

Breast Augmentation

Augmentation Mammoplasty — Your Friendly Guide to What to Expect

Everything you need to know, written in plain English — no jargon, no scary stuff.

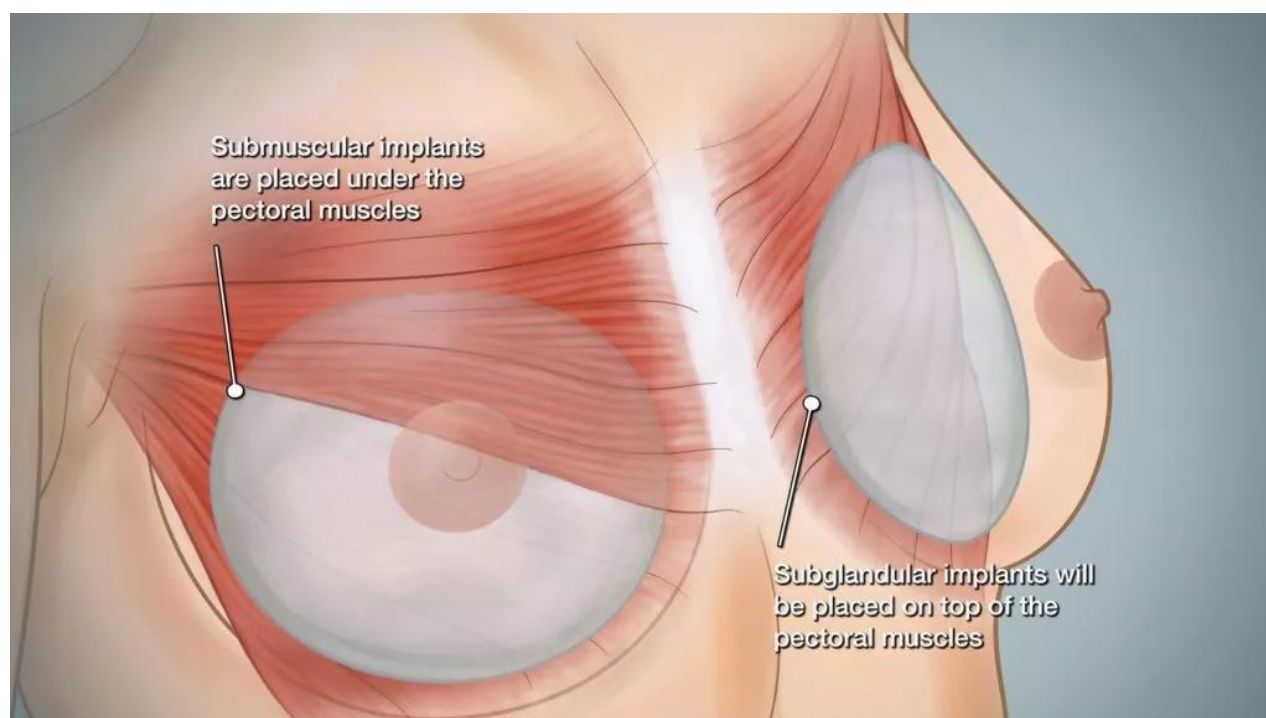
So — What Exactly is Breast Augmentation?

First things first — you are absolutely not alone in looking into this. Breast augmentation (the medical name is augmentation mammoplasty) is one of the most common cosmetic procedures performed worldwide, and one of the most popular surgeries we help people access in India.

Here's the thing: breast size and shape are largely determined by genetics, hormones, pregnancy, breastfeeding, and weight changes. No amount of exercise will significantly change the size of your breasts — and if you've experienced volume loss or asymmetry after pregnancy, weight loss, or simply with age, it can have a genuine impact on how you feel about your body.

Breast augmentation uses implants — or in some cases your own fat — to increase the size, improve the shape, and restore volume to your breasts. The goal is a natural-looking result that feels proportionate, balanced, and authentically you.

The result? More confidence, a better fit in clothing, and a silhouette that reflects how you actually want to look. There are implant choices, placement options, and incision styles to discuss with your surgeon — all of which will be tailored specifically to your body and your goals.



Is Breast Augmentation Right for You?

You might be a great candidate if you tick most of these boxes:

✓	Your weight is relatively stable — you're not planning major weight changes soon
✓	You are generally healthy with no medical conditions that would affect wound healing
✓	You are a non-smoker (or willing to stop well in advance of surgery)
✓	You have realistic expectations — augmentation enhances your natural shape, it doesn't create perfection
✓	You are doing this for yourself, not to meet someone else's expectations
✓	You are committed to follow-up care, regular monitoring, and a healthy lifestyle after surgery
✓	You are bothered by lack of volume, asymmetry, or changes after pregnancy or weight loss



Not sure if you qualify? Don't worry — that's exactly what your initial consultation is for. The surgical team will review your health history, look at your specific situation, and give you an honest, personalised assessment. There's no pressure, and no commitment required at that stage.

How the Surgery Actually Works — Step by Step

Here is exactly what happens, from start to finish, in plain English:

1	You go under anaesthesia Breast augmentation is typically performed under general anaesthesia, so you are completely asleep and comfortable throughout. Your anaesthetist will explain everything beforehand.
2	The incision is made Your surgeon makes a small incision in one of three locations — in the fold beneath your breast (inframammary), around the edge of the areola (periareolar), or in the armpit (transaxillary). The location is chosen based on your anatomy and the type of implant. Scars are carefully placed to be as discreet as possible.
3	A pocket is created The surgeon creates a space — either directly behind the breast tissue (subglandular), or partially or fully beneath the chest muscle (submuscular / dual-plane). Placement affects the look and feel of the result and will be discussed in detail at your consultation.
4	The implant is inserted The implant is placed carefully into the pocket. Implants are available in silicone or saline, round or anatomical (teardrop) shapes, and a range of sizes and profiles. Your surgeon will recommend the best option for your goals and body frame.
5	Everything is checked and aligned Your surgeon will assess symmetry, position, and overall appearance before closing. Adjustments are made as needed to ensure the best possible result.
6	The incision is closed The incision is closed in layers with sutures. A supportive surgical bra is fitted immediately after surgery to protect the result and reduce swelling as you begin to heal.

Before Your Surgery — What to Expect

Before the big day, your surgical team will walk you through everything you need to do to prepare. You'll receive specific instructions covering:

- ✓ Pre-surgical tests and diagnostic requirements (including mammography if recommended for your age)
- ✓ Which medications and supplements to stop taking (and when) — especially blood thinners and certain herbal supplements
- ✓ Day-of-surgery instructions — what to eat, drink, and wear
- ✓ Everything you need to know about your anaesthesia
- ✓ What your post-operative care will look like and when your follow-up appointments are



Be completely honest with your surgical team. Tell them everything — your full health history, every medication and supplement you take, alcohol and tobacco use, and any past procedures. This information is what keeps you safe. There is no judgement, only care.

Risks — The Honest Bit

Every surgical procedure carries some level of risk, and we want you to feel fully informed rather than surprised. Your surgeon will discuss all of these with you in detail before you proceed.

- ! Bleeding or haematoma (blood pooling) — may require a return to theatre in rare cases
- ! Infection at the incision site or around the implant
- ! Capsular contracture — scar tissue forming around the implant, which can cause firmness or distortion
- ! Implant rupture or deflation — more common with saline; silicone ruptures may be silent and require monitoring
- ! Changes in nipple or breast sensation — numbness or increased sensitivity, usually temporary
- ! Asymmetry or implant displacement — may require revision surgery
- ! BIA-ALCL (Breast Implant-Associated ALCL) — a very rare lymphoma linked to textured implants; your surgeon will discuss this in the context of your specific implant choice
- ! Risks associated with anaesthesia — these will be fully explained by your anaesthetist
- ! Implants are not lifetime devices — future surgery for replacement or removal may be required



It is completely natural to feel some nerves before surgery — whether that's excitement about the outcome or anxiety about the procedure itself. Please share how you are feeling with your surgical team. They have heard it all before and are genuinely there to support you.

Recovery — What Happens After Surgery

Here's what recovery typically looks like, week by week:

Timeline	What to Expect
Days 1–3	Your chest will feel tight, swollen, and sore — this is completely normal. Rest is important, but gentle walking is encouraged from day one to support circulation. You'll wear your surgical bra continuously. Pain is manageable with prescribed medication.
Days 3–7	Swelling and tightness begin to settle slightly. You can move around more comfortably. Avoid raising your arms above shoulder height or lifting anything heavier than a cup of tea. Follow your wound care instructions carefully.
Days 7–14	Sutures may be checked or removed if non-absorbable. The incisions are healing and looking better. Light daily activities are possible, but still no exercise, heavy lifting, or activities that strain the chest.
Weeks 2–6	Most people return to desk work and light activities within two weeks. Swelling continues to reduce. Implants may sit high at first — this is normal and they gradually settle into position. Underwire bras are typically still off-limits.
Months 3–6	Implants settle fully into their final position (a process sometimes called 'dropping and fluffing'). Incision lines continue to fade. Most normal activities including exercise can be gradually resumed with surgical team approval.
Months 6–12+	Your final results emerge as everything settles completely. Results are long-lasting, though implants are not lifetime devices — your surgeon will advise on monitoring and future planning.



Sun protection is essential during healing. Until your incisions are fully healed, sun exposure can cause scars to darken or thicken. Keep the area covered or use a high-SPF sunscreen consistently — it makes a real difference to your long-term results.

Your Results — What to Look Forward To

The improvement in breast volume and shape after augmentation can be genuinely life-changing. Fuller, more balanced breasts that feel proportionate to the rest of your body. Clothes that fit and feel differently. Swimwear and lingerie that work the way you always wanted. A confidence that simply wasn't there before.

You'll notice a dramatic change almost immediately after surgery — though the initial result will be influenced by swelling and the implants sitting higher than their final position. As everything settles over the coming weeks and months, your true result emerges. Most people find the final shape even better than they expected once the implants fully drop into place.

Scars are small and carefully placed to be as discreet as possible. They will continue to fade and refine over the course of a year or more. For the vast majority of people, they are entirely manageable.

Your results will be long-lasting, provided your weight remains stable. Pregnancy, breastfeeding, and natural ageing will continue to affect breast tissue over time — and implants are not lifetime devices — but the core improvement to your silhouette and confidence remains.

Cost — India vs New Zealand

The cost difference between having breast augmentation in India through JBTG versus having it done in New Zealand is significant. Here's a general comparison:

Cost Item	*India (NZD approx.)	New Zealand (approx.)
Breast Augmentation Surgery (implants included)	~ \$8,000 – \$8,500	~ \$14,000 – \$22,000
Pre-operative tests, scans & consultations	Included	~ \$500 – \$1,200
Anaesthetist fee	Included	~ \$1,500 – \$2,500
Hospital / facility fee	Included	~ \$2,500 – \$5,000
Surgical bra & post-operative garments	~ \$50 – \$150	~ \$100 – \$300
Post-operative medications & dressings	~ Included	~ \$200 – \$500

**Add 18% Indian GST to pricing*

Airfares, accommodation, transfers, and JBTG Limited's logistics and escort fees are additional — see your personalised invoice for full costings. All surgical costs are paid directly to the hospital.



A note about JBTG Limited's role. We organise everything around your surgery — your flights, hotel, all your transfers, and we escort you every step of the way. We are not medical professionals. Your surgical team, your treatment decisions, and your medical contract are between you and the hospital directly. We will also assist you navigate your way through the entry visa application. Our job is to make sure you get there, you're supported throughout, and you come home safely.

Ready to Find Out More?

Here's how to get started — it's simpler than you might think:

1	Get in touch Call or email us for a no-obligation chat. Tell us a little about what you're hoping to achieve and we'll take it from there.
2	We connect you with our brokers in India Our trusted on-the-ground medical brokers will assess your needs and connect you with the right surgical team for your specific situation.
3	You receive a personalised quote The surgical team will provide a detailed quote based on your individual case, including your chosen implant type and size. No surprises, no hidden costs.
4	We arrange everything Once you're happy to go ahead, we take care of flights, hotel, transfers, and all logistics. You just need to show up.
5	We travel with you You're not going alone. We escort you throughout the entire trip — to every appointment, every step of the way.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel

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