

surgery to fully achieve the desired outcome. If not done right, the resultant outcome may be worse than the original shape and lead to a deformity which may become very difficult to correct. Thus, here again the importance of a well-trained and qualified plastic surgeon plays a huge role.

2. Baggy and puffy eyelids: Can give a tired and haggard look to the face.

Procedure: Can be set right with a simple procedure of eyelid surgery where the excess skin, tissue and fat

is either removed or repositioned.

Flipside: There can be blackness around the eye for two-three weeks or more. One might have to wear sunglasses during that period.

3. Low set cheekbones, small chin and thin lips:

Can also be enhanced surgically.


Procedures: Silicone implants or botox can transform a square and broad face into an aesthetically pleasing triangular/ oval face. Perfectly shaped and pouty lips are achieved by augmentation with either fillers or fat.

Flipside: It is extremely important to get these done by a qualified plastic surgeon, as a quack could cosmetically worsen the shape of the desired part, and thereby make further surgeries imperative.

4. Hair loss: A constant endeavour to remain slim and trim with severe dietary constraints has resulted in premature baldness in women.

Procedure: For those who feel uncomfortable wearing wigs, hair extensions or using prescriptive drugs, the only recourse left is to go in for a hair transplant surgery.

Flipside: However, if not executed properly, this surgery may give less hair density or look artificial. Also, it might even damage the existing hair and cause further baldness.

To sum up, it is imperative to consult a qualified plastic surgeon specializing in cosmetic surgery for all surgical procedures, and a qualified dermatologist experienced in cosmetology for cosmetic procedures. Also, a full disclosure of your health history is mandatory. Be cautioned, done by the wrong people, these surgical and cosmetic procedures could go seriously wrong - resulting in permanent deformities. 

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