

For healthy and glowing skin

Dermatologist Dr Geeta Oberoi answers some skin queries

● I am 21, with sensitive skin and thick dark hair on my under arms, bikini line and legs. I suffer from ingrowths, which break out into small pimples or bumps after waxing or shaving. What should I do?

— *Tarwi P*

Ingrown hair is caused by hair that is cut short, which grows back sideways into the skin causing irritation. Waxing, shaving and tweezing are temporary methods of hair removal, and often cause ingrowths. An ideal solution would be laser hair reduction, which is a permanent method of hair reduction. Within six to eight sittings you would be relatively hair free. The treatment can be completed within a year. The Ndyag is a good laser system of hair removal, is safe and US FDA approved. It works on all skin types including Indian skin, and provides long term hair reduction especially helpful for ingrowths.

● I am a 38-year-old mother of two. Although I have an active lifestyle, I can't get rid of stubborn fat around my abdomen and thighs. I weigh 67 kgs, follow a regular vegetarian diet and walk thrice a week. Please help.

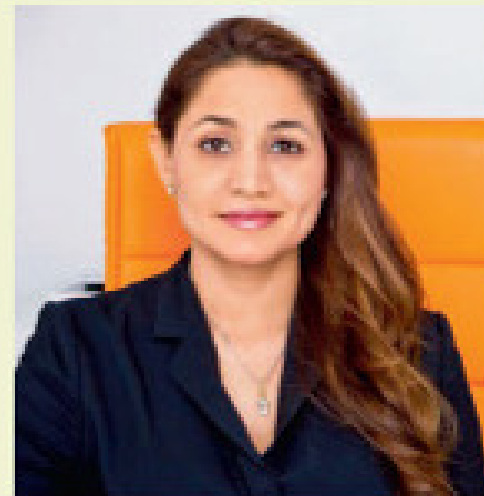
— *Aarti N*

You ideally need an inch loss programme. There are revolutionary diode laser systems that are safe and help in inch loss and body shaping with no surgery, downtime, needles or pain. There is documented evidence of inch reduction of four to six inches in any one body part and this could help you drop one to two dress sizes. Maintenance treatments are seldom required if you maintain your weight.

● I am 25 and want to join the aviation industry. I suffered from bad acne in the past, which has left ugly scars on my face. What can I do to get rid of them?

— *Sonu R*

Your profession demands



Dr Geeta Oberoi

you to look good and wear make-up for long hours. First, you need a regular routine of applying sunscreen, using a medicated face wash and a retinol containing cream at night. For acne scars, procedures like Mesotherapy for scar filling or deep chemical peels like Tri Chloroacetic acid peels done under supervision give good results. Radio frequency pixel is also a good option.

● I am 48-years-old and recently lost about 15 kgs.

However, now I look tired and have lines around my mouth. I was advised Dermal Fillers by a friend. Are they safe since I am scared of injections.

— *Maria A*

Dermal fillers would be my first choice for addressing volume loss. Fillers contain hyaluronic acid, which is a form of natural sugar that our body produces routinely. They are safe and millions of treatments have been done worldwide. There could be slight swelling or bruising post treatment but results are instant, and give a rejuvenated and refreshed look. Fillers like Juvederm XC last for 10-12 months and contain a local anesthetic. The procedure should be conducted under strict medical guidance by a trained physician.

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