



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

I have fat on my tummy and sides, and loose skin in the lower part, following my pregnancies. I want a flat tummy and was considering a tummy tuck. Somebody suggested that liposculpting will ensure a flat tummy without the tummy tuck surgery. Please advise.

SMITA CHERIAN, MUMBAI

A Liposculpting is the result of liposuction or other fat reduction techniques. By removing fat in an artistic manner, the body gets sculpted back into good shape. But if you have loose skin to begin with, only liposculpting will not help. The loose skin will have to be removed by a tummy tuck to get a flat abdomen. Most tummy tucks are done in combination with liposuction, as these address the fat deposits and loose skin in one go.

Q I am a mother of two children whom I had breastfed. My breasts are sagging now. I have heard of breast lift, but I want to know if this can be corrected by using implants. I have heard that recovery is much faster if only implants are used. What would your advice be?

ADITI NARAYAN, DELHI

A It is true that the recovery time after breast implants is very short. In some cases, sagging of breasts and the loss of volume can only be corrected by inserting implants. But this is only if the sagging is minimal. Since you mentioned that the breasts are sagging 'a lot', you would probably require a breast lift, which will rearrange the breast tissues and make them perky again. If an implant is inserted into a breast with moderate to severe sagging, it would look unaesthetic.

Q I am 16 years old and have a flat chest. I want to increase my bust size. Can you suggest how to do this? Is there any exercise, cream or medication that will help? My parents will not allow me to undergo surgery.

PRANALI JOSHI, NAGPUR

A Unfortunately, the only proven and effective way to increase bust size significantly is to insert breast implants surgically. This is a safe option as the implants available now are USFDA-approved and of better quality. Since you are only 16, parental consent would be required for surgery. You could try to convince them or wait till you become a major.

Q My breasts are large and drooping. I have back pain because of the large size. In my research, I came across liposuction breast reduction. This seems ideal as there are no scars. What is your opinion?

DIVYA PANDIT, SURAT

A Breast reduction by liposuction is well-known. The excess fat component is removed by minimally invasive liposuction. This will result in debulking of breasts and can reduce the symptoms of back pain and heaviness of breasts. As excess skin is not removed by this technique, the drooping is not corrected. I would advise liposuction breast reduction only for a young woman for symptomatic relief. For good aesthetic results, a short-scar open breast reduction would be preferred.

Q I am 50 years old. I have increasing hair loss and a receding hairline. Can hair transplant be done for women too?

PADMAJA RAO, PUNE

A Low thyroid hormone levels, hormonal imbalance during menopause, nutritional imbalance and certain skin disorders are the common causes for hair loss. Hair transplant can be done in women in selected cases. Before considering surgery, you should meet a dermatologist, find the cause of hair loss and go in for treatment. Surgery may be unnecessary. A balanced diet and restful sleep will help to some extent.

Q There are deep acne scars on my face. I have tried fruit peels and micro-dermabrasion, but these haven't made any difference. Please help!

AKHIL, BHOPAL

A Deep acne scars require deeper peels like TCA peel or a surgical procedure like dermabrasion. Improvement is possible and may require touch-ups. The skin has to be treated before the procedure to decrease chances of increased pigmentation. Some cases with very deep scars may benefit from fat injections too.