

EVERY
2 WEEKS

FEMINA

Believe

Renee is
my teacher

SUSHMITA SEN

on life as a mom
& her secret love

POWERED BY
MACHCHER JHOL

Jhulan
Goswami

Fastest Woman
Bowler In The World

18 Tips To
Unleash Your
Inner Diva

*INSIDE: Best Buys
Wedding Gifts

3 PANTENE CONDITIONER
SACHETS WITH THIS ISSUE
ONLY IN MUMBAI, DELHI & KOLKATA

Diwali
GO OVER
THE TOP!

Kitsch me

Ethnic style goes wild!

GET YOUR FEMINA POWER
OF PINK STICKER INSIDE

FEMINA
power of
pink



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

C During my childhood I sustained a fall that probably broke my nose, but no treatment was given then. As a result my nose is deviated to one side and there is blockage of the airway on that one side. I consulted an ENT surgeon, who suggested septal correction for the airway. I am very concerned about my nose and want it to be perfectly straight. I am 20 years old. Can this be done?

SEEMA MALHOTRA, MUMBAI

A From what you have described, it seems that you have a post traumatic nose deformity. Since this happened in childhood, further growth of the nasal bones occurred in that deviated direction. This deformity is amenable to correction by septorhinoplasty, which will take care of the septal deviation and the appearance of the nose. Good results can be expected from the surgery.

However, if you are expecting "perfect" results, you may be disappointed as this is among the more difficult cases. It is important to have realistic expectations so as to have a happy outcome. The aim of the surgery would be to correct the deformity to a level where you do not feel very conscious about the nose and it does not attract unwanted attention.

Q Despite working out for many months, the fat on my butt and outer thighs is not reducing. Can you suggest any non-surgical method to tackle this? I have tried creams, gels and electrical stimulation, but there has been no significant reduction.

PREETI DHAVAN,
GORAKHPUR

A There are only two proven non-surgical permanent fat reduction methods. The first is injection lipolysis, where Phosphatidyl Choline gets injected into the areas to be treated so as to bust the fat cells. The second is guided non-invasive ultrasound selective treatment (G. NIUS). The G.NIUS system is completely non-invasive and works well for targeted small areas. The focused ultrasound beam breaks down the fat cells. The results can be appreciated in a few weeks after the treatment and there is no recovery time required. This

technology has been proven worldwide and there are no significant side effects. Two to three sessions would be required to effect a good change in contour. A healthy lifestyle after the treatment will ensure permanent results.

Q Does breast augmentation leave big scars? I am single and really want to have implants, but am worried about the scars.

MEENA JOSHI, RAJASHTAN

A Your concern is very valid. Fortunately, the breast augmentation scar is either well hidden or 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. The implant can also be placed through a small cut 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.

Q Are the results of liposuction permanent? I have heard that you put on weight faster after liposuction. Is this true?

ARUNA JAIN, DELHI

A You have raised an important query and anyone planning

liposuction should understand this. Liposuction removes most of the fat cells in the areas treated. This takes care of the "difficult to get rid off" fat deposits. The remaining fat cells cannot multiply, but can enlarge in size if one continues a poor lifestyle and consumes excess calories. Also remember that fat cells from all over the body cannot be removed. Liposuction is not a substitute for a healthy lifestyle, which should include regular exercises and calorie restrictions. The results of liposuction are permanent if you maintain your weight after surgery.

Q For many years I had had a double chin. Whenever I lose weight, most of it goes off, although not completely. I have recently put on weight and the double chin is bothering me. I'm 35 years old. Can I get a nice jaw line using cosmetic surgery?

RAHUL SINGH, BHOPAL

A A double chin in young people is most often due to fat deposits. That is why it gets reduced when you lose weight. Sometimes, a small chin can add to this problem. If double chin is only due to fat deposits, weight reduction or liposuction can correct it. If the chin is also small, a chin implant will improve the facial profile and reduce the double chin to a great extent. **F**