

AESTHERA

PLASTIC SURGERY

BREAST SURGERY UNVEILED

THE COMPLETE GUIDE TO TRANSFORMATIVE BREAST SURGERY



AESTHERA
PLASTIC SURGERY

Cosmetic breast surgery encompasses a variety of procedures aimed at enhancing or reducing breast size and enhancing the shape and position of the breasts and nipple. Whether someone wants larger breasts, improved body proportions, or increased self-confidence after childbirth or aging, breast surgery offers transformative solutions that help patients achieve their desired physical appearance.

Breast surgeries are customized to meet individual desires and needs. Some popular options include breast augmentation with implants to increase size, breast lift to address sagging or drooping breasts, and breast reduction for those seeking smaller breasts and more comfort in day-to-day activities. These procedures often significantly impact patients' lives by helping them achieve a more proportionate look, reducing pain, and increasing comfort.

EXPLORING BREAST AUGMENTATION

AN IN-DEPTH LOOK AT BREAST AUGMENTATION

Breast augmentation is a popular option for women who want to feel more confident about their appearance. This procedure isn't just a way to get larger breasts; it's an aesthetic solution for women who have asymmetry between their breasts, have lost breast tissue in the wake of a pregnancy or weight loss, and for women who may be dealing with tissue loss in the wake of surgery.

Breast augmentation is a big decision, and it's essential to consult with Dr. CV Chegireddy to understand the risks and recovery process and set realistic expectations.



Types of Breast Implants

THERE ARE TWO MAIN TYPES OF IMPLANTS:

- **SALINE IMPLANTS:** Composed of sterile saltwater solution in a silicone shell, these are filled after insertion for size and shape adjustment. Saline implants can be customized to the preferred size and shape. The main disadvantage to saline implants is if saline leaks, these will collapse.

- **SILICONE IMPLANTS:** Pre-filled with highly cohesive silicone gel resembling natural breast tissue. If silicone leaks, these won't collapse - but patients with silicone implants may need to visit their plastic surgeon for check-ups more regularly. The newer generation of silicone implants are very durable with low incidence of rupture or leaks.

Several factors affect implant choice. These include what feels best, your body type, and the desired outcome. Dr. Chegireddy will consider these factors when advising you on the best implant type for your needs.



Fat Grafting to the Breasts

Fat grafting (fat transfer) to the breasts is a cutting-edge procedure that has gained immense popularity recently. It involves using a patient's fat cells from another part of their body, such as the abdomen or thighs, and injecting them into the breasts to enhance volume and shape. This natural alternative to implants offers numerous advantages, including reduced risk of implant complications and a more natural look and feel.

One of the key benefits of fat grafting to the breasts is its ability to provide long-lasting results. Unlike breast implants, which may require replacement over time, the transplanted fat cells become a permanent part of the breast tissue. This procedure also allows for more precise contouring than traditional augmentation methods.

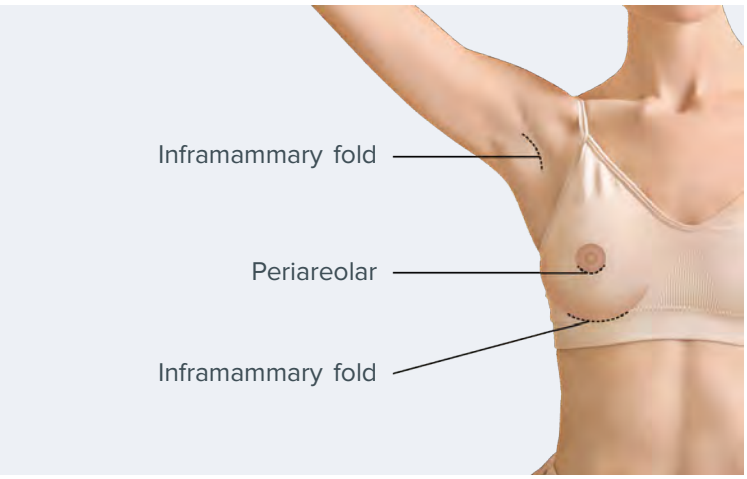
Fat grafting has been proven to be a very safe technique and it does not affect breast cancer screening with mammograms. Fat grafting is ideal for breast enhancement and body contouring patients since excess fat can be removed from unwanted areas during liposuction before transplantation.

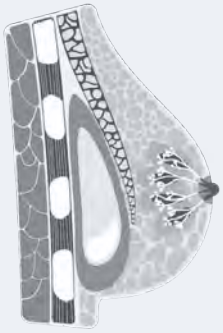
Surgical Techniques and Placement Options

There are different surgical techniques and placement options for implants. Each surgery takes into account a patient's personal preferences and unique anatomy.

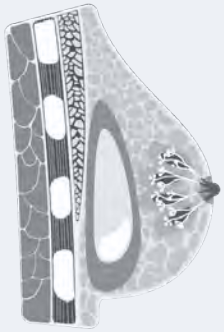
Incision options include:

- **INFRAMAMMARY FOLD**: Crease under the breast
- **PERIAREOLAR**: Around the nipple
- **AXILLARY**: Armpit





Submuscular Placement



Subglandular Placement

Implants can be positioned:

- **SUBMUSCULAR PLACEMENT**: beneath the chest muscle, providing additional tissue coverage for a more natural look and reducing the risk of visible implant edges
- **SUBGLANDULAR PLACEMENT**: above the muscle and behind the breast tissue, resulting in a shorter recovery period, easier surgical access, and potentially less distortion during muscle movement
- **DUAL PLANE TECHNIQUE**: Combines both submuscular and subglandular placement aspects, allowing for improved implant coverage in the upper pole while maintaining muscle support below.

Dr. CV Chegireddy's chosen technique and placement are curated to the patient's body type, chosen implants, and desired outcome.

POST-OPERATIVE RECOVERY AND AFTERCARE



After the procedure, patients will experience varying degrees of discomfort, swelling, and bruising. It is essential to follow the surgeon's post-operative instructions to manage pain effectively and promote proper healing. Making arrangements for childcare, errands, and other day-to-day activities is recommended for at least a few days following your surgery.

Aftercare involves regular follow-up visits with Dr. CV Chegireddy for evaluation and monitoring. This allows the surgeon to track progress, identify potential complications early on, and provide necessary guidance or additional treatments.

Long-term care includes maintaining a healthy lifestyle through exercise, a balanced diet, avoiding smoking or excessive alcohol consumption, wearing supportive bras, and scheduling regular mammograms to monitor breast health.

ELEVATING WITH BREAST LIFT (MASTOPEXY)



Understanding Breast Ptosis and Sagging

Breast ptosis, or breast sagging, is a common concern among women. Several factors can contribute to breast ptosis, including aging, pregnancy and breastfeeding, weight fluctuations, and gravity.

Different degrees of breast ptosis exist, ranging from mild to severe. The severity is categorized based on the position of the nipple relative to the breast crease.The most severe ptosis is when the nipple position is below the breast crease.

Different Approaches to Mastopexy

Dr. CV Chegireddy can perform a breast lift, or mastopexy, in several ways. The surgical plan for each patient depends on their needs and unique anatomy.

- **ANCHOR (WISE-PATTERN) INCISION:** During this commonly used technique, an incision is made around the areola, the dark circle around the nipple. The incision runs vertically down from the bottom of the areola to the inframammary fold (where your breast meets your chest wall) and horizontally along the inframammary fold. This allows for significant breast tissue shaping and excess skin removal.
- **VERTICAL (LOLLIPOP) INCISION**: This technique makes two incisions - one around the areola and another vertically down to just above or below the inframammary fold. This method provides less scarring than an anchor incision, offering effective lift and reshaping.
- **PERIAREOLAR INCISION**: This technique suits individuals with mild sagging since it primarily focuses on repositioning nipples rather than removing excessive skin.



Breast augmentation performed with a breast lift is recommended for women who desire increased volume and lifted breasts. Augmentation-Mastopexy offers several benefits over separate surgeries. By combining these procedures, patients can achieve optimal results regarding their breasts' shape, position, and size. Dr. CV Chegireddy can address sagging and optimize nipple positioning while simultaneously enhancing volume through the use of implants.

Recovery Process and Long-term Results

The recovery process involves rest and healing, during which the patient might experience discomfort, swelling, or bruising. The length and intensity of the recovery can vary depending on the type of surgery performed and individual factors such as age, overall health, and adherence to post-operative care instructions.

Patients are advised to avoid strenuous activities for several weeks following breast surgery. They may also need to wear compression garments or special bras to support the breasts during this time. Pain medication may be prescribed.

Long-term results from breast surgery will largely depend on personal circumstances such as maintenance through healthy lifestyle choices and regular check-ups with Dr. CV Chegireddy.



BALANCING WITH BREAST REDUCTION



Indications for Breast Reduction

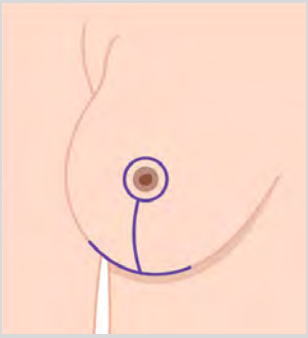
Breast reduction surgery, also known as reduction mammoplasty, is a procedure aimed at reducing the size and volume of the breasts. Indications for breast reduction include physical discomfort and pain caused by overly large breasts. Many women with large breasts suffer from chronic neck, shoulder, and back pain due to the excess weight pulling on their upper body. Additionally, bra strap grooving and skin irritation can occur.

Another indication for breast reduction is related to psychological well-being. Women with large breasts often experience self-consciousness and difficulty finding clothing that fits appropriately. This can lead to low self-esteem, body image issues, and social anxiety. Breast reduction surgery can help alleviate these concerns by creating a more proportionate breast size and improving confidence.

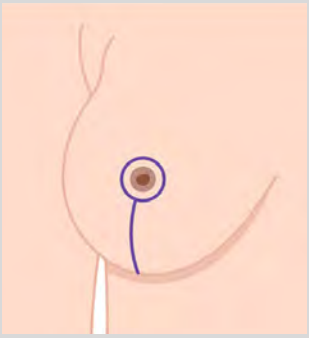


Techniques for Breast Reduction

The two main techniques used in breast reduction surgery are the anchor or inverted T-incision method and the vertical or lollipop incision technique.



- **ANCHOR/INVERTED T-INCISION METHOD:** an incision is made around the areola, extending vertically down to the inframammary fold and then horizontally along the fold. This technique allows for significant breast reshaping as excess glandular tissue, fat, and skin are removed.



- **VERTICAL/LOLLIPOP TECHNIQUE**: An incision around the areola extends vertically downward towards the inframammary fold without horizontal extension. It is a less invasive approach that eliminates some scarring associated with other techniques while still achieving desired results.

The choice of technique depends on several factors, including individual anatomy, desired post-operative appearance, and the amount of tissue being removed. Dr. CV Chegireddy can advise patients on a surgical plan that would work best for their needs.

Alleviating Physical Discomfort and Improving Aesthetics

Breast reduction surgery addresses physical, psychological, and aesthetic concerns, from improving posture to making one's appearance more youthful. Patients typically seek out breast reduction for two significant benefits.

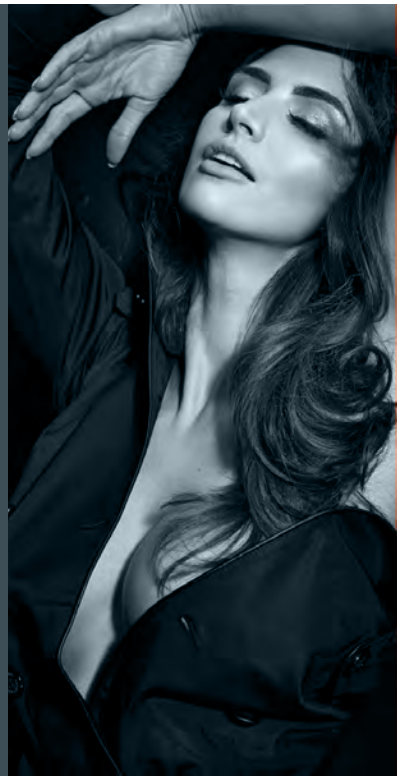


PHYSICAL DISCOMFORT ALLEVIATION:

- RELIEF FROM PAIN: Overly large breasts can lead to chronic neck, back, and shoulder pain due to excessive weight and strain on these areas.
- IMPROVED POSTURE: Large breasts often contribute to poor posture, leading to musculoskeletal issues and discomfort.
- REDUCED SKIN IRRITATION: Skin irritation and rashes beneath the breasts are common issues; breast reduction can help mitigate these problems.
- ENHANCED PHYSICAL ACTIVITY: Individuals with large breasts may find physical activities challenging; reduction surgery enables a more active and comfortable lifestyle.

AESTHETIC ENHANCEMENT:

- PROPORTIONAL APPEARANCE: Breast reduction harmonizes the body's proportions by bringing the breast size into balance with the rest of the physique.
- CLOTHING FIT: Finding well-fitting clothing can be a struggle for those with large breasts; reduction surgery opens up a more comprehensive range of clothing options.
- ENHANCED SELF-CONFIDENCE: Individuals often experience a boost in self-esteem and body confidence after the procedure, improving overall mental well-being.
- YOUTHFUL APPEARANCE: Large, sagging breasts can make individuals appear older; breast reduction can help achieve a more youthful and lifted bustline.





After breast surgery, there is a designated recovery period where the patient needs to allow their body to heal and adjust to the changes made during the operation. This recovery period may vary depending on the specific type of surgery performed, but it typically involves limited physical activity and following post-operative care instructions provided by Dr. CV Chegireddy.

Another important aspect of breast surgery is scar management. Scarring is an inherent part of any surgical procedure, including breast surgeries, but there are ways to minimize its appearance and promote optimal healing. Various scar management techniques can be employed, such as using silicone gels or sheets, massaging the area regularly with appropriate creams, avoiding sun exposure on healing scars, and attending follow-up appointments with Dr. CV Chegireddy for evaluation and guidance.

IMPLANT REMOVAL

There are several reasons why individuals may choose to remove breast implants. One common reason is implant revision or replacement. Over time, implants can become worn out or develop complications such as leakage or capsular contracture, the formation of an abnormally hard capsule of scar tissue around an implant. Removing and replacing old implants with new ones may be necessary in these cases.

Another reason for implant removal is dissatisfaction with the results of breast augmentation surgery. Some people may be unhappy with their augmented breasts' size, shape, or overall appearance and opt to remove the implants entirely.

During a breast implant removal procedure, the surgeon will make incisions either around the areola (periareolar), under the breast (inframammary), or in the armpit area (transaxillary). After removing any scar tissue that may have formed around the implant, they carefully remove it from its pocket. Dr. Chegireddy will ensure that your breasts maintain a natural-looking shape and size before closing up with sutures.



Coping with Post-Removal Changes

Changes after breast surgery can be challenging and emotional. It is important to remember that every person's experience is unique, but some common strategies for coping can be helpful.



- Seek support from friends, family, or professionals with experience in this field.
- Sharing your fears and concerns openly can provide comfort and validation during this transitional period.
- Take care of yourself. Engaging in gentle exercises and maintaining a healthy lifestyle can aid in the healing process and boost overall well-being.
- Accepting the changes in one's body might take time. Practicing self-compassion and embracing these changes as part of one's journey toward self-improvement can foster resilience and positivity.

Coping with post-removal changes requires patience, understanding, and a willingness to adapt. Remember that reaching out for help when needed is not a sign of weakness but a demonstration of strength as you navigate this transformative phase of your life.

CHOOSING THE RIGHT COSMETIC PLASTIC SURGEON

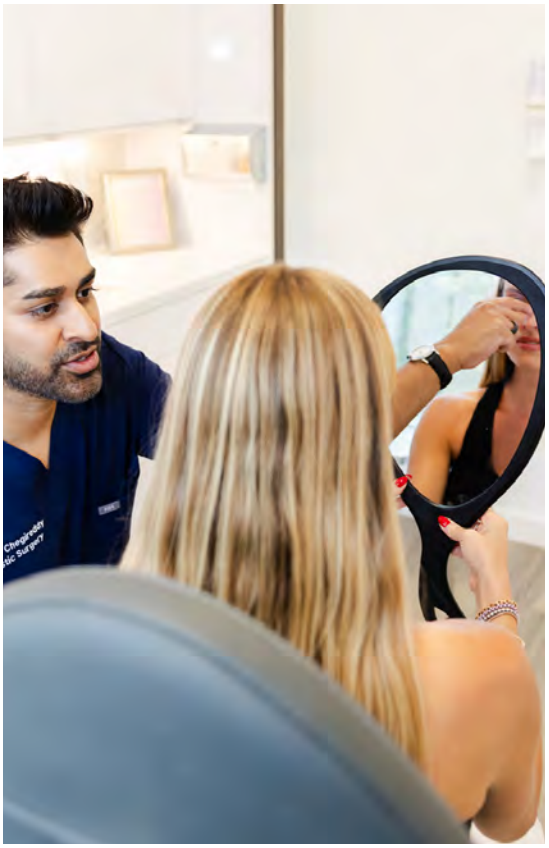


The right surgeon for your procedure is well-versed in using advanced techniques and stays up-to-date with the latest advancements in their field. Their experience enables them to assess individual cases comprehensively, tailor surgical plans to suit patients' specific needs, and ensure optimal results that enhance aesthetics and functionality.

A qualified surgeon is essential for patient safety during breast surgery procedures. They follow stringent protocols for infection control, use sterile equipment, monitor anesthesia administration carefully, and provide appropriate post-operative care. By choosing a skilled surgeon for your breast surgery procedure, you can have peace of mind knowing that you are being treated by an expert who prioritizes patient health and well-being above all else.

A skilled and qualified plastic surgeon is vital for breast surgery procedures. These surgeries are delicate and complex, requiring precision and expertise. A trained surgeon like Dr. Chegireddy will deeply understand the anatomy and physiology of the breast, allowing them to perform the procedure accurately and minimize potential risks.

A skilled plastic surgeon increases the chances of achieving desired outcomes in breast enhancement, reconstruction, or reduction surgeries.



Credentials and Experience to Look For

Look for a board-certified or board-eligible plastic surgeon who is board-certified in general surgery and has received specialized training in breast procedures. This certification ensures that the surgeon has met rigorous standards and possesses the necessary skills and knowledge to perform these surgeries safely and effectively.

In addition to board certification, consider their experience level in performing breast surgeries. An experienced surgeon will have a track record of successful outcomes and satisfied patients. Research their background, including how long they have been practicing and any additional certifications or memberships they may hold.

By selecting a qualified professional with comprehensive credentials, ample experience, and an ongoing commitment to continued learning, you can feel confident that you are making an informed decision regarding your breast surgery journey.



PATIENT REVIEWS AND TESTIMONIALS

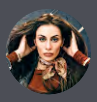
Reviews and testimonials from prior patients shouldn't be overlooked. They offer a unique perspective on the journey, from pre-surgery consultations and surgeon selection to post-operative care and final results, giving you an accurate idea of what to expect. Testimonials may highlight specific strengths of a surgeon or a clinic that consistently delivers positive experiences and exceptional surgical outcomes.



★ ★ ★ ★ ★

PAIGE H.

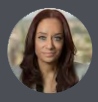
Dr. CV is the most caring, attentive & listens to exactly what you need. He does his best work to accommodating to your wishes. The entire staff was super welcoming & made me feel at home...



★ ★ ★ ★ ★

TOSHIA G.

I flew in from Boston to see Dr CV. He is absolutely the best cosmetic surgeon and injector in Atlanta, Georgia. His work is natural and impeccable. Kind, professional and he has great attention to detail...



★ ★ ★ ★ ★

LYNETTE P.

Dr. CV Chegireddy was wonderful! I wanted to improve my neck and the fine lines on my forehead and around my eyes. Dr. CV is my go to plastic surgeon now and I highly recommend him to anyone thinking about injectables or plastic surgery!



★ ★ ★ ★ ★

SAL HEMANI

Great consultation! As a fellow physician, I can attest to Dr. Chegireddy's excellent technical skills and his fantastic bedside manner. He is the consummate professional, and I would highly recommend seeing Dr. Chegireddy for any plastic surgery or aesthetic needs.

SETTING REALISTIC EXPECTATIONS

Understanding Potential Outcomes and Limitations

Breast surgery allows individuals to reshape their physical appearance and enhance their self-confidence. By understanding the potential outcomes and limitations of these surgical procedures, individuals can make informed decisions about whether breast surgery is right for them. While breast surgery can create astonishing transformations, it is crucial to recognize that the results may not always meet expectations. Individual anatomy, healing abilities, and personal preferences can impact the outcome.

It is crucial to note that breast surgery has its limitations. Surgeons strive to achieve optimal results based on each patient's unique circumstances; however, there are inherent restrictions dictated by natural tissue elasticity or pre-existing medical conditions. Understanding these constraints helps manage expectations and ensures realistic goals are set before undergoing any surgical enhancements.

Patients should be aware that surgical procedures carry risks such as infection, scarring, or changes in sensation. Thus, thorough research and consultations with qualified professionals like Dr. Chegireddy are essential to a successful breast surgery journey.





Embracing Individuality in Breast Aesthetics

Leaning into your unique anatomy can allow you to express your sense of beauty and achieve a result that aligns with your vision of yourself. Surgeons recognize the importance of tailoring procedures for optimal outcomes, from size and shape considerations to addressing asymmetry or other specific concerns.

By embracing individuality in breast aesthetics, patients are empowered to take ownership of their transformation journeys and feel confident that their outward appearance aligns with how they feel inside.

Aesthera Plastic Surgery is committed to celebrating diversity and uniqueness, and we encourage our patients to listen to their needs and desires when coming to us for an aesthetic procedure.

We strive for surgical excellence with each patient's aesthetic objectives. Through this lens, we guide patients toward options reflecting their true selves while fostering an environment where everyone feels seen and heard.





Reviewing Before-and-After Photos

Before-and-after photos visually represent the potential outcomes and allow individuals to see Dr. Chegireddy's skills at work. These photos give individuals a realistic expectation of what they can achieve through surgery, helping them make informed decisions and choose the proper procedure for their goals.

Looking at multiple examples allows patients to gauge consistency in results and assess whether a particular surgeon has experience working with various body types and desired outcomes.

Reviewing before-and-after photos allows individuals to be confident in their choice of surgeon and proceed with peace of mind.





Navigating Risks Associated with Cosmetic Breast Surgery

While breast surgery can effectively achieve physical transformations and enhancement to acknowledge and address the potential risks involved, one key consideration is choosing a qualified and experienced surgeon specializing in breast surgery like Dr. Chegireddy. This helps minimize the chances of complications and ensures that the procedure is performed safely.

Patients must discuss any concerns or questions and understand all aspects of the procedure, including potential risks such as scarring or infection. Patients and their doctors should thoroughly discuss what will happen if a complication occurs post-operatively before proceeding with treatment.

Mammograms After Surgery

Mammograms are an essential tool for the early detection of breast cancer in women who have undergone breast surgery and those who have not. Here's a closer look at how mammograms may change after breast surgery:

BREAST AUGMENTATION AND REDUCTION: For individuals with breast augmentation or reduction surgery, mammograms remain an essential part of their healthcare routine. However, there are a few considerations to keep in mind:

- TECHNIQUES: Radiologists may use specialized techniques to ensure accurate imaging, as breast implants can sometimes obscure certain parts of the breast tissue.
- VIEWS: Additional views may be taken to enhance the visibility of breast tissue around the implants.
- COMMUNICATION: It's vital to inform the mammography technologist and radiologist about any breast surgery, including implant details and incision locations.

BREAST RECONSTRUCTION: Regular mammograms are still recommended after breast reconstruction, particularly for the remaining natural breast tissue.

- ASSESSMENT OF RECONSTRUCTED BREAST: Mammograms can help assess the reconstructed breast for any potential issues, including changes in tissue density or signs of abnormalities.
- DIFFERENT TECHNIQUES: Depending on the type of breast reconstruction, additional imaging methods such as ultrasound or MRI might be used to complement mammograms, providing a comprehensive evaluation of the breast tissue.
- SURVEILLANCE AND DETECTION: Regular mammograms aid in the early detection of any changes, including those that might occur in the reconstructed breast.

In all cases, individuals who have undergone breast surgery should maintain open communication with their healthcare providers, including their plastic surgeon and the radiology team performing mammograms.

EMOTIONAL AND PSYCHOLOGICAL ASPECTS

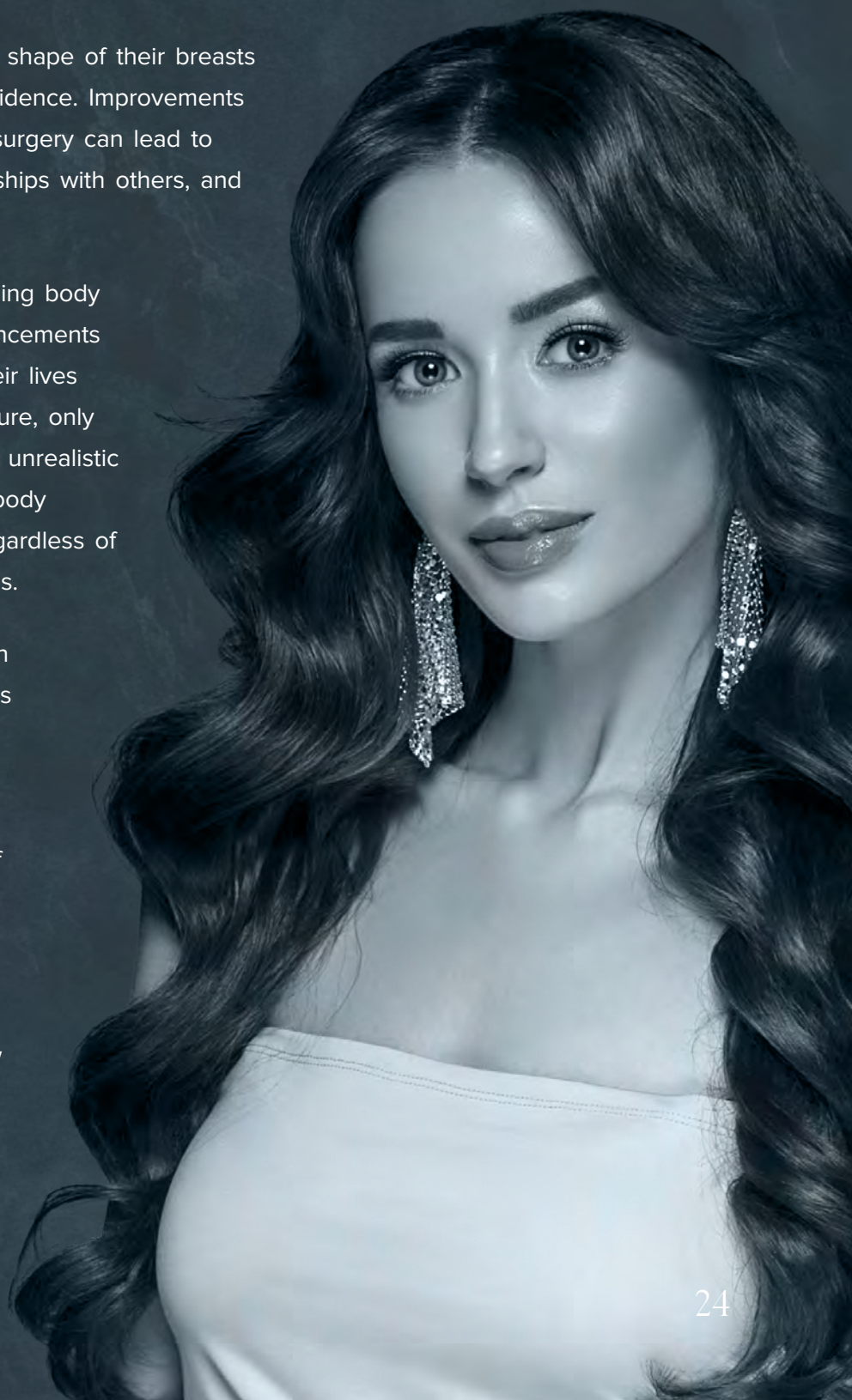
Understanding Body Image and Self-confidence

For many people, altering the size or shape of their breasts can significantly impact their self-confidence. Improvements in body image resulting from breast surgery can lead to increased self-esteem, better relationships with others, and improved overall mental well-being.

It is essential to note that understanding body image extends beyond surgical enhancements alone. Patients often imagine how their lives will change after an aesthetic procedure, only to realize afterward that they had set unrealistic expectations. Developing a healthy body image involves embracing oneself regardless of societal pressures or beauty standards.

Self-confidence is not solely reliant on physical appearance but encompasses a person's talents, skills, and achievements. It requires recognizing personal strengths and values while being compassionate towards oneself despite imperfection.

Aesthera Plastic Surgery is proud to be a part of your self-confidence and self-acceptance journey, but we know the road to self-confidence doesn't end with us.



Navigating Emotional Changes During Recovery

Undergoing such surgical enhancements can bring about a range of emotions, from excitement and anticipation to anxiety and doubt. Individuals need to recognize and embrace these emotional changes as part of their journey toward self-improvement.





Here are some tips for managing big emotions during the recovery process:

- Maintain open communication with medical professionals who can provide guidance and support throughout the process
- Talk about how you're feeling with your support network
- Acknowledge your feelings without dwelling on them
- Seek professional support

By acknowledging the emotions of breast surgery recovery and seeking appropriate support, individuals are better equipped to navigate these changes successfully while focusing on their desired personal transformation.



Maintaining Mental Well-being Throughout the Journey

The decision to undergo breast surgery often stems from a desire to improve self-image and boost self-confidence in an image-conscious society. However, it is essential to recognize that mental well-being goes hand in hand with physical transformation.

Patients should focus on self-care and nurturing their emotional health during this transformative process. This can include engaging in activities that bring them joy, seeking support from loved ones or professionals if needed, and reflecting on personal goals and motivations behind the surgery.

Establishing realistic expectations about the outcome of breast surgery and the time it will take to recover plays a significant role in maintaining mental well-being. Remembering that beauty comes in many forms can also contribute to cultivating a positive mindset.

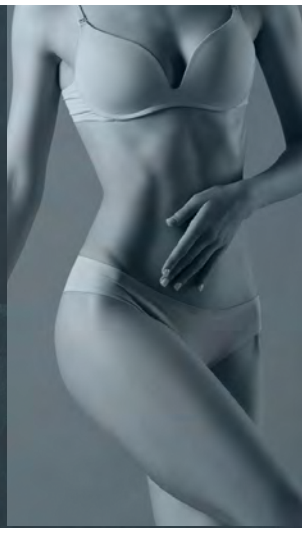
EXPLORING COMPLEMENTARY PROCEDURES

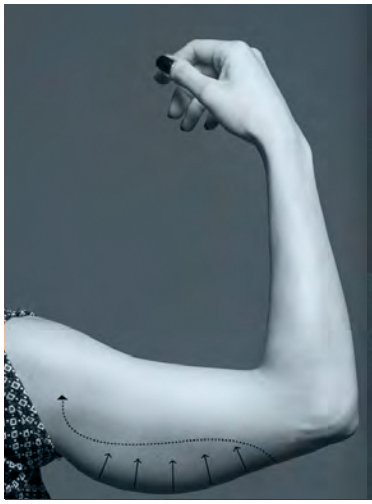
Other Body Contouring Procedures

In addition to breast surgeries, other body contouring procedures can help individuals achieve their desired physical appearance. These procedures focus on sculpting and reshaping various areas of the body, such as the abdomen, thighs, and arms.

- LIPOSUCTION is a popular method to remove excess fat deposits in targeted areas, resulting in a smoother, more contoured silhouette. This is commonly performed with breast surgery to remove the excess fat from the armpit/axillary area to give a great contour.

- TUMMY TUCKS: removing excess skin and tightening muscles in the abdominal area for a flatter and firmer stomach.





- ARM LIFTS: remove sagging skin from the arms for a tighter and more toned appearance.

- BUTTOCK AUGMENTATION (Brazilian Butt Lift): implants or fat transfer methods enhance the shape and size of the buttocks. This procedure provides individuals with a fuller and rounder posterior profile.

These body contouring procedures allow individuals to improve specific areas of their bodies that may not respond well to diet or exercise alone. The advancements in techniques have allowed safer practices with shorter recovery times, making them increasingly appealing options for those seeking transformative changes in their physique.

Synergies Between Breast Surgery and Other Enhancements

Breast surgery can often work with other enhancement procedures, providing women with comprehensive transformations and the opportunity to achieve their desired aesthetic goals. For instance, breast augmentation can be combined with a tummy tuck or liposuction to create a more balanced and proportionate figure. This combination procedure allows for simultaneous improvement in both the breasts and abdominal area, enhancing the overall appearance.

In addition, breast reduction surgery can also complement other enhancements such as body contouring procedures like a butt lift or thigh lift. Women who have undergone these combined procedures can achieve a more youthful silhouette by reducing excess breast tissue and lifting sagging breasts.

Breast reconstruction after mastectomy offers an ideal opportunity to combine multiple enhancements. Women undergoing this reconstructive procedure may undergo additional surgeries like nipple reconstruction or areola tattooing for a more natural-looking result. These combinations restore the shape and volume of the breasts and provide opportunities for refinement that ultimately contribute to increased self-confidence and improved quality of life post-breast cancer treatment.



EXPERIENCE BREAST SURGERY WITH AESTHERA

Aesthera Plastic Surgery offers a wide array of breast surgeries curated to fit each client's needs, with a carefully crafted surgical plan encompassing any combination procedures made to fit your needs and aesthetic desires. There are two main implant options, silicone and saline, for anyone having a breast augmentation.

Dr. Chegireddy encourages patients to focus on their emotional, psychological, and mental well-being before, during, and after the procedure and to appreciate their progress.

Aesthera Plastic Surgery wants you to have all the information you need to make an informed choice about aesthetic procedures. Dr. Chegireddy encourages you to schedule a one-on-one consultation with him to make an educated decision about your body from a place of love.

We're grateful to be with you on a journey to great self-confidence and love—and we encourage you to embrace self-confidence and love beyond an aesthetic procedure. While Aesthera Plastic Surgery has the privilege of enhancing your unique features, beauty comes from the inside out.

If you're ready to enhance your look, don't wait longer to contact us. Let Dr. Chegireddy guide you toward a more confident and empowered life. Book a consultation and experience Aesthera Plastic Surgery for yourself.



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