

## ACCESSORY BREAST

Accessory, or supernumerary breast tissue is not functionally connected to the breast at all, even though it may be near the breast, in the underarm area or anywhere else along the milk line. Accessory breast tissue can appear as a complete breast if both a nipple areola and glandular tissue are present or may appear as a lump or swelling under the skin. These are very obvious when ladies wear sleeveless clothes.

The accessory nipple or breast tissue can be surgically removed for cosmetic reasons and give very good results.



## WHAT IS RECOVERY FROM BREAST SURGERY LIKE?

Most of the above mentioned surgeries are done as day care so that you can sleep in your own bed. Rest is recommended for the first few days following Surgery. A post-Surgical bra is usually worn for several weeks. Most discomfort associated with breast surgery can be controlled with Oral pain medications.

Women experience some degree of swelling, bruising and tenderness which subside in a short time. Sutures usually need not be removed and the scars fade over a few months. Most Patients are back to work within the first week. Regular physical activity may be resumed in 4-6 weeks.

Following your Cosmetic Breast Surgery, you will enjoy a new, more pleasing shape with a more comfortable breast proportioned to your physique.



**Dr. Mohan Thomas**

Diplomate- American Board of Cosmetic Surgery

The Dr. Mohan Thomas Aesthetics is a World Class stand alone Surgical Facility.

The design is geared to maintain absolute privacy, patient safety with the latest in Technology, sterilization, dedicated recovery rooms and well appointed step down rooms.

Our team of Super specialists provide all feel good services under one roof and headed by Dr. Mohan Thomas, one of the Top Cosmetic Surgeons in the World. He is American trained and Board Certified in Cosmetic Surgery.

His column in "Femina", for over a decade has over 6.5 lakh fans.

Dr. Mohan Thomas also has an 'Expert Column' in Bombay Times.

His book "Picture Perfect" launched by Bollywood Actor Tisca Chopra is very comprehensive and covers all aspects of Cosmetic Surgery and Medicine and is available at all leading book stores and online.

He is a Leading Academic Contributor to the World's Best Scientific Journals.

Dr. Mohan Thomas M.D. (USA), FACS (USA)

Dr. James D'silva MS, MCh, DNB



**Dr. Mohan Thomas**  
**AESTHETICS**

CORPORATE OFFICE

Top Floor, Jack & Jones Building, Linking Road, Santacruz West  
Mumbai 400 054 INDIA

+91 22 6733 7500 | 2661 7575 | + 91 9699680030

info@drmohanthomasaesthetics.com | drmohanthomas@gmail.com

www.drmohanthomasaesthetics.com



**Dr. Mohan Thomas**  
**AESTHETICS**



**COSMETIC BREAST SURGERY**

# INDIA'S BEST is also the WORLD'S BEST



- Breast Enlargement Using Implants or Fat
- Breast Reduction
- Breast Lift
- Breast Reconstruction
- Accessory Breast Surgery

For many women, breast size is an important part of feeling good, desirable and normal. Most women compare themselves to a cultural idea of beauty. Having a breast reshaping procedure can greatly improve self-esteem for many women. It can make you feel more like the ideal by drastically improving the way you view yourself.

## BREAST AUGMENTATION

Perky and full looking breasts seem to make a woman feel complete. Thanks to advances in science, this can be a reality for any woman.

Breast augmentation surgery is one of the most common cosmetic procedures in the western world with increasing interest in India as well. Women choose to undergo breast enlargement surgery for personal, social or physiological reasons. Some undergo breast augmentation to give a boost to their self-esteem. Breast augmentation surgery may be performed with fat injections or with implants. However, majority of cancer and plastic surgeons cautiously recommend fat injection for breasts. Most fear that it may, on radiological investigations, lead to diagnostic problems and a high risk of breast cancer if susceptible, due to the presence of ADSC (Adipose derived stem cells). The surgery is however safe if done with USFDA approved implants.

More importantly, breast implants do not affect functions of the breast. Nor do they cause or increase the chance of tumours or breast cancer. Even breast feeding can be done normally later.

Implants are available in various sizes and shapes (Round or Anatomic, Smooth or Textured). The right choice of implant depends on the amount of existing breast tissue, the chest size and one's wishes.

The marks of surgery are in a hidden location and breasts look and feel natural. In select cases, implants can be placed endoscopically too.

A State of the Art operation theatre, Laminar flow and Hepa filters, with complete range of sophisticated instruments and above all meticulous care during surgery are key to avoiding complications.

The surgery is done as a day care procedure. Upper body exercises and fondling of breasts are to be avoided for a month. Desk jobs and light physical activity can be resumed in a few days.

## BREAST REDUCTION

Full breasts are a boon, massive breasts are a burden. Backaches, hygiene problems, bra strap injuries and social embarrassment are its companions.

Unfortunately, many women are carrying this burden without knowing that such breasts can be reshaped and reduced in an Aesthetic and safe manner. Some cases may require simultaneous liposuction of the breast extension too.

Massive breast reductions are carried out in a hospital with a few days stay. Healing is expected in two weeks. Scars are an inherent part of breast reduction surgery but are often hidden.

## BREAST LIFT(MASTOPEXY)

A drooping breast looks sad indeed. This occurs due to loss of volume in the breast and gravity acting in concert. Women who have breast fed multiple times and those who have lost weight rapidly have to deal with this Aesthetic mishap.

How is this corrected?

A breast lift is a surgical procedure where the breast tissue is repositioned and suspended at its normal position. The size of the nipple areola complex can also be made normal and proportional at the same time.

When the sagging is not very marked, the surgery can be done with minimal scar around the nipple. Some cases require a breast implant as well to restore the volume.



## BREAST RECONSTRUCTIONS

Woman may have been born with no breast or may have lost it due to cancer, in such situations a breast can be rebuilt by Breast Reconstruction Surgery.

It involves using your own tissue or implant so as to construct a natural looking breast. Often done in stages this procedure may also involve reconstructing a nipple and areola. This procedure improves the quality of life and provides psycho social benefits to ladies who have undergone breast cancer surgery.