



Future of cosmetic surgery in 2011

As looking good becomes a priority for everyone, cosmetic surgery will be increasingly sought after says Dr Mohan Thomas

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2010 saw people coming to accept cosmetic surgery and how it could be used to improve looks. In the year 2011, I see an increasing level of awareness of the advances and role of cosmetic surgery. As acceptance increases, cosmetic surgery may well become coffee table conversation.

Non-surgical facial rejuvenation

Dermal fillers are here to stay and will lead the non-surgical facial rejuvenation along with selective use of Botox. This option is not a panacea for all and will do well for select groups of patients. In the coming years, second, third and fourth generation dermal fillers will make a presence and patients will benefit by making sure these fillers are US FDA approved and temporary. The results of so-called permanent dermal fillers thus far, have been riddled with complications such as infection, granuloma formation and associated scarring.



Hair and skin treatments

Hair loss management, medical and surgical options as well as skin treatments such as scar revisions and our obsession with fairness will see more beauty clinics sprouting all over the country. This phenomenon in part is fuelled by the industry largely not being regulated. Those seeking such treatments are forewarned and will benefit by due diligence and checking the credentials and qualification of those rendering care.

Body contouring and shaping

Body contouring procedures will continue to dominate the cosmetic surgery field along side various types of breast surgeries such as breast augmentation, reduction and lifts. The male breast or gynaecomastia remains the cause for concern for particularly those that are the outdoor types. Our culture, which requires men to often bare their upper bodies may be a factor in seeking such treatments. So long as self-esteem and body image remain important in our lives, there would be a steady increase in patients seeking such services.

All new trends including looks are often triggered by Bollywood. It is wise for people not to ape others as some of these procedures and end results may not be suitable for their body forms. It goes without saying that a responsible diet, calorie restriction and exercise is necessary to maintain any surgical results and those unable to do so are better off not seeking such services.

The unrealistic appearance of the newer models and the expectations of overweight / obese patients add to the problem. People seeking large weight losses through surgical and non-surgical means need to know about the 'deflation syndrome.'

Following large shifts in weight, one can expect many body parts to droop requiring surgical correction, which must be sought only from a very skilled and experienced surgeon.

However, there is also a possible downside to this. The Indian obsession with bargaining and discounts will result in a slew of bad results. If this is the only criterion for the selection of the surgeon, we can expect the bad outcomes to grow exponentially like the American experience.

The skill and results vary from surgeon to surgeon and then there is the 'expert'. Always seek such a person or at least go to one for a second opinion.

Dr Thomas is a senior cosmetic surgeon at Breach Candy Hospital

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