

FEMINA

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2 WEEKS

Believe

MAKE IT HAPPEN FOR YOU

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DOWN HER GROOM

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SHE CARRIES ON**

**19 WAYS TO STRETCH
YOUR MONEY**

HOW CLEAN IS YOUR MAN?

STAY SHARP ON NO SLEEP

YOUR MONSOON MAKE-UP MOVES

MEET ROCHELLE GODINHO:

THE WINNER OF THE FEMINA
LAKME HAIRNEXT NU TU CHALLENGE



THE RIGHT CUT!

A sharper nose, fuller lips, better cleavage and brighter eyes! Feel that you are ready for cosmetic surgery? Think again...

By Eva Pavithran

IT'S YOUR DAY OFF! A break from your hectic schedule. You jot down a list of things to do — catch up on some sleep, watch a movie, read a book and indulge in some serious pampering and so on! You take your morning cuppa and walk into your room. You go to the mirror to have a closer look at your reflection. Oops! You notice that your nose appears much longer and more prominent than ever before! And what's that... your lips look like a mere shadow of their former

WATCH OUT!

HERE ARE SOME MORE POINTS FOR YOU TO REMEMBER BEFORE GOING IN FOR SURGERY

- * Don't ever choose your surgeon on an affordability basis
- * Stay away from a 'Party Surgeon'— usually seen at posh parties, claiming to have meddled his artistic knife on the creme de la creme
- * Thoroughly research on your surgeon and learn about the academic titles that he holds
- * Ask for the downsides of a particular procedure than thinking about the positive side



GRAPHICS: FARZAN COOPER

selves! You've been pondering on the possibility of cosmetic surgery for quite a while now. You decide it's time. But hey, it's a major decision that you've just made —

to alter the gifted features you were born with. You need to get all your queries and doubts cleared before going under the knife — you need to go for counselling!

YOU'LL THANK US FOR THIS

WHY COUNSELLING?

At times it's a nose that's too big, or lips that don't pout; at other times it's boobs that are too big or barely there, or skin that has sagged and creased before its time. An increasing number of youngsters are going in for cosmetic/plastic surgery. Dr Mohan Thomas, Medical Director, The Cosmetic Surgery Institute, Mumbai, says, "According to a survey conducted by the American Academy of Cosmetic Surgery, a lot of patients are dissatisfied with the end results, out of which 65 per cent had gone in for a nose job." Dr Thomas cites the reasons for the dissatisfaction

- A** They didn't do enough research on the procedure
 - B** They didn't know what they really wanted
 - C** And because they didn't know what they wanted, the doctor too, was clueless but went ahead anyway
- "When a patient walks in, say, for a nose job, it's important for her to answer certain questions," says Dr Thomas. "Why do you want to go in for this surgery? What is it about your nose that you want to change, and so on." He adds, "I won't be able to show you a catalogue and say nose number 57 looks perfect for you. It doesn't work that way!"

It's necessary to get your facts cleared so that there's no scope for regret. You want a lip augmentation (plumping of the lip). You can't walk in on a Monday and expect to be operated the next day! There have been some cases where people have gone in with pictures of famous personalities, hoping to have their facial features changed to look like them. "When a patient walks in and brings pictures and says things like 'I can't think of anything but my nose/lips, etc,' it means that she's obsessing about it. Sometimes a patient may be also going in for multiple operations. I usually send them to the psychologist at the clinic," says Dr Thomas.

A trip to the psychologist

THE PSYCHOLOGIST WILL ASSESS THE FOLLOWING:

- * Whether you're obsessing about a certain body part or have BDD (body dysmorphic disorder) where you see only that particular body part whenever you look at your reflection.
- * Whether your expectations are realistic, and
- * Whether you suffer from any psychological disorders like depression and so on.

HOW IT HELPS

Counselling will answer most of your questions and clear your doubts as well.

YOU NEED TO ASK YOURSELF:

- 1** Are you going in for surgery for yourself and to boost your self-esteem?
- 2** Are you doing it for yourself or your husband, lover, family?
- 3** Are you choosing the procedure as a way out of a bitter break-up or divorce or due to peer pressure?

HERE'S WHAT COUNSELLING WOULD TELL YOU...

If your answer is yes to the first question it means that you are bang on target. You know what you want and also how to get it. You make your surgeon's job easier. But if you answer 'yes' to questions two and three, there is a more than fifty per cent chance that you'll be unhappy and depressed with the end result. "I would not recommend surgery for such a person, as a yes to those two questions are lousy reasons with not realistic expectation. Your life is not going to change drastically thanks to surgery, but yes, it'll definitely change the way you feel about yourself," says Dr Thomas.


SECOND THOUGHTS:

Counselling will also give you time to re-think whether you actually want to go under the knife. It will also give you enough time to seek a second opinion. "A second opinion from another surgeon is always good," says Dr Thomas. It will also give you a clear picture about the procedure and give you wider options. You will also have enough time to discuss your options with your family and friends. After all, you'll need moral support post surgery strictly for medical reasons — like the effects of anaesthesia, get post surgery care, etc. Counselling also helps you clarify the limits of the legal responsibility on the physician. It will also help in establishing that comfort level between the surgeon and the patient, as the whole process will only be positive if it's a joint venture. Dr Thomas says, "It also gives us time to study the case, educate her on the options — the pros and cons, whether the results are permanent and so on. In our clinic, there's a 30-day rule. No one gets onto the table before a month or a minimum of 15 days. This gives the patients enough time to think, and perhaps even change their minds."

BROWNIE POINTS: After a couple of consultations with your surgeon, you will be able to assess your surgeon as well. You will be able to figure out whether he is trustworthy.

Also, does he understand your need for confidentiality and give you respect? Is he rushing you into surgery? "If ever a surgeon asks you when you want to go in for the operation or if he tells you that he's free next week, run for your life," says Dr Thomas. A thorough professional will wait for you to tell him that you're 100 per cent ready for the procedure and will never hurry you. Also if he is unduly trying to impress you with

photographs of popular personalities, understand that he doesn't think highly of confidentiality. Steer clear from surgeons who promise too much. A good surgeon will be able to explain to you the difference between realistic and unrealistic expectations.

You should be the one calling the shots. It's your body and only you have the right to decide what to do with it. 

ARE YOU READY FOR THIS?

LIP AUGMENTATION: For fuller lips!

PROS: Generally safe and requires no downtime

CONS: Usually done by using a water-soluble molecule; the effects last only for up to three to six months.

Although, there are other methods which yield permanent results.

CHIN AND CHEEK IMPLANTS:

For face definition.

PROS: Usually safe and cost effective.

CONS: Should only be performed in hygienic conditions, and patients are at times, prone to a microbacterium infection. If this happens, the only way out is removing the implants. You'll also have to wait for the infection to be completely cured before going in for surgery again.

RHINOPLASTY (NOSE SURGERY):

For re-shaping your nose

PROS: Results are permanent and the procedure may also relieve some breathing problems.

CONS: Incomplete improvement may require additional surgery.

EYELID SURGERY: To correct drooping upper eyelids and puffy bags below

PROS: It'll give you brighter and younger looking eyes and the results last for several years (sometimes even permanently).

CONS: There are risks of blurred vision and even dry eyes.

MASTOPEXY: BREAST LIFT

PROS: Re-shapes sagging breasts by removing excess skin and repositioning remaining tissue and nipples

CONS: Results and their duration may vary and ageing and weight changes may cause sagging.