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I'm 48 years old and have deep lines on either side of my nose and a roll of fat. My under eye area also looks a little sunken. I have heard about a new technique called volumetric face lift, where fat is removed from one area and injected into another. Can this be done for me?

MARY CHERIAN

A It may seem logical to remove fat from the "fat roll" on the side of nose and inject it below the eyes — killing two birds with one stone — but this is actually irrational. The "fat roll" is actually not just fat, but skin and deeper tissues that have slid down under the influence of gravity and ageing. The best way to correct this is to reposition the tissues to their original position by doing a face lift. This can be done by minimal access technique to create powerful and lasting results. The under eye area may also improve

to some extent with this. Removing fat from the "roll" will make the skin loose and worsen the tired look you already have.

Q I have heard about a new non-surgical treatment for fat reduction. I think it is called Focused Ultrasound. Is this technique effective? What can one expect from it?

SHRADDHA PATIL, MUMBAI

A What you are referring to is High Intensity Focused Ultrasound (HIFU), which is indeed, a new non-surgical technique for fat reduction. It acts by using ultrasound waves to break down fat cells, which the body then gets rid off. It works well for small targeted areas. This is a proven technique and multi-centre trials worldwide have confirmed its safety and efficacy. Only machines with in-built safety mechanisms and calibration should be used. Some cheaper machines may not have this.

Q I'm a 48-year-old woman and the skin on my tummy and thighs is wrinkled and loose. This happened after my second pregnancy, but has gotten worse in the last one year after I lost 10 kg. The skin in these areas is not getting toned up even with exercises. What can be done? Will a tummy tuck help?

SEEMA K CHANDRAN, MUMBAI

A As you have observed, it is unlikely that the loose skin will regain its previous tone. The elasticity of the skin has reduced over time because of the pregnancy and weight loss. The best option for you would be a tummy tuck and a thigh lift, which will result in excellent contouring of these areas. The scars can be placed in natural creases where they can be concealed easily. Both the surgeries can be done at the same time. If there are any residual fat deposits, they can also be addressed at the same time with liposuction.

Q I'm 28 years old and want to undergo breast reduction surgery. But I am planning to have children and breastfeed them. Will the surgery affect my ability to breastfeed?

AARTI RAJASPURIA,
CHANDIGARH

A Breastfeeding should be possible even after the breast reduction, as most of the tissue removed would be fatty tissue. The ducts carrying milk are not affected by surgery. When large reductions are performed, some of the breast glands may also be excised, which can cause reduction in the milk produced. If a risk to benefit analysis is done, breast reduction is a worthwhile procedure with good results.

Q I had undergone liposuction on my abdomen six months ago. Now there is lot of fat on my butt and arms. Can I undergo liposuction again in these areas? Is six months too soon?

WAFA, NAGPUR

A A second liposuction can be done six months after the first. But that does not seem to be the main issue here. If you have put on weight in such a short time after liposuction, it means that lifestyle correction has not been done. It is important that you understand the need for a healthy lifestyle, this includes good diet and regular exercises to maintain the results. You should be committed to maintaining your weight and body shape before considering liposuction.

Q I'm 15 years old and want to get a nose job done, as my nose is wide and large. Is it safe to do it at this age?

ADITI GUPTA, JODHPUR

A It is safe to do the surgery even at 15 years of age, but I would urge you to wait for a few more years. The facial bones would not have completed growing at this stage and it is better to get the procedure done at around 18-19, when the growth is complete. The only reason for having a surgery now would be correct a severe deformity, which affects you psychologically. **12**