

Cosmetic Surgery in 2008

*The latest report on Cosmetic Surgery from **The Cosmetic Surgery Institute, Panjim and Mumbai**, enlightens people about the trends of beauty under the knife*

Cosmetic surgery, like all other medical specialties, is a continually evolving field. It is unique in the blend of art, science and technology. The techniques involved include a stunning array of traditional and new innovated methods.

So how is cosmetic surgery going to be different in 2008?

"As interest in cosmetic surgery increases world wide, we are witnessing an explosion in the number of new technologies and techniques. Most of these are designed to create powerful results through minimal access and shorten the recovery" says Dr Mohan Thomas, Medical Director of The Cosmetic Surgery Institute at Panjim and Mumbai. Take brow lifts as an example - Endoscopic brow lifts have been modified to achieve more natural results. The introduction of "endotines" to keep the brow suspended is another exciting addition.

Key hole surgeries are finding increased application in cosmetic surgery also. Liposuction is a well-known key hole fat reduction method. Now, this is modified to treat male breasts through tiny cuts on chest.

"Facial sculpting is a new service



Face Sculpting: Before and After

that we are offering this year. Facial liposuction, cheek fat removal and jaw line defining are combined to create a leaner and better facial profile" says Dr Thomas.

Guided non-Invasive Ultra sound selective (G-NUS TM) treatment is expected to benefit a large number of people this year. Permanent fat reduction is achieved by using energy waves to break the fat cells below the skin, without surgery or injections- a true walk-in, walk -out procedure. This technology is expected to get USFDA approval in 2008. This is already in use in Europe and in Mumbai too.

Apart from these new technologies, time tested surgical techniques have undergone modifications.

Short- Scar breast and face lift are the most outstanding among these. This is a significant improvement in facial rejuvenation, as the short scar is placed in an easily concealed

manner.

Permanent tissue augmentation using own fat or dermis will find greater application in breast surgery and lip plumping. Use of stem cells will add a new dimension to cosmetic surgery in 2008. Fat grafting for facial deformity and buttock augmentation is another upcoming and promising area.

Dr Thomas says that there is a gradual shift in the pattern of his practice. More and more local Goans are seeking cosmetic surgery care now including a significant proportion of men. This trend is expected to continue this year too.

"All new techniques need not be beneficial in the long run. Thread lifts and many non surgical treatments are becoming less popular with patients and doctors alike. We need to exercise caution in choosing technology" says Dr Thomas.