

## FEMINA READER SERVICE



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**Q** I am 5'4" tall and weigh 76 kg. Six years ago, I delivered a healthy child through C-section. Ever since, my abdominal area has bloated up, making me shapeless. I am interested in going in for a minimally invasive surgery that flattens my stomach. Please advise.

SHEETAL SHARMA,  
DELHI

**A** Liposuction is a minimally invasive surgery and is meant to sculpt your body by removing the excess fat. It is a great procedure when performed skilfully.

Since you have gone through pregnancy and childbirth, it is highly likely that there is

significant amount of loose skin in the lower abdomen area. If so, ideal contouring will also require a tummy tuck, which can be done at the same time. A tummy tuck is not minimally invasive; it involves having a long cut, down where it can be well hidden. A clinical examination is required to know whether you will require a tummy tuck.

**Q** I am interested in non-surgical, outpatient permanent fillers for nasolabial folds around the mouth. I would like to go in for one that will cause the least pain and is non-allergic as I have sensitive skin. Please suggest the options available.

MADHUSHREE BISHT,  
KANPUR

**A** The nasolabial folds (the lines from the nose to the corner of the mouth) should be treated in isolation only during early ageing.

There are multiple options available to reduce these lines.

Here are the options:

- Injection of a temporary filler, which lasts for four to six months.
- Fat grafting by taking fat from your own body and injecting it under the lines; the results last much longer, many years in fact.
- Gore-Tex™ thread implants, which are

placed under the nasolabial lines through tiny nicks; the results are very long-lasting.

If there are associated ageing changes in the rest of the face, a mini or full face lift should be considered. Of course, the down time is much more, but the results are more powerful and complete.

**Q** In 2008, I had a CO2 fractional laser (Thermoscan) done. The laser went very wrong and my face bloated up. I was given medication to reduce the puffiness. However, after that subsided, my face hyperpigmented. The hyperpigmentation is almost gone and I just underwent a glycolic peel, which is making my skin better.

The problem is that I have recently noticed facial fat loss. My face has lost volume and my eyes have a hollow sunken look. These are the problem areas I would now like to address, especially the sunken eyes.

I have consulted a plastic surgeon and he has suggested fillers. However, this is a temporary solution and I was wondering whether I could have something more permanent and safe. Also, I have heard of the dangers of permanent fillers and fat injections, and

the plastic surgeon I consulted advised against it as well. I hear that even temporary fillers are unsafe if injected wrongly. I am not sure whether facial implants would be an option for me. Please advise me on a safe option. I am also wondering whether it's possible to stimulate the fat to return.

ASHWINI PATANKAR,  
MUMBAI

**A** There are many reasons for facial fat loss; the most common reasons are weight loss, ageing and Romberg's syndrome. Fat loss cannot occur from laser treatment of the skin. The volume can be restored by autologous fat grafting, dermis fat grafts or by implants depending on the area of fat loss.

For eyelids, fat grafting is my first choice as a long-lasting answer. Implants can be used for the cheeks, and I prefer silicon implants for this purpose. It is true that there are dangers with any procedure, but if the procedure is well chosen and performed with skill and care, the results are excellent. At present there is no treatment to stimulate the fat cells, but stem cell therapy specifically for cosmetic surgery is on the horizon and may become a safe and practical option in another few years.

If you have a question related to cosmetic surgery for Dr Mohan Thomas, send your query to [femina@wwm.co.in](mailto:femina@wwm.co.in). However, Femina does not take responsibility for the accuracy of the medical information on this page.