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HEALTH SAVVY

# SAVE YOUR FACE



Almost everyone wants to look good and young - despite their actual features and age! Hence, indulging in all sorts of facial procedures has become commonplace today. But the risks are plenty, though most often ignored. Dr L D Dhama explains what exactly can go wrong with facial treatments.

## HEALTH SAVVY



**If not done right:** You may end up with a long-term startled look! Weakness of the wrong muscle group, focal facial paralysis and bruising at the site of the injection are other dangers. Don't get botoxed at informal events like "Botox parties" as these toxin injections are meant to be kept under sterile conditions.

### DERMABRASION

Dermabrasion is a cosmetic medical procedure in which the surface of the epidermis of the skin (the stratum corneum) is removed by abrasion (sanding). A laser is also used to carry out the same in a more refined way. It is used to remove sun-damaged skin and to remove or lessen scars and dark spots on the skin. Dermabrasion is useful for scar removal when the scar is raised above the surrounding skin, but is less effective with very deep and sunken scars. The procedure can be painful and usually requires anaesthesia.

**Frequency:** One time procedure.

**If not done right:** The skin may turn very red and raw-looking and it may take several months for the skin to re-grow and heal. If sunlight exposure is not restricted or if laser resurfacing is done with CO<sub>2</sub> laser, it can lead to darkening of skin which may take many months to return to normal.

### RHINOPLASTY ('NOSE JOB')

Rhinoplasty (also commonly called 'nose reshaping' or 'nose job') is a surgical procedure performed to improve the function and/or the appearance of a nose. The goal of rhinoplasty is a nose which blends harmoniously with the rest of the facial structure. It's an artistic job because the surgeon also takes into account how the nose will appear over a long period of time.

**Frequency:** Rhinoplasty as such is a one-time surgery. In case there is a need to correct or revise an unsatisfactory

Botox is a very popular cosmetic procedure for treating lines and wrinkles caused by smiling, laughing and frowning over many years.

rhinoplasty may be performed after a year.

**If not done right:** Some patients find that their nose looks surgical and does not look "natural" after surgery. Some may find the operation unsuccessful, and need further corrective surgery. Since most surgeons wait for a year to perform another surgery, a rhinoplasty gone wrong can be embarrassing.

### FRACTIONAL LASER

Lasers have been in use for skin rejuvenation for the past 10 years or more but with the latest technology of fractional ablation of the skin, the skin rejuvenates with no downtime as opposed to the earlier downtime of ablative lasers used for skin resurfacing. The fractional laser is best suited for

### BEFORE SURGERY


- Anybody interested in cosmetic surgery should meet the doctor who will be executing the procedure and not his so-called self promoting, under qualified agent.
- Check out his qualifications, attachment to prime institutes and experience in the speciality. Opt for a qualified plastic surgeon specialising in cosmetic surgery for all surgical procedures and a qualified dermatologist experienced in cosmetology for cosmetic procedures.
- Read up on cosmetic surgery and facial treatments before you meet the doctor, so that you can ask the right questions. If he answers fluently, correctly and to your satisfaction, then you are in good hands. If he is at a loss for some answers and promises you too much, he may not be the right person for the job.

treating fine wrinkles and it gives the skin a wonderful glow.

**Frequency:** The procedure needs to be done on four-five occasions at an interval of four-six weeks each.

**If not done right:** The skin can get burnt and will take quite a long time to heal. 🩹

*Dr L D Dhami is a cosmetic, plastic and laser surgeon*



If eyes are the windows to the soul, the face is the book. However, regular exposure to pollution and ultraviolet rays of the sun and ageing tend to take a toll on the face. Skin loses its elasticity and tends to develop wrinkles, pigmentation and sags over time. Various surgical and non-surgical facial enhancement treatments promise *that* young, smooth and clear skin. But when conducted by unqualified professionals who lack formal training in cosmetology and cosmetic surgery, they can do more harm than good. Here's a lowdown on what can go wrong with various facial treatments...

#### BLEPHAROPLASTY

Blepharoplasty is a surgery to reshape the upper or lower eyelid by the removal or repositioning of excess tissue, as well as by reinforcement of the surrounding muscles. Lower eyelid blepharoplasty is almost always done to improve puffy or lower



Lower eyelid blepharoplasty is almost always done to improve puffy or lower eyelid 'bags' and reduce wrinkles.

eyelid 'bags' and reduce wrinkles. Initial swelling and bruising may take one to two weeks to subside and a couple of more weeks for the final

**Frequency:** One time procedure.

**If not done right:** Your eyelids may end up looking disfigured. Other problems include lower eyelid sagging, inability to close the eyelid fully and dry eyes.

#### FACELIFT

A facelift is a very refined cosmetic surgery to reverse the signs of ageing and give a more youthful appearance. It usually involves the tightening of underlying tissues and redraping the facial skin, with or without the removal of excess facial skin. A classical facelift surgery requires skin incisions; however, the incisions in front of and behind the ear are usually inconspicuous.

**Frequency:** One time procedure.

**If not done right:** The scars of the incision may be visible. Hair loss in the portions of the incision within the hair-bearing scalp can occur. There is also a risk that nerve damage can cause numbness or paralysis to a part or all of the facial muscles. The surgery can leave you with uneven or asymmetrical features.

#### THREADLIFT

To avoid the shortcomings and side effects of facelift surgery and especially when there is no or minimal skin excess, the face can be rejuvenated to reverse the signs of aging with the help of barbed prolene threads being introduced under the skin. The procedure can be done in a very short time under local or sedation anaesthesia and the person can resume normal activities within a couple of days.

**Frequency:** One time procedure.

**If not done right:** It may not give the desired result and could even lead to skin folds and dimpling which would take a long time to resolve.

#### BOTOX INJECTIONS

An injection with minute quantities of muscle relaxing Botox, it is a very popular cosmetic procedure for treating lines and wrinkles caused by smiling, laughing and frowning over many years. It reduces nerve stimulation to the muscle, causing muscle relaxation and creates a rejuvenated and youthful appearance.

**Frequency:** The effect of Botox lasts for a period