergo surgery. Is this true? What is liposculpting?

ALKA BOSE, KOLKATA

A Liposculpting is the result of liposuction or other fat reduction techniques. By removing the fat in an artistic manner, the body gets sculpted back into good shape. But if you have loose skin to begin with, only liposculpting will not help. The loose skin will have to be removed by a tummy tuck so as to get a flat, well-toned abdomen. Most tummy