

Cosmetic surgery

Who wouldn't like to look attractive, active and youthful? Plastic surgery comes to the rescue of those who suffer from congenital defects or deformities caused by burns, cancer or severe accidents. It provides the affected person with the much needed inner confidence.

(((by Chaula Kuruwa)))

Dr Vijay Sharma is proud of opening India's first Cosmetic Centre at Bandra in Bombay, recently. Cosmetic or aesthetic surgery is a specialised branch of plastic surgery, not yet developed in India.

It is performed to enhance beauty and improve one's appearance with the help of surgical skill, aesthetic sense and the patient's inner desire for such improvement.

Dr Vijay Sharma, 34 years of age, is from Rajasthan. He did his Master of Surgery from Jaipur before going abroad. He was trained in cosmetic surgery in England, Paris and Munich. His wife Vandana Sharma is also a cosmetic surgeon.

Dr Sharma decided to return to India as he found that a number of Indians were coming to London. In London, he had treated several of them.

The fee there ranged from £3,000 to £5,000. To offer the same



Dr Vijay Sharma ; Dedicated surgeon.

treatment in his country at much cheaper rates, he opened his clinic in Bombay. He also operates at the Jain Medical Centre in Delhi, once a month.

"My aim in coming back to India was to provide facilities to those who can't afford to go to London,"

says the dynamic surgeon.

Cosmetic surgery is a well-established and sophisticated branch of surgery in the West. Each year, the number of individuals, undergoing cosmetic surgery, increases at an incredible rate; presently, the USA has 267 centres exclusively for cosmetic surgery.

A fast-growing country like India, which has advanced in every field of technology, has got a tremendous scope for the science of improving appearance.

Provides confidence

Cosmetic surgery can come to the help of those who are interested in appearing youthful, attractive and active and are otherwise healthy and free from ailments. Such surgery can truly satisfy many needs and can often provide inner confidence. In Dr Sharma's words, "the eyes of an artist, hands of a surgeon and a very personalised attention" are needed for cosmetic surgery.

Cosmetic surgery helps in removing any forehead lining with the help of small surgical tricks or tissue protofillers, like coolegan, zyderm and other bovine proteins. The problems of the eyebrows and eyelid are corrected through this surgery and they can recapture a youthful look.

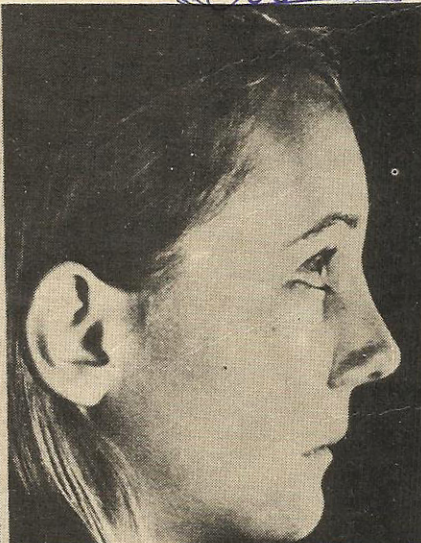
The correction of the nose, to achieve a proper shape and contour, is a very common surgical procedure which helps in removing a hump or correcting a saddle nose, long and droopy, short and poky or broad-bridge or broad-tip nose. Correcting the chin and cheeks to suit facial configuration is another interesting cosmetic surgical procedure.

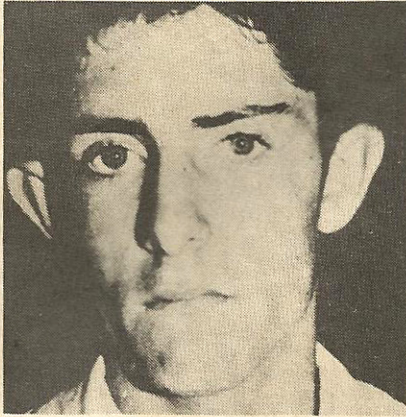
Implanting or reshaping of the areas changes the personality. Improv-

Cosmetic surgery of the chin.

Before surgery

After surgery





Before surgery



After surgery

The correction of the ears is a common surgical procedure.

ing the size and pattern of the lips, which may give new dimensions to appearance, helps a lot in giving the appropriate look for some persons.

The face-lift

The face-lift procedure is specially designed for saggy, dull faces, as also for other problems, like crow's feet, smile lines, smoker's lines, neckfolds, jowls and double chin. This procedure brings about considerable changes in looks and helps the patient look younger for long.

Mini face-lift can be a helpful procedure in limited cases, where the sag is moderate and wrinkles are under the limit.

Improving the texture and qual-

ity of the skin, by chemical peeling or protofiller treatment, guarantees a big success with limitations.

Breast-shaping is another dynamic field of cosmetic surgery where breast augmentation or bust enlargement for underdeveloped or poorly developed breasts benefits flat females by giving a completely feminine look and boosts confidence.

Heavy and droopy breasts, which handicap physical activity in some big-frame females, can be improved by specially-designed breast reduction procedures.

Fat suction and body contouring is a wonder of this century. In this, any excess of accumulated fat is removed with specially-designed equipment at some negative pres-

ures. This causes minimum trouble as compared to open fat surgery.

Mrs Shah, 28, who recently underwent a fat suction surgery at Dr Sharma's clinic in Bombay, is "very satisfied". This mother of 2 children underwent 2 fat suction operations and was hospitalised for 3 days.

She preferred cosmetic surgery as "it gives quick and permanent results," unlike other forms of treatment.

Ageing varies from person to person because of one's life-style, illness, heredity, environmental influences, including exposure to sunlight and many other factors.

The pink, soft, warm, translucent and resilient skin of youth is transformed to a dull yellowish tan, scaly, atonic skin, because of increasing age. With the help of cosmetic surgery, it is possible to regain the youthful image.

Quick work

So, if you are conscious about an irregular nose, flabby face muscles, extra fat or loose breasts, you can approach Dr Sharma. You don't have to spend many days in the hospital.

The doctor will take you to the wall-size big mirror and will discuss your problems with you before the operation. "It is necessary to understand first the expectation of the patient and the limitation of the natural shape before the surgery," says Dr Sharma.

In cosmetic surgery, most of the procedures are of short duration and can be done by making the area numb.

Anaesthesia is required in a very few cases and, with the modern methods of anaesthesia, there will be no pain during any operation and usually only moderate discomfort, for a short time, which is negligible in comparison with the exciting achievements. Apart from the routine surgical risks noted, the procedures are not hazardous.

Thus, an appropriate solution to many of the ageing signs that some find objectionable or ugly, is cosmetic surgery, which, though part of plastic surgery, differs from the latter, which is more for reconstructing deformities through burns, cancer, congenital defects or severe accidents. □□

Heavy and droopy breasts can be improved by surgery.

Before surgery

After surgery

