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**Q** My husband has lost nearly 25 per cent of his hair from the front, leading to male pattern baldness. Is it safe for him to undergo a hair transplant? Or will there be complications? What should one watch out for before and after undergoing the surgery? Also, will the transplanted hair last forever? What if they fall off after one month? Will the surgery affect the brain in any way? And what is the success rate for transplantation?

**J, MYSORE**

**A** Hair transplantation by the Follicular Unit Transfer method is completely safe. The hair is inserted into the skin in the balding areas and there is no question of damage to the brain. The transplanted hair do not fall off, but the remaining native hair on the front

and top may gradually fall as the hair loss continues. This can be prevented by taking certain medications which help to maintain the existing hair.

The success rate of hair transplantation is very high with the current methods—more than 90 per cent. If you have started losing hair only in the last few years, I would advise you to start with medications for at least six months before planning a surgery.

**Q** I am a 32-year-old woman working as a teacher. I have a keloid problem that has been troubling me. I have undergone a variety of treatments for this, such as cortisone injection, contractubex ointment, silicon gel sheet and, lastly, surgery. But the problem still continues. Is there any other treatment I could avail of?

**REENA SAHA, KOLKATA**

**A** Treatment of keloid scars is a vexing problem even now. You have tried the right kind of treatments, but I do not know their duration. All these treatments are meant to make the keloid scar less prominent. There is no treatment to completely remove a keloid. Even surgery is not recommended in most cases, as the rate of recurrence is very high. Silicon gel sheet and

compression should be used for at least six months. Low-dose steroid injections should be used for multiple sessions to achieve the desired results.

**Q** I'm the mother of a two-and-a-half year old girl and am interested in getting a mummy makeover. I'm specifically interested in breast augmentation/reshaping to correct sagging, tightening abdominal muscles and getting rid of stretch marks. I exercised regularly, both pre- and post-pregnancy, including cardio as well as weight training. I am 5'3" tall and weigh 56 kg. I want to achieve a body that can be photographed well in a bikini.

**BHAIRAVI, MUMBAI**

**A** The advances in cosmetic surgery techniques can certainly make your wish come true. You would require a combination of a breast lift and a tummy tuck. Liposuction can be done at the same time to remove any unwanted fat deposits. If the breasts have lost lot of volume after the breastfeeding, you would require augmentation using US Food and Drug Administration-approved implants.

I prefer to do the breast and body work in separate sessions, with

at least a four-week gap between the procedures.

**Q** Post-pregnancy my breasts have grown and due to breastfeeding they also sag. Earlier, I was a size 36B, but I'm now a 38C. Which of the two procedures, breast reduction or lift, will help me get back my figure? Also, please provide the details of the procedure.

**SABA, VARANASI**

**A** From the information you have provided, it seems that a breast reduction surgery will be required to reshape your breast. A clinical examination will be required to make decide the best procedure, as the increase in size is not a lot. For the same reason, the surgery can be performed using a short scar technique. The surgery would be a day-care surgery if you do not have any medical problems.

In breast reduction, the excess glandular tissue is removed and the breast is simultaneously lifted back to its original position. You will need two weeks of rest for healing. There would be swelling and bruising on the breasts, which will subside in three to four weeks. The breasts will assume their natural-looking shape in a few months. In small reductions and lifts, complications are rare.