

Breast Augmentation Guide



THE VENKAT CENTER
FOR SKIN ENT PLASTIC SURGERY

Breasts are one of the most important aspects of the female physique. If you are unhappy with the size or appearance of your breasts for whatever reason, breast augmentation surgery can help achieve a look that you are comfortable with. There are many reasons for getting breast implants and because the surgery is so customizable, it continues to be one of the most popular plastic surgeries in Bangalore and India.

How is breast augmentation done?

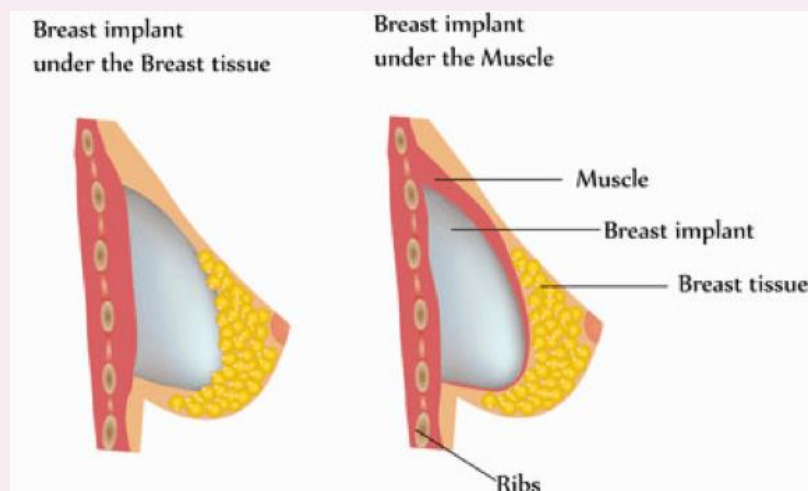
Breast augmentation can be performed using three methods – Silicone Implants, Saline Filled Implants and Fat Grafting.

What are silicone implants?

They are implants designed to simulate the feel and shape of a breast made out a biocompatible substance called silicone.

Silicone implants can be inserted behind the breasts (called as sub-fascial or sub-glandular) or behind the pectoral muscle (called as sub-muscular or retro-muscular).

There is also a new innovation, where the implants are inserted in “dual plane”, that means implant is located half under the muscle and half under the breast glands. This procedure is performed only in selected patients, post examination by a skilled plastic surgeon.



- Saline filled implants

Saline filled implants are made of silicone bags that are filled using normal saline solution and the implants expand like a balloon. This procedure is reserved for reconstructive breast enlargement

Who is a good candidate for breast implants?

Women often seek out breast augmentation for a number of different reasons including:

- Improvement in the appearance of small, disproportionate breasts.
- Restoration of volume to the breasts after weight loss or pregnancy.
- Breast asymmetry correction.
- Improvement in the appearance of aging breasts.

What happens during the consultation?

Placements of The Breast Implants

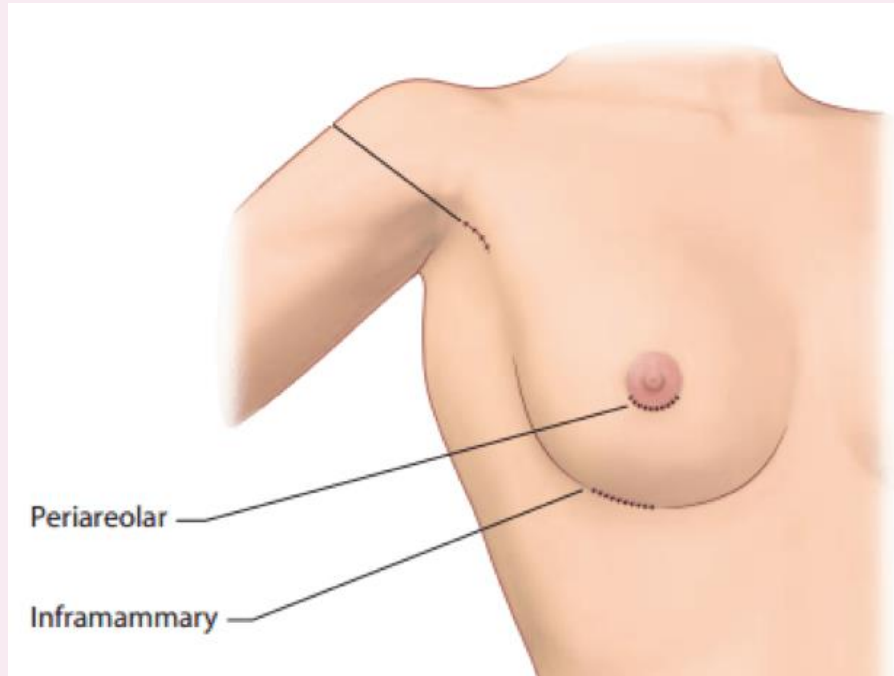
During your consultation you will be evaluated and several measurements taken. An individualized treatment plan is made based on your anatomy.

How do I choose my implants?

There are several factors in choosing an implant

- **Shape:** round, tapered or the newer teardrop shape
- **Profile:** low, medium or high projection
- **Diameter:** the width of the breast implant

Based on your measurements and goals and using tissue planning principles, you will be advised on which implant would be best suitable to meet your needs



You will also be advised on which incision and plane would be best for you

Points to note before procedure

- Your general physical examination and some routine lab tests are done to evaluate your fitness for surgery.
- It is important you stop smoking for 2 weeks prior to surgery.
- The operation is performed under general anesthesia however, the majority of the patients can be discharged a few hours following surgery feeling quite comfortable and generally free of pain.

What happens during the surgery?

- A small incision is made under your breast or below your nipple
- Working through the incision, we lift your breast tissue and skin to create a pocket, either directly behind the breast tissue (sub-mammary or sub-glandular placement) or beneath the pectoral muscle and on top of the chest wall (sub-pectoral placement).
- Once the implant is positioned within this pocket, the incisions are closed with sutures and covered with surgical tape. A mildly compressive gauze bandage will be applied over your breasts to help with healing.
-

What is capsular contracture?

This is a complication wherein your body produces extra tissue around your implant and causes them to feel firm. This can happen months to years after your procedure.

To prevent this, we use special solutions to irrigate the implant and use a no touch technique. Dr. Aniketh from Venkat Center Bangalore is also writing a paper on this with the world's expert on this top, Dr. Bill Adams of USA.

Can breast implants cause breast cancer?

Breast implants have not been found to cause breast cancer. Some types of breast implants known as textured implants have been found to be associated with a condition known as ALCL- a mild cancer like condition. At the Venkat Center, we use only smooth implants, which have never been found to be associated with this condition

How much time off work?

Patient goes home the same day.

Patient can work from home after 2 days. And go back to work after 3-4 days

What is the recovery after surgery like?

- The surgery usually takes **approximately 1-2 hours to complete**. You're likely to feel tired and sore for a few days following your surgery, but you'll be up and around in 24 to 48 hours.
- There are restrictions on heavy lifting and exercise for the first two weeks, and certain exercises should be limited for about six weeks.
- Within a few days, the gauze dressings will be removed and you will be placed into a surgical bra. You should wear it as directed.
- The swelling in your breasts may take a few weeks to dissipate and, during this time, your breasts will become more natural in appearance and feel.

What is the cost of breast implant surgery?

Breast augmentation cost varies depending on the patient and the implant. Other procedures like breast lift may be needed.

The cost of breast augmentation surgery depends on many factors such as

- Extent of surgery
- Type of implant used
- Primary or secondary surgery
- Need for fat grafting
- Need for breast lift

The cost of breast augmentation surgery usually varies from Rs 70000 to 120000 (excluding taxes, investigations, implants, and medications)
Contact us for a consultation and a personalized quote

SUMMARY

1	Anesthesia	General
2	Surgery time	1-2 hours
3	Admission time	Day care
4	Back to work in	Work from home in 2 days. Going out after 3-4 days
5	Full result in	6-9 months
6	Cost	Rs 70000 to 1.2 lakh. (1000 to 2000 USD) plus implants



THE VENKAT CENTER
FOR SKIN ENT PLASTIC SURGERY

What's UNIQUE about The Venkat Center Bangalore

Dr. Aniketh will guide you through every step of the procedure. During the consultation, you will be evaluated and a personalized plan presented to you based on what would give you the best result

Dr. Aniketh is a highly trained and experienced cosmetic surgeon having worked with experts in plastic surgery all over the globe- Istanbul, USA, Belgium, Taiwan.

Dr. Aniketh has trained in breast augmentation with implants under Dr. Bill Adams, one of the world leaders in this procedure, and the creator of the high five system of breast augmentation. He is also working on a study with Dr. Adams on using antibiotic irrigation with implants.

CONTACT US

CALL/ WHATSAPP- +91 7022101689/

LANDLINE- +91 80 23180818

INFO@VENKATCENTER.COM

DRANIKETH@VENKATCENTER.COM