



**Masala!**  
THE NO. 1 ASIAN CELEBRITY & LIFESTYLE WEEKLY

AN ITP CONSUMER PUBLICATION 24 SEPTEMBER  
- 30 SEPTEMBER, 2015 VOLUME 13, ISSUE 611

**10**  
SIMPLE STEPS TO  
A SLIMMER YOU

LATEST  
HEALTH &  
BEAUTY BUZZ  
IN THE UAE

THE  
FITNESS  
ISSUE

**Parineeti's  
HOT new body**  
PLUS Other  
A-listers' dramatic  
makeovers

**INSIDE**  
MEET THE MASALA! AWARDS JUDGES

**The Breakup**  
All about Konkona &  
Ranvir's split

**MMA  
CRAZE**  
Kick your way  
to a dream  
physique

**LOOK  
CHIC,  
FEEL  
GOOD**  
Dress to  
impress  
at the gym

**FIT 'N FAB**

COMPLIMENTARY  
COPY  
NOT FOR RESALE

**Uma Ghosh  
Deshpande's**  
Super tips to  
feel great...  
at all ages

# DECODING COSMETIC SURGERY

DR NIC ISSE, PLASTIC SURGEON AT THE AMERICAN SURGECENTER IN ABU DHABI (CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY) TELLS YOU ALL YOU NEED TO KNOW ABOUT THE SUBJECT

## What is cosmetic surgery good for? Is it just for vanity?

Cosmetic surgery is performed on normal structures of the body to enhance appearance. Most people choose it to achieve a positive body image but it's also performed on abnormal body parts caused by birth defects, trauma, developmental difficulties, infection or disease. Such 'Reconstructive Surgery', aims to restore or improve function to the affected part.

## Why is the popularity of cosmetic surgery increasing?

It's primarily due to medical advances made over the years. These include comprehensive training and certification of surgeons, state-of-the-art equipment, breakthrough techniques etc, which make surgeries safer, more efficient, with reduced recovery period and longer-lasting results.

## With these medical advances, is plastic surgery totally safe?

As with all surgical procedures, there will be some level of risk. Patients must take precautions – do their research well, approach only qualified doctors (certified by the Board of Plastic Surgery) go to accredited hospitals etc. Also, discuss your medical conditions with your doctor before the procedure and follow his pre- and post-operative instructions carefully.

## How can one know if one is a good candidate for surgery?

You are a good candidate if you are in good general health. Be clear about why you want the surgery and have realistic expectations about results. Discuss your current health condition, previous medical and surgical history and any other concerns with your surgeon, and other doctors too, if required.



## Is there a required age for an individual to undergo surgery?

No. We, at The American Surgecenter, reevaluate each patient on a case-by-case basis. We do comprehensive assessment of the patient and during consultation, take into account all factors, to help us decide if a patient is suitable to undergo the surgery.

## How should one choose the right cosmetic surgeon?

- Consult only a qualified surgeon. Each Medical Specialty has their own Board Certification: Internal Medicine, Ob-Gyn, etc.
- Be sure your doctor is certified by The Board of Plastic Surgery. Don't just go to a licensed surgeon; rather, make a Plastic Surgery Board certification a must because it keeps a surgeon's specialty current. Meaning, he/she has completed the education and training required and is updated with the latest technologies.
- Check the surgeon's track record in terms of the number of years in the business and number of patients/procedures.
- He/she should be transparent on everything.
- Lastly, your surgeon must have hospital privileges. This



means the hospital has reviewed the training and malpractice history of a doctor, thereby granting him the privilege to perform the procedure in the hospital. Hospitals do balances and checks on a surgeon's practice. It is another form of reviewing/accrediting his qualification.

## With 'hospital privileges' as criterion, should surgery only be performed in a hospital?

Not necessarily. The operation can be performed in a hospital, independent surgery centre, or a private clinic, so long as the facility is appropriately accredited and properly staffed. However, the best choice may be a hospital as you have access to a broad range of specialists, just like what we have in The American Surgecenter.

## Does cosmetic surgery hurt?

New techniques have lessened the pain. Depending on the procedure, a combination of local anaesthetic and sedation, or of general and local anaesthetic, is administered. Post-operative pain and some discomfort are minimal and temporary. Your surgeon can prescribe pain medication to minimise discomfort.

## Will there be scars after the surgery?

Scarring is a reality for any surgery. However, new techniques and technology ensure less visible scars.

## How do I prepare for surgery and long is the recovery period?

A proper consultation with your surgeon is necessary to understand what you need to do before the operation. If you are smoking, the surgeon may ask you to stop smoking for at least two weeks before and two weeks after surgery, as smoking inhibits healing – kills your collagen fibres and accelerates aging – and can cause complications.

Recovery depends on the type of surgery performed. Many patients return to normal activities in a week's time. It's also depends on how well you follow the post-operative care. You need to follow your doctor's order to heal faster, and achieve good results.

The American Surgecenter is on 12th Street (Mubarak Bin Mohammad Street), Villa 408, Al Rawdah Area, Abu Dhabi. Telephone number +9712 4430909, [www.theamericansurgecenter.com](http://www.theamericansurgecenter.com)