

In today's competitive society, people recognise the importance of self-improvement whether it is for social or professional reasons. Exercise, skin care and nutrition are important but can only do so much. Real structural change requires more. In a sense, cosmetic surgery offers a second chance- the opportunity to defy both the calendar and genetics.

The Cosmetic Surgery Institute led by Dr Mohan Thomas helps to provide a unique option to enhance the look, persona, sensuality, physical appeal and build self-confidence in this competitive world where looking good is akin to having a head start in life.

The physical result of cosmetic surgery often produces a healthier look and often people who undergo surgery see this healthy look permeate their entire lifestyle.

Expert speak

Dr Mohan Thomas, the medical director of the Cosmetic Institute and Founder President of the Indian Society of Cosmetic Surgery while addressing media during his trip to Goa stated, "We examine patients from different walks of life.

The change in lifestyle is the main reason for this. The common problem is obesity that can further give rise to chronic diseases. So, the main surgery we conduct is Liposuction where we remove the excess fat. But, at the same time I also want to add that, this is possible in extreme cases where the Body Mass Index (BMI) is above 30".

Other treatments

The Cosmetic Surgery Institute led by Dr. Mohan Thomas is associated with JCI certified Medical Centre's like Asian Heart Institute and Research Centre and operates from dedicated Cosmetic Surgery Center.

"Our other common surgeries are Nose Surgery (Rhinoplasty), hair restoration which is common among men and also male breast reduction.

Having breasts can be very embarrassing for a man. In the same way



ALL NEW YOU.

The route to an all new you is not as difficult as it seems. GT Features discovers that with new techniques in cosmetic surgery now a hop, skip and jump away, you too can be a different person, literally overnight.

breast enlargement among women our treatments are very safe, with side effects. We do extensive research on treatments and procedures before conducting any surgery" adds Dr. Thomas. They also have non-surgical treatments like Botox, Fillers, Che pills etc.

About the institute

The Institute is associated with hospitals of international repute in Mumbai and Goa to provide appropriate and post surgery care.

The Institute has built a strong reputation not only in India but also across the globe.

This can be seen from the fact that every year the institute receives thousands of calls from all over the United States and other parts of the world in spite of New York having many Cosmetic Surgeons and some of the best hospitals in the world.

"We have patients from 90 different countries, speaking 25 different languages," elaborates Dr Thomas.

About Goa

In Goa Dr Mohan Thomas is available at Vintage Hospital, Panjim. He visits this place twice in a month, where majority of his clients are foreign tourists.

But, now the scenario is changing slowly. "The problem of cleft lip is common in India. So, in Goa I am planning to do these cleft lip surgeries free of cost, in the coming times," claims Thomas.

Final word

The Cosmetic Surgery Institute does not have respite for all cosmetic problems. "We can't solve the problem of ageing as nature takes its course. Although till today we have not come with a solution for stretch marks. It being a skin disorder" explains Dr Thomas. He gave fruitful advice, to lead a healthy life. "You should lead a healthy life, exercise and have a healthy diet. Avoid occupational hazards," concludes Dr Thomas.

