

The New Indian Express

The makeover man

One of the leading cosmetic surgeons in the country, Dr Mohan Thomas, says cosmetic surgery is no longer taboo in the country



A FEW months ago a woman in her early 60s came to visit Dr Mohan Thomas. She had lost her husband many years ago and was about to get married to a 30-year-old man. She wanted to look young so that as a couple they wouldn't look odd. "I am coming across this kind of a case for the first time in India. It was not the guy but the lady who had a problem. Ultimately, after the treatment, the age difference was barely noticeable," says Dr Mohan, an American-trained certified cosmetic surgeon with a special interest in facial cosmetic surgery. And another time, a couple in their late 40s came to him. They were traumatised by the fact that people mistook them for their children's grandparents. Being one of the leading cosmetic surgeons of the country, Dr Mohan has several such tales to narrate.

An interesting development today is that cosmetic surgery is no longer taboo in the country. "Cosmetic surgery is a universal phenomenon, no longer reserved for celebrities or the wealthy. Appearance is an important aspect of modern life. People today not only want to feel good inside but also want to look good," says the surgeon, who is the cosmetic consultant to Pantaloens Femina Miss India Contest 2008.

He holds Doctoral and Post Doctoral degrees from the Medical College of Pennsylvania, and is a clinical professor of surgery at the Mount Sinai/ NYU School of Medicine and a visiting scholar at the Mount Sinai Medical Center, New York.

"The most commonly done cos-

metic surgeries are body sculpting, breast surgery (for both men and women) and hair transplants. Many also come for face-lifts which are known as rejuvenation surgery. In fact people are coming for all kinds of things to defy age," says Dr Mohan who is currently a consultant of cosmetic surgery at the Breach Candy Hospital and Research Centre, Mumbai, the Asian Heart Institute, the Cumballa Hill Heart Institute and Research Centre, Mumbai, and the Vintage Hospital, Panjim, Goa.

There is nothing wrong with wanting to change the way you look, he says. "Some people do this through diet, exercise, and other lifestyle changes. Some undergo surgery, especially if they are unhappy with a specific aspect of their body or appearance that cosmetic surgery could alter."

About the risk factor, he says that there is risk involved in any surgery. But in this case it is minimal. His advice to those who are looking for a makeover is that there are a number of cosmetic surgeons in the country but when you select one always choose the best. "Most of the surgeries that I do are corrective surgeries for patients who have undergone cosmetic surgery elsewhere and are not happy with the end result. It's not plumbing work but a marriage of art and science. A cosmetic surgeon is like a sculptor. When a patient comes to me I can visualise the end result in my mind," says Dr Mohan.

Since it is the marriage season, Dr Mohan's hands are full. "Not only brides and grooms, but even their distant relatives are coming for a makeover," he says.



Dr Mohan who runs The Cosmetic Surgery Institute in Mumbai and Goa will be in Kochi on Saturday and Sunday at the Taj Residency and would love to answer your queries on cosmetic surgery.

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Achiever all the way

Dr Mohan Thomas is...

- ◆ A member of the Council on Tourism, Government of India
- ◆ The recipient of the Rajiv Gandhi Award for Excellence 2002
- ◆ The recipient of the Award for Excellence given by the American Academy of Cosmetic Surgery 2006
- ◆ A member of Honour of the French Society of Aesthetic Surgery