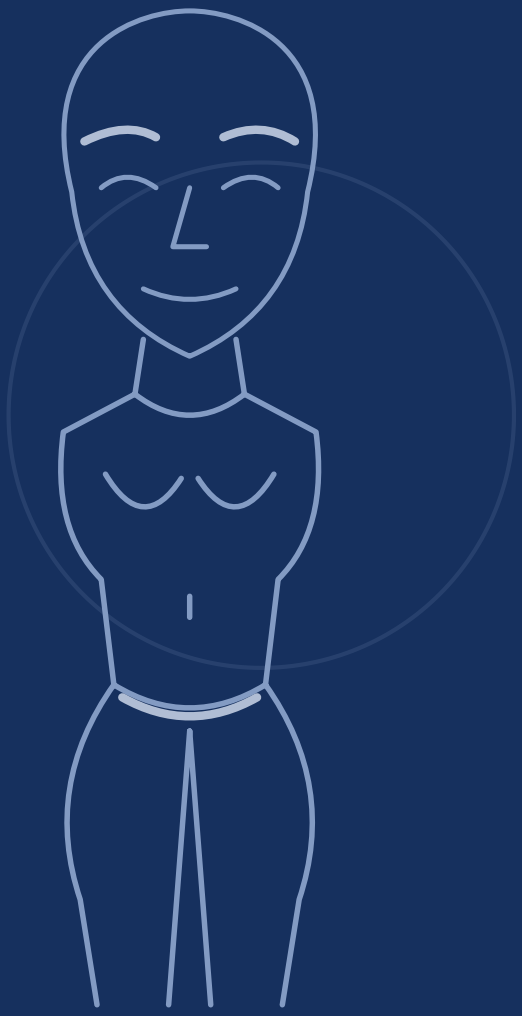
Plastic Surgery Institute

Patient overview · 21 procedures

Cosmetic plastic surgery

An informed starting point for face, skin, body and breast options.



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02 · Cosmetic surgery · Overview

Informed choice & preparation

Your priorities, health and expectations guide the discussion. Choosing no treatment, delaying treatment or seeking another opinion are valid options.

A personal decision

Discuss your reasons, realistic goals and emotional wellbeing without judgment. Mental-health treatment does not automatically exclude a procedure; suitability and support are assessed individually. Younger patients need additional assessment of maturity and consent.

Share the complete picture

Bring medical and surgical history, allergies, previous anesthesia reactions and all medicines, supplements and substance use. Include steroids and contraceptives, and discuss pregnancy or breastfeeding plans.

Preparation is individualized

Tests, anesthesia and fasting depend on the procedure and your health. Discuss smoking cessation and practical support. Do not stop prescribed medicines—including steroids or contraceptives—without advice from the treating team.

Choose a qualified plastic surgeon

Ask about relevant training, recognized qualifications and experience with the specific technique. Discuss realistic outcomes, alternatives, scars and possible revision. Credentials and photographs do not guarantee an outcome.

Check the setting and aftercare

Ask who gives anesthesia, how the facility is equipped and what happens if complications arise. Confirm follow-up, emergency arrangements and a reliable after-hours contact before agreeing to treatment.

> These are individualized options for discussion, not a treatment menu or a guarantee that every procedure is offered by this practice.

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Face surgery

Six distinct procedures address different structures. Your anatomy and priorities—not a standard facial ideal—guide the choice.

Eyelid surgery

Goal: Reduce upper-eyelid skin excess or lower-eyelid bags for a more rested appearance. **Approach:** Incisions in the upper crease, beneath lower lashes or inside the lower lid allow selective skin removal and fat adjustment. **Recovery / limits:** Bruising and swelling may last weeks; scars settle over months. Dry eyes and lid-position changes need discussion. This does not replace a brow lift.

Brow & forehead lift

Goal: Reposition a low brow and soften selected forehead creases while respecting natural facial expression. **Approach:** Endoscopic scalp incisions or a tailored hairline/scalp incision allow the underlying tissues to be lifted and supported. **Recovery / limits:** Swelling, altered sensation and scalp discomfort may persist for weeks; scars mature over months. Hairline changes are possible. Surgery does not stop aging or erase every expression line.

Neck lift

Goal: Improve loose neck skin, visible muscle bands and selected fullness beneath the chin or jaw. **Approach:** Incisions around the ears and sometimes beneath the chin permit skin redraping, fat contouring and appropriate muscle support. **Recovery / limits:** Bruising and swelling improve over weeks, with further settling over months. Scars, sensation changes and nerve injury are possible. Limited-incision options may give a more limited correction.

Facelift

Goal: Improve facial sagging and jowls by addressing descended tissues rather than simply stretching the skin. **Approach:** Incisions near the hairline and ears provide access to reposition supporting tissues, contour selected fat and remove excess skin. **Recovery / limits:** Swelling and bruising may last weeks; scars and contours settle over months. Nerve injury and asymmetry are possible. Aging continues, and a facelift does not treat every surface wrinkle.

Facial implants

Goal: Improve selected chin, cheek or jaw proportions where additional structural projection is desired. **Approach:** An implant selected for anatomy and goals is positioned through an intraoral or discreet external incision; location and fixation are individualized. **Recovery / limits:** Swelling may obscure the early contour for weeks, with settling over months. Infection, displacement, sensation changes or later removal can occur. An implant is different from an injectable filler.

Nose surgery

Goal: Reshape the nasal bridge, tip or nostrils to improve facial balance; breathing concerns need a separate functional assessment. **Approach:** Open or internal incisions allow tailored reshaping of cartilage and bone, with structural support where appropriate. **Recovery / limits:** Bruising improves before all swelling resolves. Nasal refinement may take a year or longer. Breathing changes, asymmetry and revision are possible; exact shape cannot be guaranteed.

Brief descriptions condense the original material; they are not full procedure-specific consent information. Timelines vary, and long-lasting results are not guaranteed.

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Skin & nonsurgical options

"Nonsurgical" does not mean risk-free. Skin type, treatment depth, product and clinician experience shape both benefit and risk.

Skin resurfacing

Goal: Improve selected fine lines, surface irregularities, pigmentation or scars after assessment of skin type and goals. **Approach:** Laser resurfacing, light-based treatments such as IPL and mechanical dermabrasion are different methods with different depths and indications. Dermabrasion is deeper than microdermabrasion. **Recovery / limits:** Downtime ranges widely by method and depth; redness may persist. Burns, scarring and pigment changes are possible. No single technique treats every skin concern.

Microdermabrasion

Goal: Gently refresh superficial texture and dullness, with modest improvement in selected minor surface concerns. **Approach:** A fine abrasive or diamond-tipped device exfoliates the outermost skin layer; it does not remove the entire epidermis or replace deeper resurfacing. **Recovery / limits:** Downtime is usually minimal, not risk-free: irritation and pigment changes can occur. Repeat treatments may be needed. Benefits for deep acne scars or stretch marks are limited, not curative.

Injectable fillers

Goal: Restore selected facial volume or soften creases using an appropriate product, not botulinum toxin. **Approach:** A trained clinician places filler at selected sites after discussing anatomy, product identity, alternatives and emergency management; fat transfer is a separate option. **Recovery / limits:** Bruising, swelling and nodules may occur; duration varies by product, site and person. Vascular blockage can cause skin necrosis and, rarely, blindness or stroke. Treat injections as medical care.

Chemical peel

Goal: Improve selected uneven tone, fine lines or surface damage with a medically directed depth matched to your skin. **Approach:** A chemical solution produces controlled exfoliation; superficial, medium and deep peels differ substantially in effect, preparation and aftercare requirements. **Recovery / limits:** Peeling, redness and downtime depend on depth; deep peels need substantial care. Pigment change and scarring are possible, especially with unsuitable skin-type selection. Sun protection and healing instructions matter.

Spider vein treatment

Goal: Reduce selected visible small vessels after assessment of their location and any underlying vein problem. **Approach:** Sclerotherapy is used mainly for leg spider veins; laser may suit selected tiny facial vessels. The appropriate method is not the same for every vessel or site. **Recovery / limits:** Bruising, pigment changes and incomplete clearance can occur. Improvement is gradual, and repeat sessions may be needed. Compression and activity advice are individualized; new vessels can develop.

Laser hair reduction

Goal: Reduce unwanted hair growth rather than promise complete, permanent removal of every hair. **Approach:** Selected laser wavelengths target hair follicles; settings must suit skin tone, hair characteristics and treatment site. Eye protection and an experienced clinician are important. **Recovery / limits:** Temporary redness or swelling may occur; burns and pigment changes are possible. Hair cycles require repeated sessions, sometimes maintenance. The number of treatments and response cannot be guaranteed.

> Filler safety: vascular occlusion can cause skin necrosis and, rarely, blindness or stroke. Unusual pain, pale/blue skin or vision changes require immediate medical assessment.

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Body contouring

Fat removal, skin removal and augmentation solve different concerns. Stable weight and a realistic view of scars are important.

Buttock augmentation

Goal: Increase selected fullness or projection using implants or transferred fat after careful assessment of goals and risk. **Approach:** Implant position is procedure-specific. Fat transfer uses liposuction and processed fat, with safety principles distinct from implant surgery; see the warning below. **Recovery / limits:** Swelling and contours settle over months; some transferred fat is lost. Pressure, sitting and activity restrictions depend on the procedure. Infection, asymmetry and revision are possible; results are not guaranteed permanent.

Thigh lift

Goal: Reduce excess thigh skin, sometimes with selected fat reduction, to improve contour after weight change or loss of elasticity. **Approach:** Skin is removed and supporting tissue reshaped through groin and, when needed, longer thigh or hip incisions; scar extent depends on the correction. **Recovery / limits:** Wound care, activity limits and sometimes garments or drains are needed. Swelling settles over months. Visible scars and healing problems are possible; stable weight supports, but does not guarantee, lasting improvement.

Arm lift

Goal: Reduce hanging upper-arm skin and selected fat that exercise alone may not address. **Approach:** Skin is excised, supporting tissue reshaped and, when appropriate, liposuction added. Incisions may extend from the armpit toward the elbow, depending on skin excess. **Recovery / limits:** Swelling, scars and sensation changes require discussion. Dressings, compression or drains may be prescribed; lifting restrictions are individualized. Contours settle over months, while aging and weight changes continue.

Liposuction

Goal: Reduce localized fat beneath the skin to refine selected body contours, not to achieve weight loss. **Approach:** A cannula removes fat by suction through small incisions, often after infiltration of a treatment solution; energy-assisted options have additional considerations. **Recovery / limits:** Bruising and swelling may last weeks, with settling over months. Irregularities, fluid shifts and other surgical risks are possible. It does not remove visceral fat or reliably correct loose skin or cellulite.

Tummy tuck

Goal: Remove excess abdominal skin and selected fat, with abdominal-wall support when appropriate for laxity or separation. **Approach:** A lower abdominal incision allows skin removal; a full procedure may reposition the navel. A mini procedure addresses limited concerns below the navel; liposuction alone is not a tuck. **Recovery / limits:** Recovery requires wound care and activity limits. Swelling and scars evolve over months. Clots, healing problems and revision are possible; pregnancy or weight changes can alter results.

Gluteal fat grafting carries a serious, potentially fatal fat-embolism risk. Modern safety principles: subcutaneous fat only, above the gluteal fascia, with real-time ultrasound guidance; never intramuscular fat injection.

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Breast & after pregnancy

Lift, volume and tissue reduction are different goals. Decisions after pregnancy should respect your preferences and future plans.

Post-pregnancy surgery

Goal: Address personally selected breast or abdominal changes after pregnancy, without implying that any body needs correction. **Approach:** A tailored combination may include tummy tuck, breast lift or augmentation and selected liposuction. Procedures may be staged rather than performed together; discuss future pregnancy and breastfeeding plans. **Recovery / limits:** Arrange childcare and practical support; avoid lifting until cleared. Recovery depends on the combined extent and health risks. No operation guarantees a return to a pre-pregnancy body.

Breast lift

Goal: Raise and reshape a drooping breast and reposition the nipple–areola; a lift is not the same as adding volume. **Approach:** Excess skin is removed and breast tissue reshaped. Incisions may be around the areola, vertical or anchor-shaped according to the required correction. **Recovery / limits:** Swelling and shape settle over months; scars remain. Sensation and breastfeeding ability may change. A separate augmentation may be considered for volume, with its own risks; aging and pregnancy can alter results.

Breast augmentation

Goal: Increase selected breast volume or projection, with size and device choices based on anatomy and realistic goals. **Approach:** Implants are placed through planned incisions in a tailored pocket; implant type and relation to chest muscle are individualized and need specific consent. **Recovery / limits:** Swelling settles over weeks to months; activity restrictions vary. Implants are not lifetime devices. Contracture, rupture, infection and repeat surgery are possible; long-term monitoring and additional safety discussion are essential.

Male breast reduction

Goal: Reduce excess male chest fat, glandular tissue or skin after evaluating possible underlying causes of enlargement. **Approach:** Liposuction treats selected fat; excision addresses gland or skin excess, sometimes with nipple–areola reshaping. The combination and scars depend on the examination. **Recovery / limits:** Swelling settles over weeks to months. Compression and exercise limits may be prescribed. Scars, contour irregularity and sensation changes are possible; weight gain or untreated causes may affect the result.



Implants are not lifetime devices. Discuss repeat surgery, capsular contracture, rupture, infection and rare implant-associated cancers, including lymphoma and cancers reported in the capsule. Monitoring is individualized, including silicone-implant imaging as advised.

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Planning, recovery & safety

Agree a written plan before treatment: expected benefits, alternatives, individual risks, total costs and who will care for you afterwards.

Arrange recovery support

Plan time away from work, transport, childcare and help at home. Ask when driving, lifting, exercise, travel and sexual activity are appropriate. Combined procedures may increase the recovery burden and may be staged.

Follow the healing plan

Use prescribed medicines and wound, drain or garment care as directed. Walk and protect circulation as advised. Keep follow-up visits. Protect healing skin from sun; ask which products are safe, especially on open wounds. Do not assume ice or compresses suit every procedure.

Understand the risks

Surgery can cause bleeding, infection, clots, anesthesia complications, scars, asymmetry, sensation changes, poor healing or revision. Nonsurgical treatments may cause burns, pigment changes, allergy or nodules; fillers have specific vascular risks. Your consent discussion must cover the selected procedure, not only this summary.

Budget for the whole course

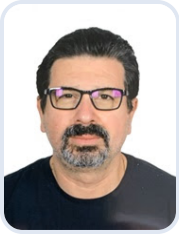
Request an itemized estimate for surgeon, facility, anesthesia, tests, medicines, garments and follow-up. Ask about additional sessions, revision and complication care. Cosmetic treatment is often excluded from insurance; confirm your policy with the insurer. No fees or coverage are promised.

Expect gradual change

Bruising and swelling may last weeks; contours and scars often settle over months, depending on the procedure. Maintenance may be necessary. Aging, weight change, pregnancy and skin care influence how results evolve.

When to seek urgent help — Seek emergency care for chest pain, shortness of breath, stroke symptoms or sudden vision change. Contact the team promptly for increasing pain, spreading redness, fever, wound problems or unexpected swelling. Know the after-hours route before treatment.

Let’s talk about your goals



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Bring your priorities and questions. A consultation should help you decide whether treatment is right for you—not pressure you to proceed.

General educational overview only—not a diagnosis, a complete consent booklet or a substitute for a thorough, in-person consultation with a qualified plastic surgeon. No procedure or result is promised. Suitability and availability must be confirmed individually.

Safety reading
Dermal filler risks · Breast implant considerations · Gluteal fat-grafting safety