

Art of **Aesthetics**

Contemplating a major surgery to improve your appearance? An expert's take might clear the ambiguity.

BY **AKANKSHA ARORA**

Getting issues related to the epidermis fixed is a major trend seen these days. Most people, including men and women of all ages, want to either get their hair transplanted or are willing to have a better-shaped nose and more. Owing to the lack of awareness and knowledge about the same, many opt out of it. In order to answer the most asked questions, we spoke to Dr. Rinky Kapoor who is altering appearances for many years now. She is an expert dermatologist and the co-founder of The Esthetic Clinic, Mumbai. Edited conversation ahead...



For a layman who does not understand the medicinal science behind cosmetology and dermatology, how would you explain the difference between a dermatologist and a dermatologist-surgeon? Also, how are these different from cosmetology?

A dermatologist, dermatologist-surgeon and a cosmetologist have different responsibilities and areas of specialisations. A dermatologist is a physician who is trained through graduation in medicine first, followed by a few years of post graduate training in Dermatology, to treat the skin, hair, nails in terms of all skin diseases from skin cancer to pigmentation. They can take care of such medical conditions as well as cosmetic treatments. Simply put a dermatologist finds solutions to all your skin, hair and nail problems.

A dermatologist-surgeon bridges the gap between dermatology and surgery related to skin conditions. A dermatologist-surgeon specialises in surgical procedures and less invasive treatments that improve the function and appearance of the skin (head to toe). On the other hand, a cosmetologist (as it is called, though there is no such term as 'cosmetologist' approved by the medical council), mainly specialises in treating the appearance of skin. A cosmetologist does not perform surgical procedures and mainly deals with non-medical conditions. A cosmetologist may perform many procedures to treat acne, spots on the skin, removal of tattoos and more. They may or may not have post graduate training in skin and its organs.

So, in short, a dermatologist can be a dermatologist-surgeon and cosmetologist, but a dermatologist-surgeon has to be a dermatologist first who has special training in skin surgeries. A cosmetologist, on the other hand, is not necessarily a dermatologist.

Today, what trends do you see budding in cosmetic dermatology, based on public/patient interest?

The most budding trend that we have been observing in recent times



Dr. Rinky Kapoor, Dermatologist and Dermato-surgeon, The Esthetic Clinic, Mumbai

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is non-surgical or less invasive facial rejuvenation. The recent understanding of cosmetic dermatologists in terms of use of dermal fillers and botulinum toxins, in skin rejuvenating lasers and other treatments, to bring back the youthful look for the face and it has been largely responsible for the boom in this segment.

Non-invasive rejuvenation techniques including laser treatments, chemical peels, microdermabrasion and micro needling, fat reduction, body contouring and many more are also in demand. Premature balding and greying is a common problem of the modern day world thus people are looking for treatments that give effective results with less clinic time and low recovery time. Resulting in the rage of methods such as PRP, mesotherapy and QR678.

What are the most common complaints you see from patients and how do you deal with that?

The most common complaints that patients have are acne, acne scars, hyperpigmentation, tanning, premature signs of ageing, hair fall, hirsutism or excessive hair on the face and disproportionate distribution of fat on the body etc. Several times the reason for the client's visit is post procedure complications which many a times is a result of unprofessional treatments.

The right way to deal with these problems is to make sure that the patient gets the correct diagnosis and treatment. As all body organs work in tandem with each other, and the skin is the largest organ of the body, external problems in the skin and its diseases or even cosmetic concerns like pigmentation may have underlying causes in the body's metabolism or hormonal issues and many other factors which may be contributing to skin and hair imperfections. Hence, a proper medical evaluation is essential, not just for medical skin conditions, but in a majority of times even for cosmetic consultations.

If expected results are not achieved, how are future options evaluated?

If treated appropriately and on correct scientific principles, and with proper patient counselling and information, it is not common that the patient results are not achieved. If that is the case, that the patient is not happy with the results then additional treatment approaches or revision in treatments offered may be done. For example, in the case of rhinoplasty, revision rhinoplasty can be done to correct the shape and structure of the nose. In case a patient does not like the change seen with a dermal filler, it can be dissolved and removed.

Do cosmetic treatments need regular follow-ups? How often do patients have to come in?

Yes, regular follow-ups are a part of the treatment plan for cosmetic treatments.

Depending on the type of treatment, the patient might have to come in as early as one in two weeks, or one year or more. Non-surgical cosmetic treatments are not permanent and their effect usually lasts for only up to a maximum of one year or so. There are some normal side effects such as redness, swelling and a tingling sensation, which goes away in a few days. Regular follow up can ensure a smooth recovery and maintenance of results for the patient.

Do you have any regular routine for protecting your skin? Which one product in particular do you swear by?

Oh, yes! Our skin is a creature of habit. It is like a routine. A regular skin care routine will help keep the skin healthy, rested and glowing. A simple regular routine includes four steps, cleanse-tone-moisturise-sun protect, and I follow the same.

Another thing I take care of 'Never go to bed with your make up on.' When we are sleeping our skin takes this time as a chance to repair itself and if you go to bed without removing the makeup, it will not be able to do so and you run the risk of acne, spots and premature signs of ageing. Also, since weather plays an important role in skin health. One must change the skin care products according to the changing weather and their respective skin types.

What is the ratio of men to women approx that come to visit your clinic?

Previously we had more women coming to us for facial cosmetic and dermatological treatments. However the turn of the millennia has seen men being more aware of their looks and we have seen an increased influx of men walking in to our clinic for treatment, consultation and advice. In recent times we have seen about 20 per cent more men coming to us for various kinds of treatments.

In general, where would you say India stands, in the world of aesthetic and cosmetic treatments globally?

Dermatology has been a popular

“Our skin is a creature of habit. Thus, its care should be like a routine.”

discipline of the medical sciences in Europe and the United States for more than a century; however India has been a little slow in catching up. It was only in the 1980's that Indian doctors and surgeons started recognising the importance of dermatology in holistic patient care.

Last decade has witnessed tremendous growth in dermatological, dermatosurgery and cosmetology treatments. An advantage that India has over the western world is that the cost of such treatments here is significantly lower compared to the west, despite us having no less expertise now. Hence, medical tourism in this sector has tremendous potential.

Lastly, with winter season comes the persistent problem of chapped lips and dry skin for most people in India. Being a skin care expert, what home remedy

could you suggest for such issues? And, in general, do you support the age-old nuskhas for skin care?

Winters are tough season for the skin. It is important to keep the skin hydrated in winters and you should not divert from the routine of cleanse-tone-moisturise-sun protect at any cost. Home remedies are easy to follow and yes we have trust in age old *nuskhas* but they are only effective after regular use, so if have some persistent problems you must visit the dermatologist for correct detection and treatment according to your skin type. Some common tried and tested home remedies for skin and lips are, use coconut oil to remove makeup. For a supple skin before going to bed, you may also, massage your face with one teaspoon virgin coconut oil and leave it overnight (provided you do not have acne problems).

As far as chapped lips are concerned, they can be cured overnight if before going to bed you apply a thick layer of ghee on lips. Moreover, you can also make a hydrating lip lotion for yourself by mixing 2 parts of sugar, 1 part of olive oil and two drops of vanilla essence. It works wonders!

