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I'm a regular reader of your column and am interested in getting a mini face lift done. What exactly is it? My trouble areas are the bags under my eyes and a slightly sagging jaw line. How long would I need to stay in Mumbai if I get this procedure done? You once mentioned that a full face lift requires six weeks, which is too long for me. Do you perform these surgeries in Kolkata?

A GOWDA, KOLKATA

A mini face lift is meant for people with early signs of facial ageing. The incision made in a mini face lift is quite small, but a lot can be accomplished even through this small cut. The skin and underlying tissues are tightened to reverse the ageing changes and create a youthful, fresh look.

You need to be in Mumbai only for a week after a mini face lift. The cheek area, deep lines on the face and the jaw line look rejuvenated after this procedure. The bags under your eyes can be treated in many cases with a no-scar/ no-stitch surgery. I perform surgeries only in Mumbai and Goa.

**Q** I'm a 27-year-old woman and would like your advice on nose reshaping. I don't have any breathing issues, neither has anyone ever criticised the shape of my nose. However, I strongly feel that narrowing my nose would greatly enhance my looks.

Being completely ignorant about this technique, I want your honest advice on whether this should be considered as an option to purely enhance one's physical appearance.

My family's biggest fear is that they may not like the new shape post-surgery. Is there any way I can see the new shape on a computer before surgery? This way I could see whether my new nose would suit me.

NISHA K, VIA EMAIL

**A** Aesthetic Rhinoplasty is probably the most common cosmetic surgery performed worldwide. The main

objective of Rhinoplasty is to improve or enhance one's appearance. If you strongly feel that an improvement in the shape of your nose will enhance your self-confidence, you can certainly consider Rhinoplasty.

I do not like to rely on computer images to convey my plan of surgery and the results. In fact, most ethical practitioners have given up using morphing/ software technology to show post-operative results. Computer images can be altered in any which way, but human tissue reacts to surgery in a much more complex manner.

I like to take the time out to explain in detail the procedure and my concepts to achieve facial balance in every case. Line diagrams are used to indicate the possible changes to the patient's nasal profile.

**Q** I would really like to know your opinion on the Blue Peel. I have pigmentation on both my cheeks and nose for the last five years. I have also undergone various treatments for this, including application of creams, microdermabrasion and even eight sittings of glycolic peels. However, despite all this, the pigmentation still remains, though

it does reduce a bit during treatment. Prior to this I had clear, flawless skin.

Will the Blue Peel help me? Or will laser treatment be better? How effective is the treatment? Will it require several sittings?

SEEMA, MUMBAI

**A** You are probably in the perimenopausal stage and most probably the pigmentation that is troubling you is Melasma. Melasma is a hormone-related pigmentation that affects the upper and mid-face. This is a common problem and, as you have realised, there is no complete cure for it.

The pigmentation you have, can be reduced by prescription creams and with medium-strength peels like the Blue Peel, which is a trichloroacetic acid peel. The pigmentation does reduce to a good extent with these two treatments, but flare ups can happen if hormonal levels fluctuate. Multiple treatment sessions are required in most cases.

Camouflage makeup is the only option available for complete coverage of the pigmentation. This is a temporary option that works well. Melasma can be a frustrating problem, but if you understand and accept that it can be controlled and covered up, but not cured, it becomes easier to deal with.