

FEMINA

Believe

Diwali ROCKS!

FOR PYTS, YOU AND ME

EXPERIMENT WITH YOUR PALATE
VODKA PANI PURIS, ANYONE?

QUIET GETAWAYS
THIS HECTIC SEASON

DRAMA IN LAYERS
SANDHYA MRIDUL
IN FESTIVE HUES

POUND ON A
PERFECT
MAN'S DOOR

HOT OFF
THE RAMP!
THE FASHION WEEK 'N YOU!

BAD BREATH,
FAST FIXES!

FEMINA PEOPLE

MAGSAYSAY AWARD WINNER
ARVIND KEJRIWAL'S
PARIVARTAN

TIPRITI KHARBANGAR
BELTS OUT THE BLUES

SUPRAJA DHARINI FIGHTS
FOR OLIVE RIDLEY TURTLES

"TANG -
GREAT TASTE
AND ESSENTIAL
VITAMINS"
SACHET WITH THIS ISSUE





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

Q Is the result of liposuction permanent? I have heard that one puts on weight faster after liposuction. Is this true?

SUDHA SHARMA, MEERUT

You have raised an important query and anyone planning liposuction should understand this. Liposuction removes most of the fat cells in the areas treated. 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 exercise and calorie restriction. The results of liposuction can be permanent if you wish to keep them that way.

Q I sustained burn injury to my face 6 months back. It has healed, but there is a big area of thickened scar on my right cheek. This is not increasing or decreasing in size. Can this be completely removed by cosmetic surgery?

RIA G, GOA

A What you have described is a post burn hypertrophic scar. The best option for such a scar would be to use a combination of silicon gel sheet and pressure dressing. This will help to flatten the scar and low-profile it. This will take about 6 months and you should be patient enough to comply with this. Lower dose steroid injections can help in selected cases. Once the scar is flat, it can be covered up by camouflage make-up, which is a good non-surgical option.

Q I have deep lines on my face and a tired look. I am 45 years old and health conscious. What are the options?

AARTI P, DELHI

A Ageing affects the face in many ways. The skin loses elasticity and the tissues beneath the skin descend down over time. This causes flatness in the cheek region and deep lines by the nose and mouth. The best option in this case is to reposition the tissues upwards and to remove the excess skin, both of which can be done by a minimally invasive facial rejuvenation surgery. Other options include fillers, botox and thread lift, which are 'quick fixes'. Like all other quick fixes, these also are second best and not long lasting and powerful enough.

Q I wish to undergo liposuction and I would like to know the latest method by which this is done.

NEELAM SONI, BHILAI

A Refinements in technique and instrumentation have made liposuction more safe and predictable. However, the latest need not be the best. Safety and efficacy of technology can be known only after it has been used in a large number of cases.

Technology has to be used judiciously. Ultrasonic liposuction, power liposuction and laser liposuction are the newer options available and have their role in selected cases. As far as results are concerned, there is no major difference in the long run between traditional liposuction and technology-assisted liposuction. Technology can supplement, not substitute, the skill and experience of the surgeon.

Q My husband has fat deposit on the chest, which is not going off with dieting and exercise. He has had this since puberty. Why is this fat not responding to exercise?

MITUL DEY, SILIGURI

A Your husband most probably has male breast formation, which occurs during puberty due to hormonal imbalance at that time. In addition to fat, there is some breast tissue also which does not disappear with diet and exercises. This is not a medical problem and many men are not bothered about this. However, if this causes embarrassment or undue self-consciousness, it can be removed by keyhole surgery.