

FEMINA READER SERVICE



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I have pigmentation on my cheeks and nose for the past five years. I have tried creams, micro dermabrasion and glycolic peels. Despite this, the pigmentation remains, though during the treatment it was reduced. I would like to know if Blue Peel will help me.

SEEMA VYAS, MUMBAI

A You are in the pre-menopausal age and most probably the pigmentation is Melasma. Melasma is a hormone-related pigmentation that affects the upper and mid face. The pigmentation can be reduced by prescription creams and with medium strength peels like the Blue Peel, which is a trichloro acetic acid peel. The pigmentation reduces to a good extent with these, but there may be flare ups if hormonal

levels fluctuate. Multiple sessions of treatment are required in most cases. Camouflage makeup is the only option available for complete coverage of the pigmentation. Melasma can be a frustrating problem. If you accept that it can be controlled and covered up and not cured, it becomes easier to deal with.

Q I am interested in vaginal rejuvenation including hymen repair and want to make my labia and nipple area pink. I want to increase my breast cup size from A to D. Please advise.

SALMA, DHAKA

A There is no surgery to change the colour of the nipples or the genitals; a good tattoo person may be able to help you with that. The vagina can be made tighter and the labia smaller by genital rejuvenation surgery. This is a day care surgery and does not require hospital stay. The breasts can be enlarged only with the use of breast implants. Implants are safe and do not adversely affect health or breast function. The size of implant depends on your chest size, amount of breast tissue existing and the elasticity of the breast skin. The aim of surgery should be to have breasts that look natural.

Q About five years ago, my husband broke his nose while playing football and since then he has had a bump on the middle section of his nose. He's a healthy, 33-year-old. What's the possibility of a surgery? Can he fly after the procedure?

PRATIKSHA, NAIROBI

A Your husband's bump on the nose can be corrected by rhinoplasty. A careful assessment and detailed discussion with your husband is required before planning the surgery. Most cases of post-traumatic deformity of the nose will also have severe deviation of the septum and the bridge of the nose, which can also be corrected at the same time. The procedure is a day care surgery. You can fly out after one week of post-operative care. The total time required for pre-op evaluation, preparation, tests and post-op care will be 10 days.

Q I had breast implants done six years back. Since I'd wanted big breasts, 500 cc implants were used. Now the breasts are sagging and when I lie down, they fall off towards the armpits. Can this be corrected without a major surgery?

SONIA, JALANDHAR

A Such problems are not common after breast implant surgery when the choice of implant is based on anatomical guidelines and the pocket is created exactly as required. If a very large implant is placed in a small chest, there will be sagging of the breasts due to gravity and because the implants bottom out. The pocket created for the implant may be too big. Both these problems can be corrected by surgery without having to change the implants.

Q I am 40 years old. For the deep lines and sagging skin on my face, I consulted a dermatologist who suggested that I get the thread lift procedure done. But now, my skin looks pulled and I can feel the threads under the skin.

DEEPTI, MUMBAI

A Thread lifts have a limited role in facial rejuvenation. The initial euphoria over thread lifts has subsided worldwide. The results are not good enough, particularly in India probably because we have thicker skin. I would use this only as a last resort, for a patient who is not fit for surgery. The threads can be removed and a mini facelift can be performed at the same time to attain a natural refreshed look.