



Dr Mansi Dhende
Aesthetics

The only guide you need

Breast Reduction

Dr. Mansi Dhende

Board Certified Plastic Surgeon,
Dr. Mansi Dhende Aesthetics, India

MCh Plastic Surgery,
MS General Surgery, MBBS

© Copyright Dr. Mansi Dhende Aesthetics



What's Inside

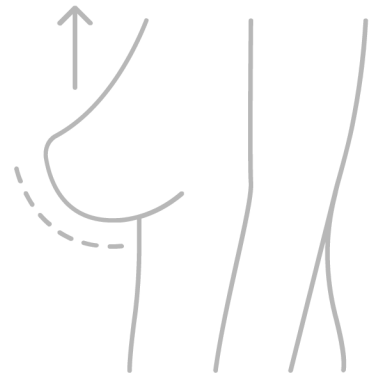
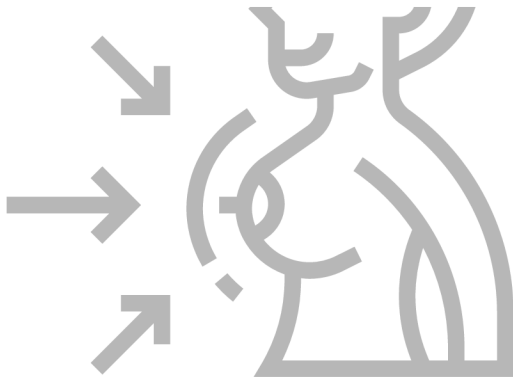


Breast Reduction Surgery Explained	03
Am I a good candidate?	05
Planning your surgery	06
Frequently asked questions	08
About your Surgeon	12
Our Patients' Before and After Photos	13
You're Almost There: Your Next Steps...	14

General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.

What is Breast Reduction Surgery?

Breast Reduction Surgery, also known as Reduction Mammoplasty, involves reducing the size of overly large breasts by removing excess breast fat, glandular tissue, and skin. The goal is to achieve a breast size more proportionate to your body. This procedure can be life-changing for women who have experienced restricted movement, social discomfort, and physical pain due to overly large breasts.



Benefits of Breast Reduction Surgery

Benefits of Breast Reduction Surgery:

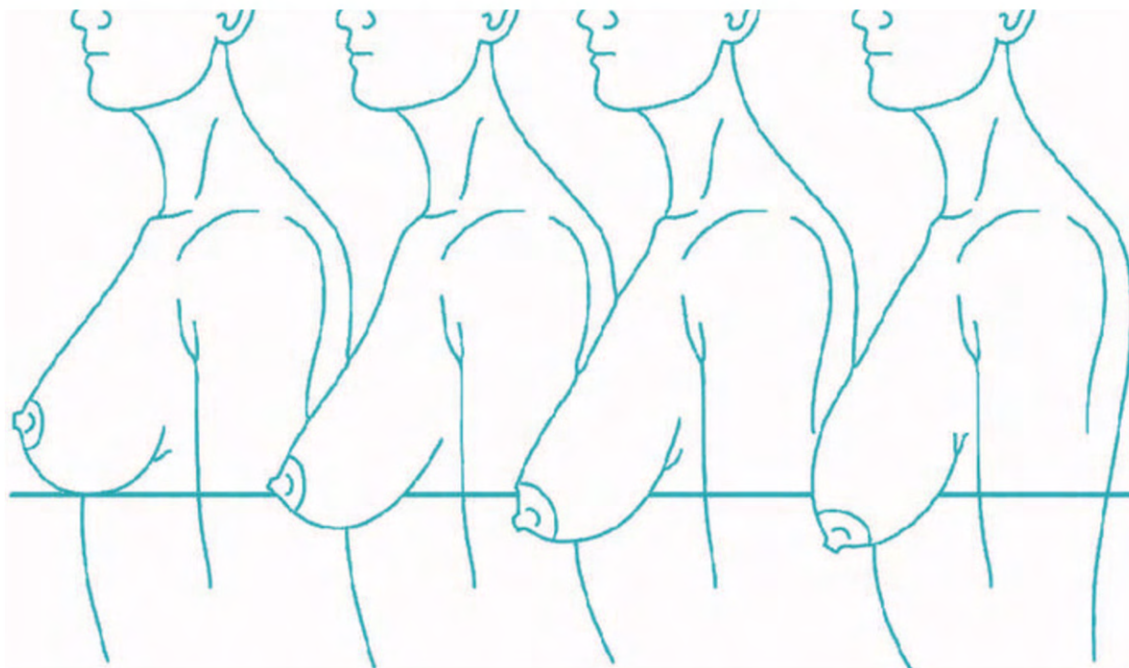
- Volume and Weight Reduction: Decreases the volume and weight of your breasts.
- Nipple Repositioning/Resizing: Repositions and/or resizes your nipples to a more central location on your breasts.
- Symmetry Improvement: Evens up asymmetry if breasts are uneven.
- Pain Relief: Provides relief from the physical pain associated with excessively heavy breasts.



Breast Ptosis due to very large breasts?

- Definition: Breast Ptosis refers to the sagging of the breast, which often occurs naturally over time due to aging, lifestyle, or genetic factors.
- Commonality: Ptosis, characterized by sagging breasts or downward-pointing nipples, is an issue that will eventually affect most women.
- Surgical Solutions: The surgical options available depend on the degree of ptosis, the amount of existing breast tissue, and your individual preferences for the appearance of your breasts and nipples after surgery.

Degrees of breast sagging (ptosis)



Normal

Grade 1 Ptosis:
Mild Sagging

Grade 2 Ptosis:
Moderate
Sagging

Grade 3 Ptosis:
Severe
Sagging

When to Consider Breast Reduction Surgery?

- Volume and Weight Reduction: Ideal for those who want to reduce the size and weight of overly large and heavy breasts.
- Reshaping and Repositioning: Helps reshape large, heavy breasts and reposition the nipple to a more central position on the chest.
- Chronic Pain Relief: Beneficial for women experiencing chronic pain, postural problems, fashion limitations, and social discomfort due to heavy breasts.
- Realistic Expectations: Candidates must have realistic expectations about what Reduction Mammoplasty Surgery can achieve.



Common Reasons for Wanting Breast Reduction

- Unhappiness with Size and Weight: Dissatisfaction with the size, position, or weight of large, heavy, or saggy breasts.
- Physical Discomfort: Experience of neck or back pain, chronic skin irritations, and bra strap indentations.
- Clothing Challenges: Difficulty finding well-fitted clothing and bras due to large breasts.
- Asymmetry: Presence of asymmetry, where one breast is larger than the other.
- Self-Consciousness: Feeling self-conscious or appearing heavier due to breast size and position.
- Improved Posture: Desire for better posture and more freedom in clothing choices.
- Nipple Positioning: Concern about nipple positioning and wanting them to sit more centrally on the chest.



Surgery Checklist

Before deciding on your surgeon or proceeding with Breast Reduction Surgery, consider these important questions:

- Is my plastic surgeon highly skilled, with an MCh or DNB (Plastic and Reconstructive Surgery) qualification recognized by the National Medical Commission (previously Medical Council of India), respective State Medical Council and board-certified by IAAPS/ APSI ?
- Will my Breast Reduction Surgery be performed in a fully accredited hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Breast Reduction Surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing and able to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone (a friend, partner, or relative) who can assist me during my recovery, and am I patient enough to wait until all the swelling subsides before seeing my final results?

Customized for You:

Individual Surgical Journey: Everyone's surgical journey is different, and your exact process may vary from the general details provided.

Customized Approach: Your plastic surgeon will tailor the Breast Reduction Surgery to suit your specific breast condition, desired outcomes, and the approach that will yield a natural, long-lasting result.

For more information on the surgical process of a Breast Lift or any other questions, please contact us at +91-9958513448.

Post-Operative Recovery

Recovery Period:

The length of your recovery will depend on the specific procedure and other health and lifestyle factors.

Recovery times can vary significantly from person to person. Generally, you should allow 4-6 weeks for initial recovery following your surgery.

Scar maturation often takes longer.

Healing and Activity:

Work with your surgeon to ensure adequate and proper healing time.

Consult with your surgeon before resuming daily activities such as driving, lifting, and exercise.

Wear the post-operative compression garments provided throughout your recovery period for the required time frames.

Instructions and Appointments:

Follow the specific instructions given by your surgeon.

Attend all post-operative appointments.

Good results depend on a collaborative approach and a healthy lifestyle.

Maintaining Results



Individual Variability:

Every patient is unique, and surgery results can vary.

It is important to work collaboratively with your surgeon and maintain realistic expectations.

Factors Impacting Results:

Your results from Breast Reduction Surgery may be affected by fluctuations in weight, skin health, or Body Mass Index (BMI).

Pregnancy and breastfeeding may also impact your surgical results.

Longevity of Results:

To maximize the longevity of your Breast Reduction Surgery results, maintain a healthy, nutritious lifestyle.

Benefits of Breast Reduction Surgery

Comfort and Ease of Movement:

- Physical Relief: Alleviates symptoms like skin irritation, shoulder and back pain, poor posture, and restricted physical activity.
- Enhanced Lifestyle: Promotes an active, healthy lifestyle with less discomfort and better posture.

Balanced Body:

- Proportional Appearance: Helps achieve a more balanced body shape by making breasts proportionate to the rest of your body.

More Clothing Options:

- Makes it easier to find well-fitting bras and clothing, allowing greater range of choices and boosting confidence.

Confidence:

- Improved Body Image: Enhances body image and self-confidence by addressing dissatisfaction with breast size and shape.



Does Breast Reduction Surgery Hurt?

Expected Discomfort: Most surgeries involve some discomfort and pain during the initial post-surgery healing periods. Discomfort levels vary for each patient due to several factors, including individual pain perception and sensitivity.

Managing Pain: Pain during the healing period, particularly in the days immediately following surgery, is generally manageable by following your surgeon's recommendations and post-operative instructions precisely.



What Steps Can Be Taken to Minimize Pain?

Our approach to recovery focuses on getting you back to your normal life as soon as possible. We are dedicated to keeping you as comfortable as possible during your pre-operative sessions, surgical procedure, and healing and recovery period following surgery.

When Can I Return to Work After Breast Reduction ?

Individual Variability: Recovery time before returning to work or daily activities, such as driving, varies from patient to patient and depends on the specific Breast Reduction Surgery procedure.

Typical Timeline: Most patients can return to work 2-3 weeks after surgery. If your job is physically demanding, it may take longer before you can resume work.

Personalized Advice: Your Plastic Surgeon will provide personalized advice on when you can return to work and other daily activities.



Do I Need to Avoid Exercise?

Recommended Waiting Period: Your plastic surgeon typically advises waiting at least 6-8 weeks before resuming strenuous exercise.

Consult Your Surgeon: Always consult your surgeon before returning to any form of exercise or similar activities to ensure a safe recovery.

Will I Need to Stay in the Hospital Overnight After Surgery?

An overnight hospital stay may be required for this procedure to ensure patients are properly monitored and receive high-quality care. Your plastic surgeon will provide specific advice regarding the length of your hospital stay and your post-surgery care requirements.

What Can Be Done to Minimize Post-Surgery Scars?

Inevitable Scarring: Incisions are a necessary part of Breast Reduction Surgery, resulting in some form of scarring at the incision sites. However, incisions are often placed in areas where they can be more easily hidden.

Post-Op Care: Your actions after surgery significantly impact scar formation. Carefully follow your post-op instructions and avoid overexertion.

Surgeon's Consultation: Discuss available scar minimization techniques with your plastic surgeon to understand what level of scarring you can generally expect.

How Do I Know Which Breast Surgery Procedure I Need?

Professional Advice: Consult your Plastic Surgeon for a tailored recommendation.

Any advice on my smoking habit?

Stop Smoking Prior to Surgery and After Surgery.

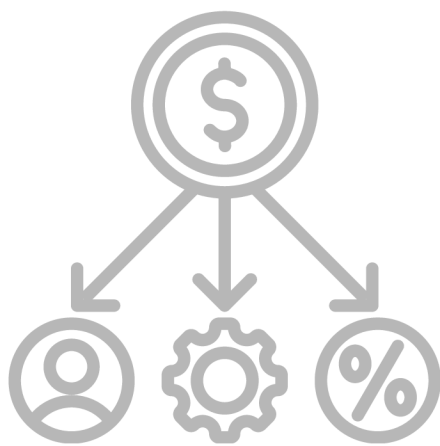
Impact on Healing: Smoking decreases oxygen delivery to skin, impacting healing. Patients must stop smoking at least 6 weeks before surgery and after surgery.

Can I Combine a Breast Reduction with Other Procedures?

Surgical Plans: Breast Reduction Surgery can sometimes be combined with other surgical procedures. Consult with your Consultant Plastic Surgeon to devise a surgical plan based on the procedures you are considering.

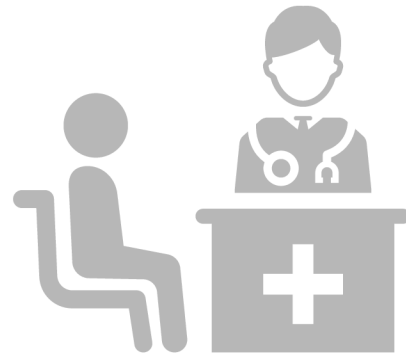
How Much Will My Breast Reduction Surgery Cost?

The cost of your surgery will vary based on the type of procedure, the hospital, and the length of your hospital stay. During your initial consultation, you will receive an approximate price range for your surgery.



Do You Still Have Unanswered Questions?

For more information about your breast reduction journey, talk to our expert plastic surgeon at +91-9958513448. We are happy to answer any questions you may have.



What Can I Expect at My Initial Consultation?

During your initial appointment with your plastic surgeon, you will typically:

- Undergo a physical examination.
- Have your photos taken.
- Review Before and After photos from past patients.
- Learn more about your surgical options.
- Receive detailed information about your selected surgery options.
- Discuss the possible risks and complications associated with surgery.
- Get information about surgery pricing and available dates.
- Have the opportunity to ask questions; feel free to bring a friend or family member for support.

About Dr. Mansi Dhende

Dr. Mansi Dhende

MCh Plastic & Reconstructive Surgery,
MS General Surgery,
MBBS

Dr. Mansi Dhende (MBBS, MS General Surgery and MCh Plastic Surgery) is a Board-Certified Female Plastic Surgeon in Delhi. Her first talk in the field of plastic surgery was on the “applications of tissue expanders”. She is an active Life member of Indian Association of Aesthetic Plastic Surgeons (IAAPS), only representative organisation of qualified Plastic Surgeons practicing Aesthetic Plastic Surgery (Cosmetic Surgery).

She has been trained by the reputed faculties in the field of General Surgery (MS) & experts in plastic, aesthetic and reconstructive surgery (MCh).

After completing her formal education as a plastic surgeon, she joined various fellowship programs to refine her skill set in Plastic and Aesthetic Surgery.



Area of Expertise

Dr. Mansi Dhende is a trusted professional in the plastic & aesthetic surgery field, offering a comprehensive range of surgical and non-surgical procedures tailored to meet the unique needs of each patient.

Dr. Mansi Dhende specializes in aesthetic transformative procedures, including breast augmentation, breast reduction, mommy makeovers, liposuction (male & female), tummy tucks, hair transplants, brow lifts, facelifts, body contouring, gynecomastia, buccal fat removal, buttocks augmentation, as well as non-surgical treatments such as neurotoxins, dermal fillers, and thread lifts.

Visit us to see the results



Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



Phone: +91-9958513448.



Website: www.drmansidhendeplasticsurgeon.com



Clinic Address: Aartas CliniShare, 18A, Ring Rd, Vikram Vihar, Lajpat Nagar IV, New Delhi, India - 110024



@drmansidhendeplasticsurgeon

General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.

Schedule Your Consultation

Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



Phone: +91-9958513448.



Website: www.drmansidhendeplasticsurgeon.com



Clinic Address: Aartas CliniShare, 18A, Ring Rd, Vikram Vihar, Lajpat Nagar IV, New Delhi, India - 110024



Follow our online community

Follow @drmansidhendeplasticsurgeon on Instagram for more information, insightful updates and real patient before and after images.

General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.