

"I was born with a nose deformity and a cleft lip. The latter was rectified some years ago. I start college in a few months and dread being teased. Can you help me?"

Lincy Cherian, Chennai

Cleft lips and nose deformities are completely correctable. It is done as a daycare surgery and the recovery period is about two to three weeks. The usual problems are a wide and drooping tip, flatness of nostril on one side, bone deficiency, unequal nostrils and a deviated nasal septum. It is possible to have all these corrected at the same time. The cartilage framework is rearranged and tissue grafts from your body are usually used to augment certain areas.

DR MOHAN THOMAS, MD (USA), FACS (USA), leading cosmetic surgeon, visiting scholar Mt Sinai Hospital (New York) and consultant, Breach Candy Hospital, The Cosmetic Surgery Institute, Mumbai, answers your queries related to cosmetic surgery. Send in your queries to femina@wmm.co.in



Does surgery for breast augmentation leave prominent scars? I desperately want to get implants, but I am unmarried and, therefore, worried about ending up with marks.

Rashmi Khandelwal, Indore

Your concern is very valid. But fortunately, the scar from the breast augmentation is either quite well-hidden or very small. Breast implants can be placed through different incisions or cuts. The most commonly used one is placed in the crease below the breast. Here, the mark is hidden and in a natural crease. Breast implants can also be placed through a small incision in the armpit, which fades in a few months. The third option is to make the cut along the lower half of the areola, where it blends with the darker areola. All the above-mentioned access routes are good and leave small or well-hidden scars.

I am 36 years old and have two children. I've lost my figure after the pregnancies and want to know if you can shape my body to my requirements. I want to look the same as I did when I was 18. Is it possible?

Darshana Choubey, Faridabad

Body contouring or sculpting can show very dramatic results. You can certainly

lose inches and get yourself a more appealing look. In this procedure, the bony and muscular structures are not altered. A clinical examination will reveal the amount of fat deposits and the extent to which the body can be re-contoured. Usually, there are prominent bulges around the abdomen and fat deposits on the hips and thighs, which can make one look wider. These fat deposits can be removed through liposuction. The loose and sagging skin on the abdomen can be tightened by a tummy tuck, which makes the tummy look flat and more taut. But before carrying out any of these procedures, make sure that the surgical possibilities are at par with your expectations.

I have a bald spot on my scalp from some burns I suffered four years ago. The area is about 4 cm by 4 cm in size. Usually, I apply kajal to hide the spot and although it's quite an effective trick, I would like to know if there is any permanent solution to this. What are my options?

Diana D'Silva, Mumbai

Applying kajal to cover up is a smart and practical way of dealing with the problem. Since this is a large area, the permanent solution may lie in expanding the surrounding scalp with normal hair growth with a tissue expander and then, moving the expanded scalp to cover the bald area. This procedure takes a few weeks to complete. You can also opt for a hair transplant, but the results for the procedure are not as predictable in scarred areas. •