



FROM INITIAL CONSULTATION
TO POST-OP RECOVERY

BREAST AUGMENTATION

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CONSIDERING BREAST AUGMENTATION?

Many women feel that their breasts are naturally small, have lost volume after pregnancy or weight loss, or are uneven in size. These changes can affect body proportions and self-confidence.

Breast augmentation is designed to enhance breast size, shape, fullness, and symmetry while creating natural-looking results that complement your body. It is important to understand that breast augmentation is a cosmetic procedure tailored to your individual anatomy and goals—it is not a one-size-fits-all surgery.

BREAST AUGMENTATION CAN HELP IMPROVE:

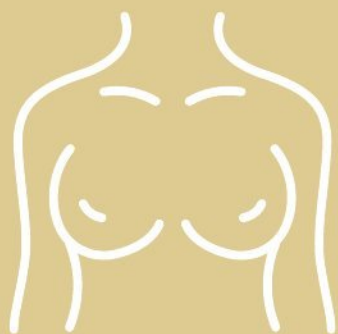
- Naturally small breasts
- Loss of volume after pregnancy or breastfeeding
- Volume loss after significant weight loss
- Breast asymmetry
- Overall body proportions and silhouette

BREAST AUGMENTATION IDEAL CANDIDATE



You may be a suitable candidate if you:

- ✓ Are in good overall health
- ✓ Have fully developed breasts
- ✓ Feel your breasts are smaller than you would like
- ✓ Have lost breast volume after pregnancy or weight loss
- ✓ Have realistic expectations
- ✓ Are a non-smoker or willing to stop smoking before surgery
- ✓ Have stable body weight



If significant breast sagging (ptosis) is present, breast augmentation may need to be combined with a breast lift to achieve the best outcome.



INITIAL CONSULTATION

During your appointment, Dr. Vikesh Vij will discuss:

- Your concerns and aesthetic goals
- Your desired breast size and shape
- Lifestyle and activity level
- Medical history and medications
- Previous breast surgery
- Pregnancy and breastfeeding history
- Allergies and health conditions

Physical Examination

- Breast size and shape
- Skin quality and elasticity
- Chest wall dimensions
- Existing asymmetry
- Position of the nipples
- Degree of breast sagging

Personalized Plan

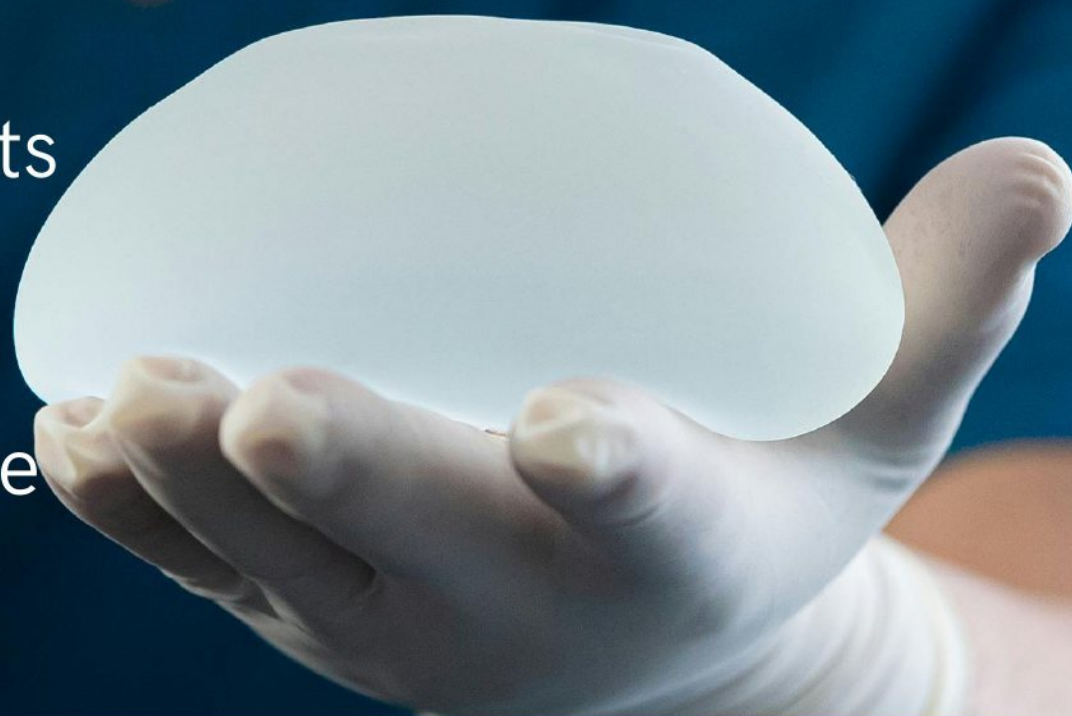
- Breast augmentation with implants
- Hybrid breast augmentation (implant with fat grafting)
- Breast augmentation with breast lift
- Fat transfer breast augmentation (selected patients)

CHOOSING THE RIGHT IMPLANT

One of the biggest decisions during your consultation is selecting the implant that best suits your body.

Together with Dr. Vikesh Vij, you will discuss:

- Implant size
- Implant profile
- Silicone gel implants
- Implant shape
- Placement above or below the muscle
- Incision options



If significant breast sagging (ptosis) is present, breast augmentation may need to be combined with a breast lift to achieve the best outcome.

BEFORE & AFTER PHOTOS

During your consultation, you will be shown before and after cases of previous patients with similar body types and concerns. These examples help you understand realistic outcomes and visualize potential improvements.

A photograph showing a medical professional in a white lab coat and gloves holding a light-colored, oval breast implant. The professional is standing next to a woman who is wearing a black lace bra. The woman's chest is visible, and the implant is being held near it, likely for comparison or consultation. The background is a clinical setting.

"What will I look like after surgery?"

Every patient's anatomy is unique, and results vary based on:

Chest width

Existing breast tissue

Skin elasticity

Implant size selected

Healing response

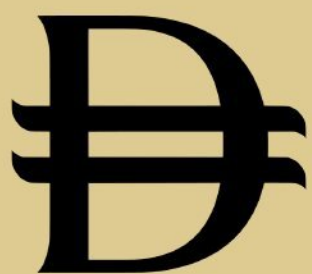
UNDERSTANDING THE COST



"How much does breast augmentation cost?"

The final cost depends on several factors:

- Implant type
- Surgical complexity
- Whether a breast lift is required
- Hospital and operating room fees
- Anaesthesia fees
- Additional procedures if combined

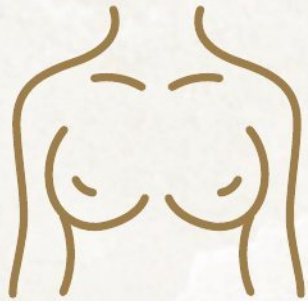


A detailed quotation is provided after your assessment because every treatment plan is customized.

2

PRE-OPERATIVE PREPARATION

Once the treatment plan is finalized:



Implant selection
is confirmed



Preoperative photographs
are taken



Blood tests
are performed



Consent forms are reviewed
and signed

Following review of your laboratory results, you will have an assessment with the anaesthesia team to ensure you are medically fit for surgery.

3

SURGERY DAY

On surgery day:

- Arrive at the hospital on time
- Wear loose, front-opening clothing
- Avoid makeup, lotions, and jewelry
- Follow fasting instructions provided by your anaesthesia team



ANESTHESIA: WHAT PATIENTS WANT TO KNOW



"Will I be awake during breast augmentation?"

Breast augmentation is usually performed under general anesthesia, allowing you to sleep comfortably throughout the procedure.

Your anaesthetist will:

- Review your medical history
- Explain the anaesthesia process
- Discuss potential risks and safety measures
- Monitor you continuously during surgery



Patient safety remains the highest priority throughout the procedure.

WHAT HAPPENS DURING BREAST AUGMENTATION?

1

SURGICAL MARKING

Before surgery, detailed markings are made while you are standing to guide implant positioning.

2

ANESTHESIA

Anesthesia is administered to ensure comfort throughout the procedure.

3

INCISION

The incision location is chosen to minimize visible scarring while allowing precise implant placement.

4

CREATING THE IMPLANT POCKET

A pocket is carefully created either:

- Above the muscle
- Under the breast tissue
- Partially beneath the chest muscle (dual-plane technique)

5

IMPLANT PLACEMENT

The selected implant is positioned carefully.

6

FINAL ASSESSMENT

Before closing the incisions, implant position and breast symmetry are carefully evaluated.

7

CLOSURE

The incisions are closed using layered sutures, and surgical dressings and a supportive bra are applied.

8

RECOVERY ROOM

You are transferred to recovery, where you are closely monitored until you are ready to go home.

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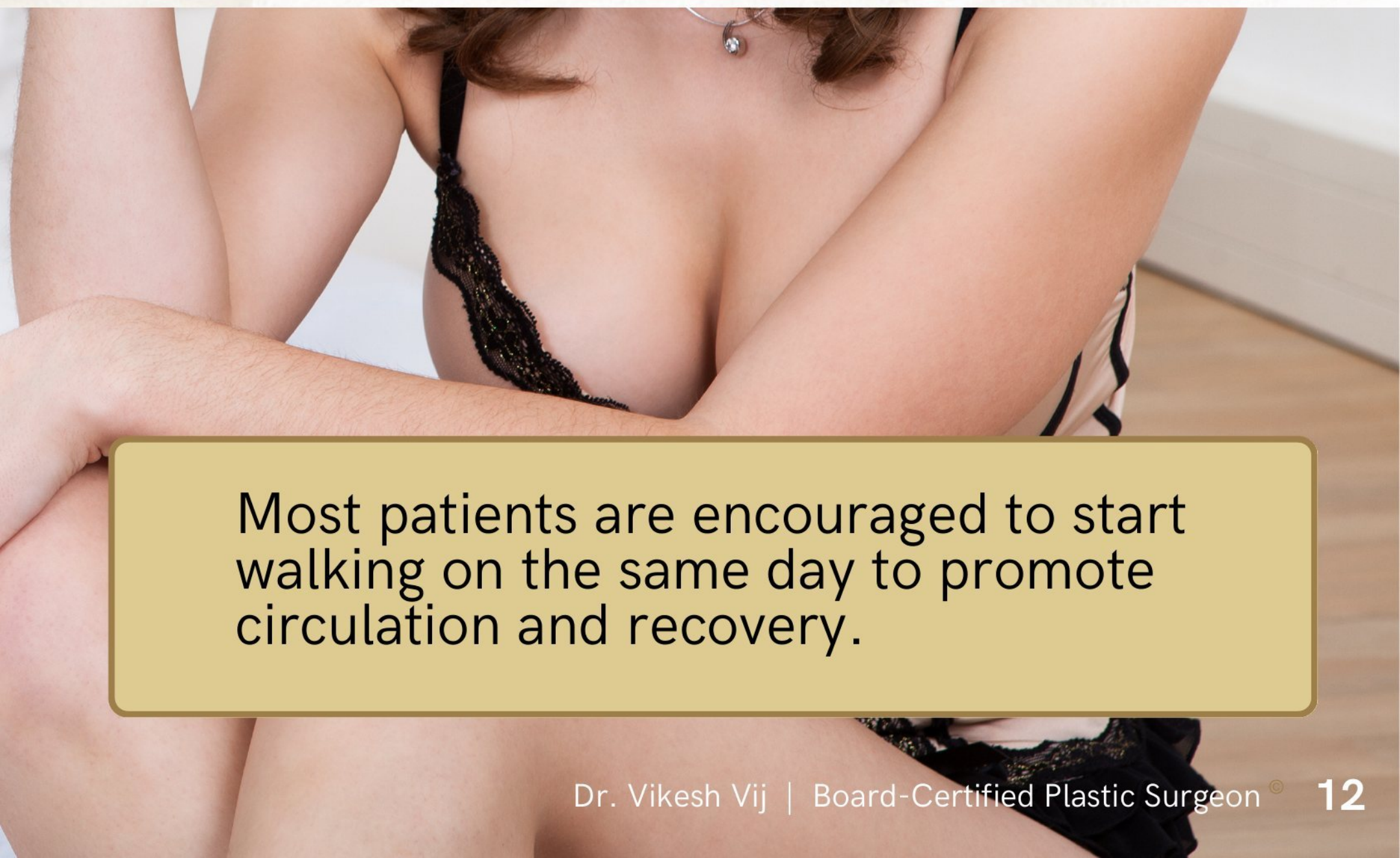
RECOVERY & AFTERCARE

IMMEDIATE RECOVERY

After surgery, patients can expect:

- Swelling
- Mild bruising
- Tightness across the chest
- Temporary soreness
- Mild discomfort when moving the arms

These are normal parts of the healing process.

A photograph of a woman from the chest up, wearing a black lace bra. She is looking down, and her arms are crossed in front of her. The background is a plain, light-colored wall.

Most patients are encouraged to start walking on the same day to promote circulation and recovery.

POST-OPERATIVE CARE

Regular follow-up appointments are essential.

Your postoperative care plan may include:

- Wearing a surgical support bra
- Wound care instructions
- Activity restrictions
- Sleeping position recommendations
- Scar care guidance
- Follow-up assessments and photographs



These visits allow your surgeon to monitor healing and ensure optimal results.



HOW LONG DO BREAST IMPLANTS LAST?

Breast implants are long-lasting but are not considered lifetime devices. They do not need routine replacement unless a problem develops or your goals change.

WILL I HAVE SCARS?

Incisions are carefully placed in discreet locations and generally become less noticeable over time with proper scar care.

WILL MY BREASTS FEEL NATURAL?

Modern silicone implants are designed to provide a soft, natural feel. Final softness improves as swelling resolves and healing progresses.

CAN I BREASTFEED AFTER BREAST AUGMENTATION?

Many women are still able to breastfeed after surgery, although this cannot be guaranteed for every patient.

HOW LONG BEFORE I SEE THE FINAL RESULTS?

You will notice an immediate improvement in breast volume, but swelling gradually settles. Final results typically continue improving over the next 3 to 6 months.



THE GOAL OF BREAST AUGMENTATION

Breast augmentation is not simply about increasing breast size.

It is about restoring balance, improving body proportions, enhancing confidence, and creating beautiful, natural-looking results that suit your unique anatomy.

A personalized assessment with Dr. Vikesh Vij will help determine the safest and most effective treatment plan for your unique goals.





Transform Your Body,
Boost Your Confidence

Dr. Vikesh Vij

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+10 Years of Experience

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