



Dr Mansi Dhende  
Aesthetics

The only guide you need

# Breast Augmentation

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# What's Inside



<b>Breast Augmentation Explained</b>	<b>03</b>
<b>Am I a good candidate?</b>	<b>04</b>
<b>Planning your surgery</b>	<b>05</b>
<b>Frequently asked questions</b>	<b>11</b>
<b>About your Surgeon</b>	<b>14</b>
<b>Our Patients' Before and After Photos</b>	<b>15</b>
<b>You're Almost There: Your Next Steps...</b>	<b>16</b>

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 Augmentation Surgery?

Breast Augmentation Surgery involves using either breast implants or fat transfer for the enlargement of the breasts. This procedure is often sought by women who:

- Have always had smaller breasts.
- Had larger breasts but lost volume and shape due to weight fluctuations, pregnancy, breastfeeding, or other factors.

Breast augmentation can help reshape the breasts and correct asymmetry. However, it cannot correct severely drooping breasts, which may require a breast lift in addition to augmentation for a fuller and lifted appearance.



## Benefits of Breast Implant Surgery

**Breast Implant Surgery can help to:**

- Increase the volume and size of smaller breasts.
- Improve the overall breast shape and nipple appearance.
- Restore fullness and firmness to breasts that appear empty after childbirth or other lifestyle factors.
- Even out asymmetrical breasts in shape or size.



Breast Implant Surgery is a complex procedure, and we go beyond traditional breast augmentation to enhance your overall aesthetic outcome.

### Am I a Good Candidate for Breast Implant Surgery?

Breast Augmentation Surgery can enhance the size and shape of your breasts, making it an appealing option for:

- Women with smaller breasts who want to increase their size and/or shape.
- Women whose breast size does not match the rest of their body, aiming for a more proportionate physique.
- Mothers and individuals who have experienced weight loss or other lifestyle changes leading to smaller or 'deflated' breasts.
- Women with uneven or asymmetrical breasts seeking to even out their size and shape.
- To be considered a suitable candidate for Breast Implant Surgery, you must have realistic expectations about the outcomes.



### Common Reasons for Wanting Breast Augmentation

**Some reasons why you may be considering Breast Augmentation Surgery:**

- Unhappiness with the size and/or shape of your breasts.
- Having smaller breasts that are not overly saggy or drooping. (For overly sagging breasts, a Breast Lift procedure with or without implants may be more suitable.)
- Loss of breast volume after pregnancy, breastfeeding, or weight loss, and a desire to return to your previous size.
- Feeling limited in clothing choices due to your breast size.
- A desire for your breast size to be more in proportion with your body shape and overall physique.
- Having uneven or asymmetrical breasts in size and/or shape.





When planning for Breast Augmentation Surgery, several aspects need to be considered, including the size, shape, type, and placement of your implants. During your consultation, your surgeon will guide you in choosing the best implant and procedure to achieve your desired look while minimizing scarring.

## Implant Brand

It's essential to check the brand of breast implants your plastic surgeon uses, as not all brands are equal in reputation and longevity. We use and recommend only high-quality, recognized, and certified implant brands with excellent track records for durability, placement stability, longevity, and breast shape control.

## Implant Type

- **Silicone Implants**

Filled with silicone gel. Preferred by many women for their natural feel compared to saline implants. Both saline and silicone implants come in various sizes, shapes, and textures.

- **Saline Implants**

Some are pre-filled, while others are filled during surgery.

## Implant Shape

- **Round Implants**

Create soft and nicely proportioned breasts.

Available in both smooth and textured surfaces.

- **Anatomical Implants**

Provide more contrast in shape between the upper and lower parts of the breast.

Must have a textured surface to reduce movement within the breast pocket.

In women with moderate breast tissue, it's often difficult to distinguish between round and anatomical implants once they have settled into their resting position.



## Implant Selection

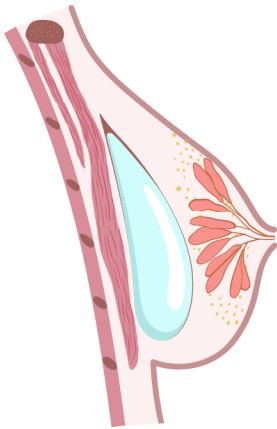
Implant selection is a collaborative process between you and your surgeon. Each patient's needs and preferences are unique, and together, you will decide on the best option for achieving your desired outcome.

Breast Implant Texture Types: Smooth or Textured.

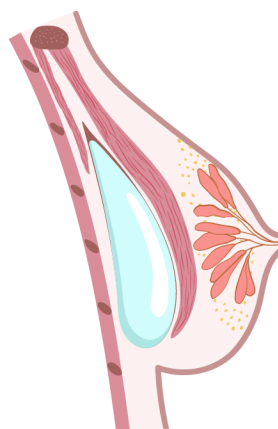
## Implant Placement

There are three common approaches for Breast Implant placement:

- In front of the pectoral muscle (**Sub-glandular**)
- Behind the pectoral muscle (**Sub-muscular**)
- Partially behind the muscle (**Dual plane**)



Sub-glandular Implant



Sub-muscular Implant



Dual Plane Implant

### Subglandular Placement

Recommended if there is a good volume of breast tissue to hide the implant edges.

The implant is placed in front of the pectoral muscle.

### Submuscular Placement

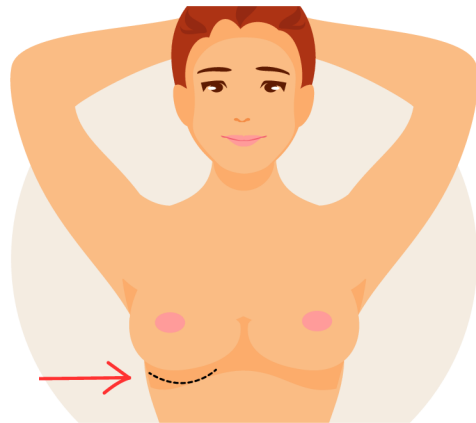
Ideal for thin patients, as it allows the soft tissue to cover and disguise the implant.

The implant is placed underneath the pectoral muscle for a more natural result.

## Incision Location Options

- **Inframammary Incision**

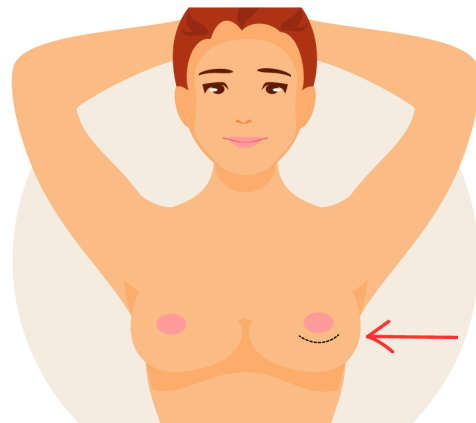
The most common incision, made in the crease beneath the breast. Provides the most direct access and reliable approach for achieving symmetrical results.



**Inframammary Incision**

- **Periareolar Incision**

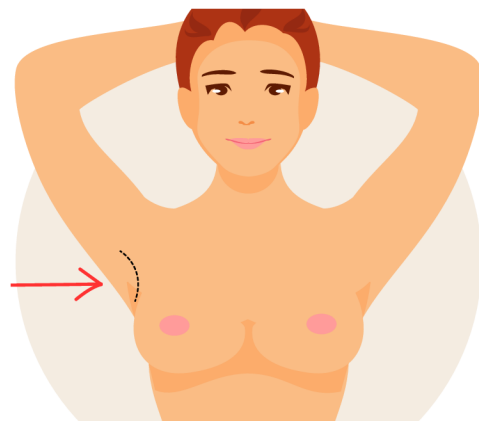
Placed around the lower half of the areola at the junction with the breast skin. Ensures the scar is less visible.



**Periareolar Incision**

- **Transaxillary Incision**

Involves incision in the armpit.



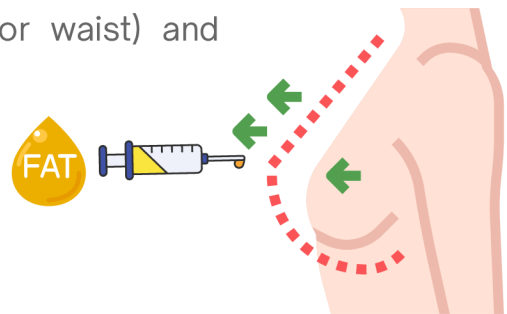
**Transaxillary Incision**

## Implant Size

Choosing the right implant size varies from person to person and depends on body proportions and the amount of breast tissue. It's important to be realistic about your desired breast size and consider your plastic surgeon's advice on what will work best for you and your body in the long term.

## Fat Transfer Breast Augmentation

Fat Transfer Breast Augmentation is a procedure that can enhance the appearance, shape, and profile of your breasts using your own fat instead of implants. This option is suitable if you are looking for a subtle increase or enhancement in breast size. The procedure involves using your own fat from a donor site (such as the hips, buttocks, or waist) and injecting into the breasts.



### Benefits of Fat Transfer to Breast:

- Achieve better breast shape or cleavage without implants.
- Less scarring compared to implant augmentation.
- Natural look and feel of the breast.
- Less weight on the skin than an implant (may not suit skin ptosis).
- Liposuction for fat removal can help contour donor sites on your body.
- Potential improvement in skin appearance due to cellular renewal processes.

### Am I a Good Candidate?

- You are seeking a small breast size increase (from half a cup size to a full cup size) or minor shaping enhancements.
- You have adequate sites for donor fat.
- You understand that the procedure may need to be combined with a breast implant.
- You have small breasts and only want a minor increase in breast size.



## Surgery Checklist

Before deciding on your surgeon or proceeding with Breast Implant 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 Implant 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 Implant 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?

## Recovery and Healing

You will receive clear instructions for post-operative healing and care, including guidance on what garments to wear and steps to maximize surgical results, minimize scarring, and facilitate recovery.

You will have ready access to the Patient Care Team and/or your plastic surgeon following your procedure for any urgent questions or needs.

While you will see results almost immediately, it can take up to 4-6 weeks for post-surgical swelling to fully resolve.



### Post-Operative Recovery

The length of your recovery period depends on your specific procedure and other health and lifestyle factors. Generally, allow 4-6 weeks for initial recovery following surgery. Scar maturation often takes longer.

Collaborate with your plastic surgeon to ensure adequate and proper healing time. Consult with your surgeon before resuming daily activities such as driving, lifting, and exercising.

Wear the post-operative compression garments as instructed throughout your recovery period. These will be provided by your surgeon.

Good results depend on a collaborative approach and a healthy lifestyle. Follow your surgeon's specific instructions and attend all post-operative appointments.



### Maintaining Results

Surgery results can vary from patient to patient. Work collaboratively with your plastic surgeon and keep your expectations realistic.

Be aware that your results may be impacted by fluctuations in weight, skin health, or Body Mass Index (BMI). Pregnancy and breastfeeding can also affect your surgical results.

To maximize the longevity of your breast surgery results, maintain a healthy, nutritious lifestyle.

### Does Breast Augmentation Surgery Hurt?

Most surgeries involve some discomfort and pain during the initial post-surgery healing period. Discomfort levels can vary significantly between individuals due to various factors.

Pain perception is subjective and depends on your sensitivity to pain. Fortunately, most pain experienced during the healing period, especially in the days immediately following surgery, can be managed by following your plastic surgeon's recommendations and 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 Implant Surgery?

Recovery times vary from patient to patient and depend on the specific breast surgery procedure. Most patients find they can return to work 1-2 weeks after surgery. However, if your work is highly physically demanding, it may take longer before you can return. Your plastic surgeon will provide personalized advice on when you can return to work and other daily activities.



### Do I Need to Avoid Exercise?

We typically advise waiting at least 6-8 weeks before returning to strenuous forms of exercise. However, you must consult your plastic surgeon before resuming any form of exercise or similar activities.

### **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 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?**

Incisions are a necessary part of Breast Implant Surgery, and some scarring at the incision sites is inevitable. However, incisions are strategically placed in areas where they can be hidden. To minimize scarring, follow your postoperative instructions carefully and avoid overexertion too soon. Discuss scar minimization techniques with your surgeon to understand the level of scarring you can generally expect.

### **Will Breast Implants Impact Breastfeeding Later in Life?**

The impact on breastfeeding depends on the type of Breast Implant Surgery you undergo. For the best results, avoid incisions around the nipple areola complex and implant placement above the muscle. Placing implants below the muscle and making incisions under the breast reduces the chance of nipple sensation loss and provides the best outcomes if you plan to breastfeed in the future.



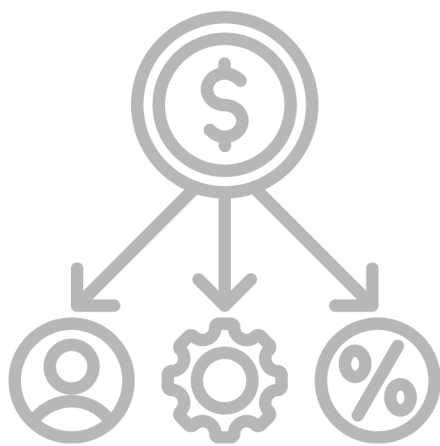
### **How Long Should I Wait After Breastfeeding to Have Breast Implant Surgery?**

We recommend waiting several months after you have finished breastfeeding your last child before undergoing breast surgery, typically a minimum of three months after breastfeeding concludes.



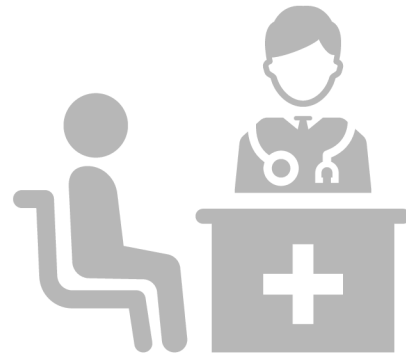
### How Much Will My Breast Implant Surgery Cost?

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 implants 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.



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**Website:** [www.drmansidhendeplasticsurgeon.com](http://www.drmansidhendeplasticsurgeon.com)



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



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### Schedule Your Consultation

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



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**Website:** [www.drmansidhendeplasticsurgeon.com](http://www.drmansidhendeplasticsurgeon.com)



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