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one's own tissue like fascia, dermis or muscle into the lip by a by key hole surgery. A minor touch-up procedure may be required after a few months.

**Q** I am looking to travel abroad to undergo breast enlargement surgery. I underwent a breast enlargement procedure in 2000, as I suffer from Poland's syndrome, which meant that my right breast was two cup sizes smaller than the left. I had the procedure through the National Health Service, where they placed a saline-filled implant in my right breast. I am very disappointed with the result, mostly because I feel the implant has dropped and my nipple is facing upwards. I am looking for a top surgeon in India who specialises in breast enlargement to perform an enlargement of both breasts, replace the saline implant with cohesive gel implants and help with scarring.

**NISHA, LONDON**

**A** Poland's syndrome causes severe asymmetry of the breasts. Using implants is a good way to correct this anomaly, but 100 per cent correction is not always possible. You probably have bottoming out of the implant, which is why it is now lower and causing the nipple malposition.

Bottoming out occurs many years after breast implant surgery if the implant is not well supported by the tissues below. This is more frequent if very large implants are used. The bottoming out can be corrected by surgery at the same time as when the breasts are being enlarged. Cohesive gel implants are certainly a better option than saline implants as they feel more natural. I will require records of the previous surgery to redesign the breast reshaping, so please bring those when you come.

**Q** I'm a 29-year-old resident of Mumbai currently working in Singapore. I need to go in for a blepharoplasty. Please give me more information on this with regards to cost and time taken for the surgery and recovery.

**PRATIKSHA, SINGAPORE**

**A** At 29, the most probable reason for a blepharoplasty (cosmetic surgery of the eyelids) would be to remove lower lid bags due to protruding fat. Since you are young, the skin tone would be good, so the lower lid bags can be corrected by surgery without any scars. Transconjunctival blepharoplasty takes an hour to complete and is a day-care surgery. The swelling and bruising on the lower lid normally subsides in seven to 10

days. You can go back to Singapore two days after the surgery.

**Q** I live in Dubai where I wear a burqa most of the time. On weekends we have parties where we wear well-fitting fashionable clothes. My buttock area is quite flat and it really bothers me. I can come down to India if you can fix it for me. How can you make my butt look fuller? Is it with implants? What will happen to the implants when I sit? Please let me know.

**ALMAS, DUBAI**

**A** You certainly can come down here to get the butt of your choice! Butt augmentation is increasingly being sought after by middle-aged women and those in their teens. Buttock size can be increased using implants and/or injecting one's own fat (Brazilian butt lift). If the butt is very flat, implants would be the better option. Fat grafting is better for modest increase in size and for correcting any contour irregularities. The implants used in butt augmentation are different from breast implants, so they are not damaged by pressure while sitting. Only in the initial healing phase of three to four weeks, sitting should be avoided as much as possible. The marks left by the surgery are within the bikini line and they fade with time.

**Q** Do you do permanent lip implants? If yes, please advise on the cost per lip. Are there alternatives? I've had lip fillers twice, but would like a permanent solution, if it is safe.

**PRATIMA D, HYDERABAD**

**A** Lip plumping to get pouty lips is becoming a rage among women. The most preferred option for lip plumping is to use temporary bio-degradable injectable fillers like Restylane™ or Juvederm™, which is a new filler that is United States Food and Drug Administration (USFDA) approved and lasts upto a year. Permanent fillers are not desirable as the long-term results are not good. As for using an implant for lip plumping, it is not a popular option and the long-term results are not known.

Permanent lip plumping is best effected by grafting