



three women's breast augmentation stories



PERSONAL STORIES



DR. SANJAY GROVER
Plastic Surgeon

ABOUT THE expert...

Plastic surgeon **SANJAY GROVER, MD**, of **Newport Beach, CA**, has been helping his patients achieve their aesthetic goals through a host of nonsurgical, minimally invasive and surgical procedures, including **endoscopic browlifts** and his infamous **"mommy makeover" breast and body surgeries** for nearly a decade. Educated at Stanford University and a participant in numerous professional organizations, like ASPS and ASAPS, Dr. Grover takes an active role in the local and greater plastic surgery communities, asserting himself as a physician devoted to safe, reliable patient care.

alisha

Years ago I had an augmentation to address my small breasts and concave chest wall. But after having children, I lost so much weight, and volume and tissue in my breasts that my implants began to ripple, even though the initial results were great. So, I had them replaced with silicone gel implants.

WHAT DR. GROVER SAYS Alisha had a very nice result with her saline implants; however, after childbirth and nursing, her breast tissue "deflated" and her skin was thinner, thus she did much better with high profile silicone gel implants.

BEFORE MY SURGERY I met with Dr. Grover again because I was very happy with how things went with my first surgery. Dr. Grover and I discussed the best options available for surgery and implant types to achieve my best possible result. I decided to proceed with a second surgery. This time I chose to go with high profile silicone gel implants to reduce the rippling I was experiencing.

MY SURGERY I was excited, but nervous, with both surgeries, but Dr. Grover had reassured

me that the surgery would go well. I had my post-op appointment the following morning with Dr. Grover. I had minimal discomfort following the implant exchange, and I was back at work in a few days.

THE RESULTS I was very happy with the results of my first surgery but I'm much happier with my silicone gel implants. Since having my implants replaced, my breasts look and feel like they did before I lost all the weight and my confidence has really improved.

francine

After nursing my children, for an extended period of time, my breasts were a wreck. I was always stuffing my bra, and I was embarrassed to wear a bathing suit. My breasts were so saggy that I had to wear a bra to bed just to prop them up.

BEFORE MY SURGERY I really wanted to be back to my C-cup size and knew that surgery was the answer. I made an appointment with Dr. Grover. He addressed multiple issues with me including the various types of implants available and scarring, because of my skin type. I preferred to avoid having a lift because of my concerns about scarring with my skin type.



ALISHA

MY SURGERY Dr. Grover and I talked about the different types of implants for my body and together we decided that a high profile silicone gel implant was the best option. Just by holding the implants in my hands I could tell that the silicone ones would feel the most natural, whereas some of the others felt like bags of water. Dr. Grover strongly suggested I go with silicone implants.

WHAT DR. GROVER SAYS We were able to do Francine's surgery without the lift because of the dual plane technique that was used, which helps significantly with slightly droopy breasts. With this technique, the implant isn't entirely covered by the muscle, preventing the implant from being too high and giving a natural, tear-drop shape.

THE RESULTS I'm very happy with my results. It's been a year since my surgery and my breasts look beautiful, although they looked fantastic after just one week because my skin wasn't tight or bruised. And I'm happy with my scar, which is so small that it's barely visible. Dr. Grover restored my breasts so well that they look better now than they did before I had kids.

FRANCINE

heidi

I always felt out of proportion because my breasts never seemed to match the rest of my body. I had thought about having an augmentation and decided that I was finally at a place in my life where it seemed appropriate.

BEFORE MY SURGERY I met with Dr. Grover for a consultation. He suggested that I would do well with either saline or silicone implants because of my skin quality and decent amount of breast tissue. I decided on silicone gel implants because they felt more natural to the touch. A few days before my surgery, Dr. Grover started me on a regimen of vitamins and special supplements to reduce bruising and boost my immune system.

WHAT DR. GROVER SAYS Heidi had a great shape to her breasts naturally and no droopiness since she hadn't had any kids yet. She would have done well with either saline or silicone implants but she chose silicone because of how natural they felt.

MY SURGERY I was so excited surgery day was finally here! I didn't have any second thoughts about my decision. When I got to the surgery

HEIDI

center, Dr. Grover and I reviewed our plan. I received my anesthesia and was ready to wake up with my new breasts. When I woke up, I felt pretty good. My chest felt tight but it wasn't painful. I had no bruising. Over the next few days, I took it easy and massaged my breasts, as recommended, to help prevent capsular contracture. By the second day, I was able to shower and wash my hair on my own and by the fifth day I was back at work and resuming my life as usual.

THE RESULTS It's been a few months since my surgery and my breasts have settled quite a bit. They look beautiful and natural. The best part of all is that my breasts feel like they've always been there.

"Every woman can have a different reason to choose breast augmentation. It can definitely help enhance a woman's physical and self-image."

-DR. SANJAY GROVER