

# FEMINA

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**Dr Mohan Thomas, M.D. (USA)**  
FACS (USA), leading Cosmetic Surgeon, Visiting Scholar-Mt Sinai Hospital (New York) and Consultant, Breach Candy Hospital, The Cosmetic Surgery Institute, Mumbai

**I am a 17-year-old whose breasts are small and slightly sagging. Therefore, I want to have a breast enlargement and breast lift done. However, research on the Internet revealed that in many countries, breast implants are inserted only in women above the age of 21. My family and I are coming to India in a few months and I wish to have the surgery done. Is it possible?**

**NOSHIN, NAIROBI**

**A** In most countries one becomes an adult at the age of 21, which is one of the reasons why breast implants aren't inserted before that age. Also, some amount of breast development may occur in the late teens, which is the medical

reason for not doing the surgery before the age of 21.

If breast size is having a significant psychological impact, breast surgery can be undertaken before the age of 21, but of course with parental consent.

Your "small and saggy" breasts can also be due to a developmental problem called tuberous breasts. In this anomaly, the base of the breast gets constricted, resulting in small droopy breasts with large areola. Surgical correction would be required to create normal-looking breasts. Implants may also be required in some cases.

**Q** My age, 58, finally seems to be catching up with me. My biggest worry is the loose skin on my jaw line and neck. I have read about face-lifts and non-surgical methods like radiofrequency. Will these help? I have tried many "anti-ageing creams", but to no avail. Is there a permanent way of retaining my youthful look?

**AMBILY VARGHESE, VIA E-MAIL**

**A** Changes due to ageing are bound to occur. If they have only recently caught up with you, count yourself lucky.

Once there is obvious loose skin in the lower half of the face, the

options get limited. Laser or radiofrequency rejuvenations work to some extent by improving the protein structure of the skin. For Indian skin, radiofrequency would be a better option, though expensive.

The tightening that results from non-surgical methods is limited and may not be effective enough if there is a significant amount of looseness of the skin. Also, the results of such a treatment are expected to last only for a short while. The best option for you would be a short scar face-lift or a mini face-lift, where the scar is well hidden and the recovery fast.

There are three advantages of a surgical treatment. One, tissue below the skin is also repositioned. Two, excess skin is removed to achieve complete tightening. And three, the results are noticeable and long-lasting.

Although there is no permanent method that will help you retain your youthful look forever, a reversal is possible. A skillfully performed face-lift will last the longest.

**Q** I'm a 36-year-old mother of two children whose belly is bulging out, more so in the region above the belly button. This bulge has not reduced, even with exercises and I now weigh 65 kg. Will

**non-surgical fat reduction help to get rid of it? I have already gone through two Caesarians and am not keen on having another surgery.**

**MANJULA SAWANT, MUMBAI**

**A** Common fat storage areas in a woman are the lower abdomen, hips and thighs. A prominent bulge in the upper part of the abdomen should therefore be seen with some suspicion.

This bulge could be due to a weakness in the abdominal wall muscles, which is common after multiple pregnancies. A clinical examination/CAT scan will be required to diagnose this. If that is the case, the muscles can be strengthened through an abdominoplasty (tummy tuck).

If the muscle weakness is severe, a mesh repair of the abdomen can be done along with the tummy tuck. This is a surgical procedure and can be combined with liposuction to remove fat from other areas of the body as well.

If the bulge is mainly due to fat deposits and there isn't significant muscle weakness, non-surgical fat reduction is possible with the Guided Non-Invasive Ultrasound Selective treatment (G-NIUS). There are no side effects associated with G-NIUS.