

cosmedtour.com

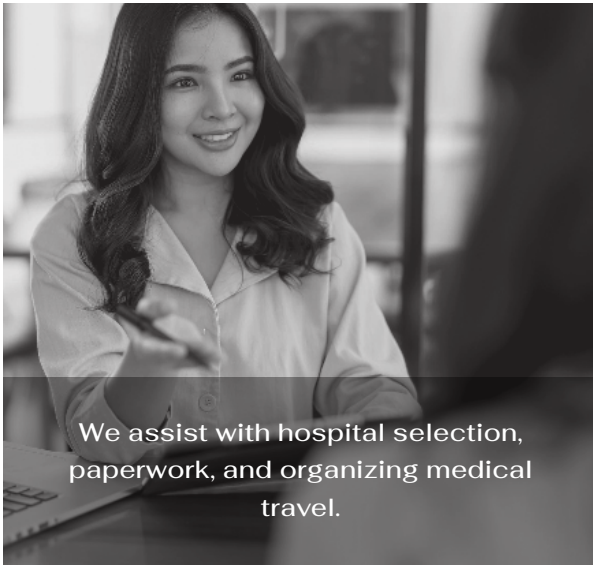


Your Ultimate Guide To
BREAST SURGERY

As Thai's most trusted Plastic Surgery group,
we're passionate about client care

COSMED⁺

TOUR




We assist with hospital selection, paperwork, and organizing medical travel.



Every clinic is carefully selected. Our coordinators visit clinics to ensure that our patients are in safe hands.

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Cosmedtour Inc.



Most importantly, our goal is to ensure that you feel confident, secure, and fully supported every step of your journey.

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Dr. Akkavich Harnnavachok

Introduction

Welcome to CosMedTour, the leading Plastic Surgery group in Thailand. Since our inception, we've been devoted to empowering countless clients to embrace their self-confidence. We take great pride in our collaboration with top-tier plastic surgeons, known for their unwavering commitment to delivering exceptional care and outstanding results. When you choose us, rest assured that you're placing yourself in the hands of true experts. Our dedicated Client Support team will guide you every step of the way—from your initial assessment, through the planning process, during your recovery, and beyond.

Our Commitment

While we're honored to be recognized as industry leaders, we're also proud pioneers. Since 2014, we've been the trailblazers in establishing relationships with fully accredited clinics and hospitals in Thailand.

Proven Track Record

Our extensive experience and unwavering dedication set us apart from the competition. We've been organizing international group medical holidays longer than anyone else, continuously listening to the needs of both prospective and former clients, and accommodating individual preferences and requests.

Building Strong Relationships

We've cultivated strong partnerships with our affiliated clinics and hospitals, hand-selecting a team of professionals known for their expertise, authenticity, and compassion. At CosMedTour, you're more than just a number—you're greeted with sincerity and a level of care that exceeds industry standards from the very beginning.

Prioritizing Patient Safety

Patient safety is non-negotiable for us. Our Founder and CEO have personally vetted and maintained international partnerships since 2014, undergoing treatments themselves and fostering direct affiliations. This demonstrates the depth of our relationships and mutual respect.

Embracing Cultural Values

In our search for like-minded partners, we found common ground with the affable and polite Thai people, renowned for their dedication and bedside manner. This cultural synergy, combined with state-of-the-art facilities for both acute and general care, makes for a perfect partnership.

Our Guarantee

At PPSI, our commitment to quality and client satisfaction extends far beyond the operating room. We believe in shouldering responsibility for our clients' well-being long after they've returned home. We provide assurances that opting for surgery overseas doesn't mean compromising on safety.

We understand that surgery inherently carries risks, and we ensure our clients are fully informed about these risks beforehand through detailed information pamphlets available at PPSI. Additionally, we encourage open discussions about these risks with their attending surgeon.

Our Commitment and Guarantee

Complication Review Process: If a complication arises, clients should promptly inform PPSI with comprehensive details and evidence. A review committee, comprising the attending plastic surgeon, PPSI Senior Plastic Surgeon, and the Medical Director of Phuket International Hospital, will assess the situation.

Determination of Responsibility: The committee will determine whether the complication is directly related to surgery or other factors, such as unrealistic expectations or pre-existing conditions. The extent of responsibility between PPSI and the client will then be allocated on a case-by-case basis.

Notification: PPSI will inform the client of the determination in writing. If the client disagrees, they can notify PPSI in writing, providing reasons for their disagreement.

High-Risk Factors

Patients with various risk factors must disclose this information to their surgeon before undergoing surgery.

Conditions

Compliance: Clients must adhere to post-operative instructions, including wearing compression garments as recommended.

Emergency Situations: In case of emergencies, clients should seek immediate medical assistance and notify PPSI promptly. Failure to do so within a reasonable time may result in the cancellation of the guarantee.

Pre-Approval: Treatment costs not pre-approved in writing by PPSI will not be reimbursed.

Evaluation Period: No determinations will be made by PPSI within six months following surgery, except in emergencies or acute complications.

Surgical Procedures: Except in emergencies, no procedures by another surgeon may be performed without PPSI's consent.

Exclusions

Certain situations are not covered by the guarantee, including non-surgical procedures, inherent risks associated with surgery, changes associated with weight gain/loss or pregnancy, and surgeries performed by non-PPSI surgeons.

Determination

Following assessment and considering the conditions and exclusions, PPSI guarantees to cover costs associated with corrective surgery, including hospital, admission, and surgical expenses, as well as return airfares and hotel accommodation for non-resident clients referred by PPSI.

Note: All corrective procedures must be completed within one year of the original surgery.

The most important thing is the responsibility from the hospital. We never abandon our customers, and we will take care of every customer to the best of our ability

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Dr. Akkavich Harnnavachok

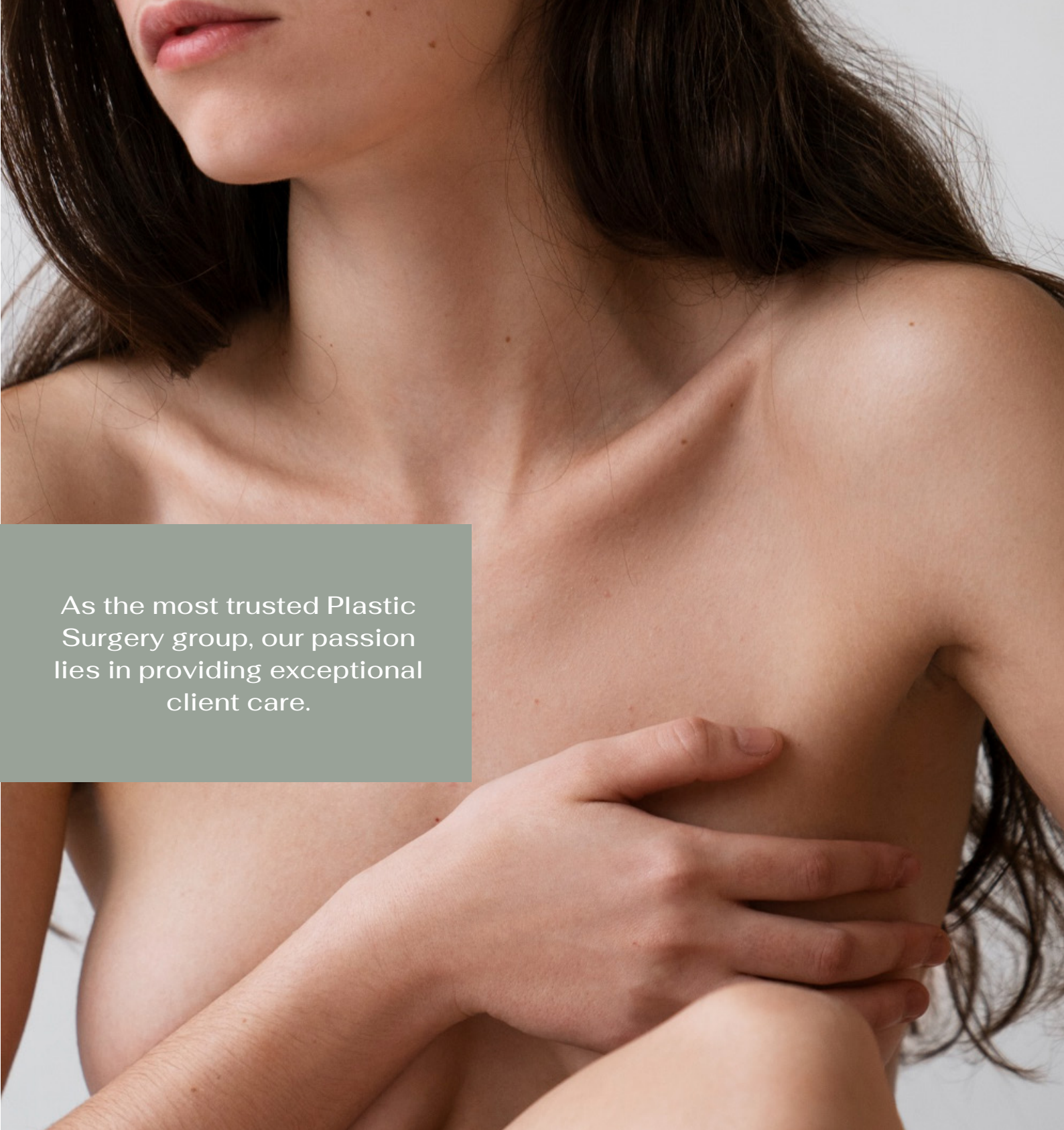


Why Us

Welcome to our trusted agency for international cosmetic and dental procedures. With over a decade of experience, we offer top-notch care from highly skilled surgeons in Phuket. Enjoy peace of mind with transparent pricing, 24/7 support, and flexible payment plans.



- ✓ Original facilitator of International cosmetic and dental procedures
- ✓ Over 10 years of industry experience since 2014
- ✓ Leading and most trusted agency
- ✓ Central offices located in Phuket
- ✓ Highly skilled and reputable Plastic and Reconstructive Surgeons
- ✓ Joint Commission International (JCI) Hospital accreditation
- ✓ Meet your surgeon BEFORE paying for your procedure
- ✓ Escorted group tour packages with Thai hosts
- ✓ Peace of mind with 24/7 support team
- ✓ No hidden fees and costs
- ✓ Medical Travel Cover
- ✓ Payment plans available



As the most trusted Plastic Surgery group, our passion lies in providing exceptional client care.



Breast Surgery

Were you aware that each woman possesses a distinct breast anatomy? Indeed, there exists a significant natural diversity among the breasts of every woman. Additionally, our clients come to us with varied motivations for undergoing Breast Surgery. While one may desire larger breasts, another may seek relief from back pressure by reducing breast size. Some may wish to restore their breasts to a more youthful, elevated position, while others may opt to remove implants due to changes in personal circumstances.

Consequently, when it comes to Breast Surgery, a universal solution does not exist. Instead, our highly skilled Plastic Surgeons craft personalized treatment plans tailored to your specific needs. They take into consideration factors such as your desired surgical outcomes, your unique breast anatomy, skin thickness and elasticity, as well as your body type.

In order to achieve the most favorable outcomes for you, your CosMedTour Surgeon may incorporate a combination of Breast Procedures into your treatment plan.

Breast Surgery Procedures

In order to achieve optimal outcomes tailored to your needs, your CosMedTour Surgeon may recommend a combination of Breast Procedures as part of your treatment plan.



Breast Augmentation:

Also referred to as Augmentation Mammoplasty or colloquially as a "Boob Job," this procedure involves the placement of implants beneath the breast tissue to:

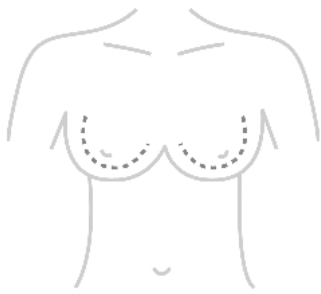
- ✓ Increase breast size
- ✓ Enhance breast shape



Breast Lift:

A Breast Lift, known as Mastopexy, addresses sagging by removing excess skin. This procedure:

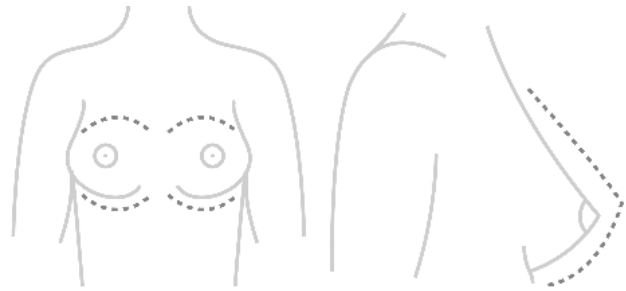
- ✓ Restores natural breast perkiness
- ✓ Reshapes breast contour



Breast Reduction:

Also known as Reduction Mammoplasty, this surgery involves the removal of excess fat, skin, and glandular tissue to:

- ✓ Reduce breast size in proportion to the client's body



Breast Explant:

Alternatively referred to as Breast Revision Surgery or Augmentation Reversal, this procedure is typically performed due to changes in preference, implant complications, or implant-related illnesses. It can involve:

- ✓ Implant removal
- ✓ Repositioning existing implants
- ✓ Replacement of implants with new ones



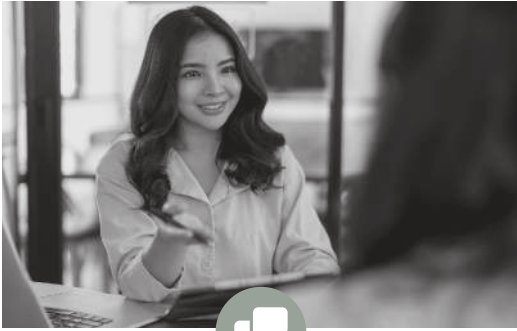
The most important thing is the responsibility from the hospital. We never abandon our customers, and we will take care of every customer to the best of our ability

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Dr. Akkavich Harnnavachok

The procedure

What To Expect Before Your Procedure.



INITIAL INQUIRY AND ASSESSMENT

Connect with our Client Support Specialists to assess your candidacy and receive personalized surgical advice.



SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.



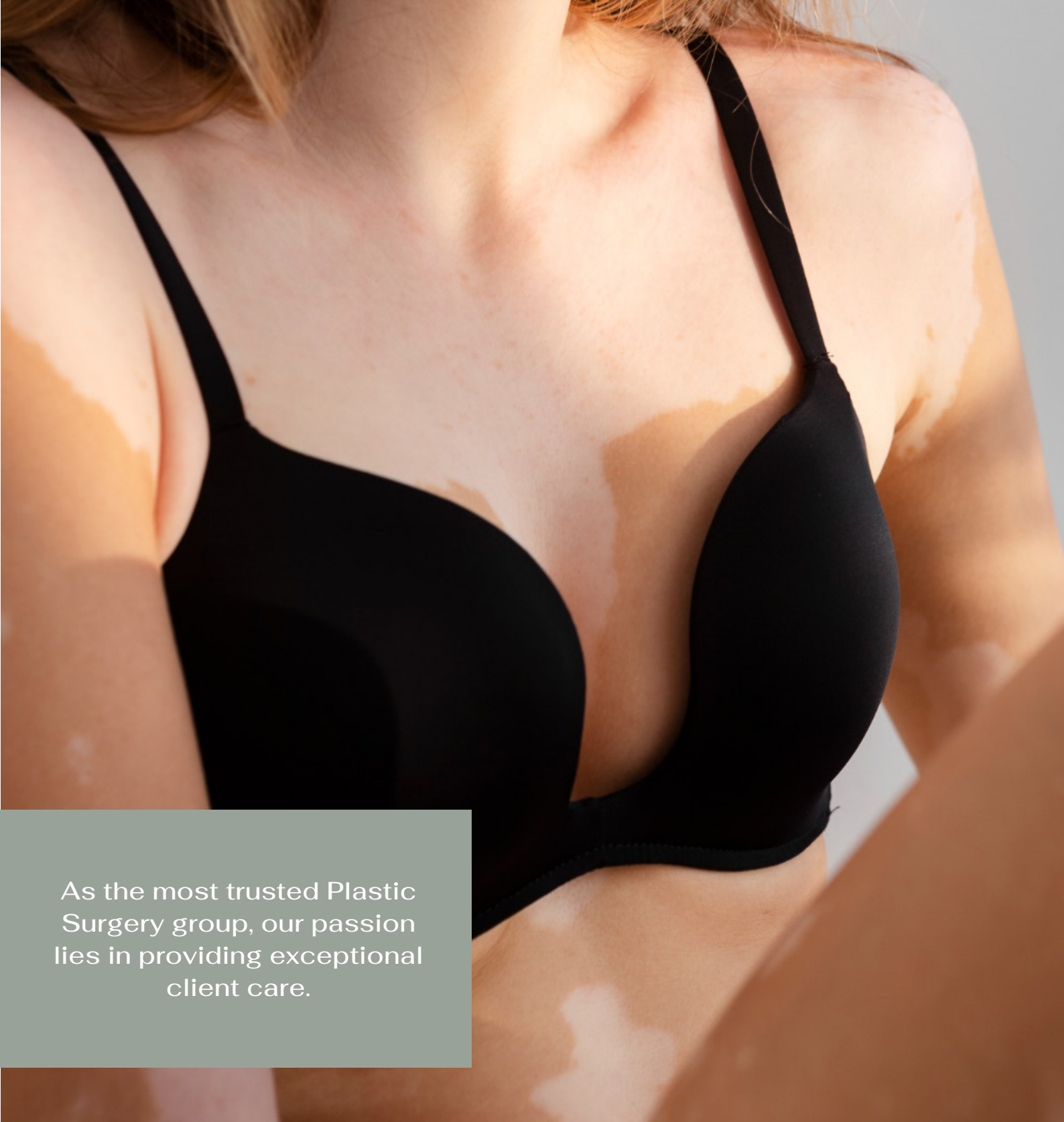
YOUR SURGERY | 2 hours

Breast Surgery duration ranges from 2 hours, depending on additional procedures. A standalone Breast Augmentation takes 1 to 2 hours, while adding a Breast Lift or Reduction extends it to about 3 hours. Combining Breast Explants with a Lift may take up to 5 hours. All procedures are performed under general anesthesia.



AFTER CARE FOLLOW UP

Receive post-operative instructions and follow-up appointments for optimal results.



As the most trusted Plastic Surgery group, our passion lies in providing exceptional client care.

After Your Procedure

After your procedure, recovery times can vary, but we typically recommend allowing 4-6 weeks before returning to work, with full recovery taking 6-12 months. Here's a general guide to what you might expect:

Hospital Stay (1-2 nights):

The duration depends on surgical complexity, post-surgery health, home monitoring availability, and location of the procedure.

Rest Time (3 Weeks):

Expect swelling, bruising, and chest tightness initially. Recovery includes using ice packs, pain medication, avoiding driving, work, or exercise in the first week, gradually easing into light exercise after the 2nd or 3rd week, and avoiding heavy lifting, strenuous exercise, and swimming until cleared by your Surgeon.

Recovery Time (6 Weeks):

Wearing post-surgery support garments aids in optimal healing and reduced swelling.

Settling Period (6-12 Months):

Full recovery occurs over 6 to 12 months:

- ✓ Implants (if applicable) settle into their final position.
- ✓ Breasts soften.
- ✓ Scars may take up to 18 months to fade.

Planning Your Procedure

Your Surgeon will guide you through the planning process, but it's essential to familiarize yourself with your options. Considerations include:

- Implant Choice & Placement (for Breast Augmentation & Explant)
- Incision Placement
- Surgical Techniques (for Breast Lift & Reduction)

When preparing for breast surgery, various factors must be considered, including the combination of procedures required. It's crucial to be open and realistic about your desired breast outcomes. Equally important is to heed your Surgeon's advice on what will work best for you and your body in the long term.

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Implant Choice For Breast Augmentation & Explant

Implant choice plays a crucial role in planning the perfect Breast Augmentation. Similarly, for a Breast Explant, implants must be considered. They can be completely removed, repositioned, or replaced with new implants. Surgeons carefully consider the client's natural breast tissue, anatomy, and desired form and symmetry when selecting the ideal implant. All implants used by CosMedTour Surgeons are Cohesive Silicone Gel, known for their 'gummy bear texture,' which many believe feels more like real breasts than their Saline counterparts.

Implant Size:

Your Surgeon will advise you on what will work best for your body, both now and in the future, when determining implant size.

Projection:

Implant Projection determines how far the implant extends forward, influencing cup size and profile.

Implant Type:

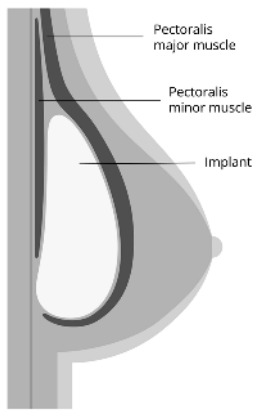
Breast Implants come with either Smooth, Micro, or Nano Textured surfaces. Smooth implants offer softer surfaces, while textured surfaces reduce movement risks.

Implant Shape:

Teardrop implants, also known as anatomical implants, mimic the natural shape of the breast with more fullness in the lower part and less at the top. Round implants are circular and symmetrical, providing more fullness and volume to the upper part of the breast, creating a more dramatic effect.

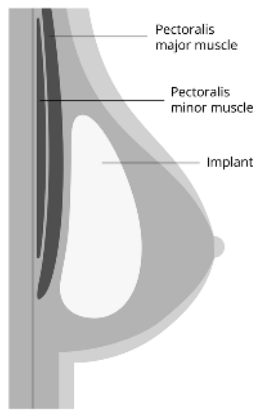
Implant Placement

Breast implant placement is a decision influenced by various factors such as skin quality, body composition, existing breast tissue, lifestyle, and desired outcome. Surgeons typically consider three approaches for implant placement:



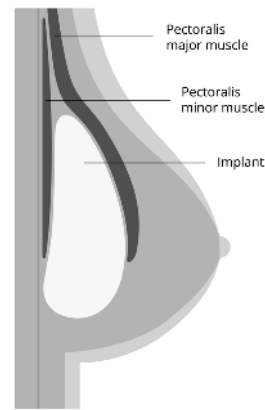
Under Muscle Placement:

The implant is positioned beneath the pectoralis major muscle (the pec), providing an additional layer of coverage over the implant. This placement helps to smooth out any potential ridges between the implant and the skin.



Over Muscle Placement:

The implant is situated between the pectoralis major muscle and the breast tissue. This placement assists in shaping the breast into a more regular form and is typically suitable for clients with a sufficient volume of natural breast tissue.



Dual Plane Placement:

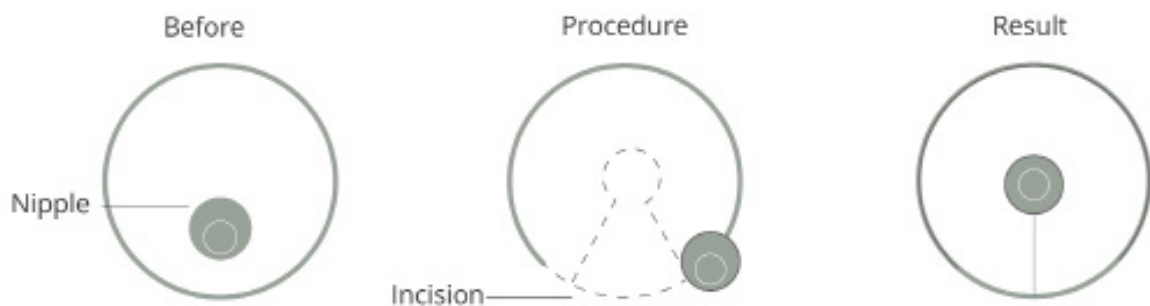
This approach combines both Over and Under Muscle placements. The upper portion of the implant is positioned under the pec, while the lower portion rests above it, underneath the breast tissue.

Breast Reduction

Breast Reduction surgery is a fitting option for clients with large, heavy, or uneven breasts, as well as those experiencing discomfort due to their size. During this procedure, our proficient CosMedTour Surgeon reshapes and tightens the breast contour, resulting in a firmer, more elevated appearance, a lift to the nipple position, and a reduction in the size of the areola if it has enlarged over time.

The Anchor Technique:

Also referred to as the 'T-Lift Technique', is commonly employed in Breast Reduction surgeries due to its ability to deliver significant results. This technique entails a peri-areolar incision around the areola, a vertical incision extending from the base of the areola to the breast crease, and another incision along the breast crease itself.



A Breast Reduction alone may not fully restore the breasts' natural perkiness. Your Surgeon may recommend a Breast Lift to prevent them from looking deflated or saggy.

Breast Lift

A Breast Lift, or Mastopexy, is a procedure designed to restore the natural perkiness of the breasts. Typically, it is recommended for clients experiencing Ptosis (or sagging) due to factors like pregnancy, breastfeeding, significant weight loss, or aging. By removing excess skin, your Surgeon reshapes and tightens the breast contour, resulting in a firmer, more raised appearance.

The choice of Breast Lift technique depends on the degree of Ptosis and any other breast enhancement procedures you may undergo. Each technique offers unique benefits and results in varying degrees of lift, from subtle to dramatic outcomes.



Crescent Technique:

- ✓ Suitable for clients with minor to moderate sagging and/or small breasts.
- ✓ Provides a small degree of lift and can correct nipple asymmetry.
- ✓ Involves a half-moon shaped incision above the areola, with a small amount of breast tissue removal before joining the incision.



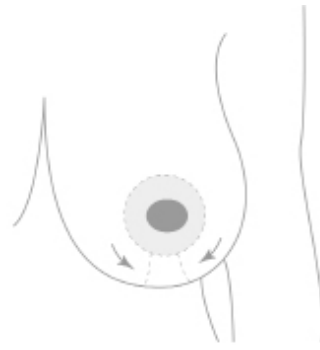
Peri-areolar Technique (Donut Technique):

- ✓ Also known as the Donut technique.
- ✓ Suited for clients with minor to moderate sagging and/or tuberous breasts.
- ✓ Offers a small degree of lift and can reduce areola size.
- ✓ Involves a circular incision around the areola.



Vertical Technique:

- ✓ Suited for moderate sagging and larger breasts.
- ✓ Provides significant lift and projection.
- ✓ Involves incisions around the areola and from the areola down to the natural breast crease.



Anchor (T-lift) Technique:

- ✓ Ideal for severe sagging and larger breasts.
- ✓ Often used for clients undergoing Breast Reduction.
- ✓ Yields dramatic results through incisions around the areola, vertically from the base of the areola to the breast crease, and along the breast crease itself.

Rest assured, our skilled surgeons take the time to understand your needs and create tailored treatment plans for optimal results.



These techniques offer tailored solutions to meet the unique needs and goals of each patient, providing options for achieving a flatter, firmer abdomen and enhanced body confidence. Your Surgeon will guide you through the selection process, ensuring you choose the most appropriate technique for your individual case.

Potential Risks To Consider

While you can trust that you'll be in expert hands throughout your CosMedTour journey, it's essential to acknowledge the potential risks associated with any surgical procedure. Our dedicated Plastic Surgeons prioritize safety and work in hospitals renowned for their excellence and high standards of practice. Here are some possible risks and complications:

Risks & Possible Complications:

- Infections, bleeding, allergic reactions to medical materials
- Seroma (fluid accumulation) around the implant/incision site
- Haematoma (collection of blood) inside the breast
- Changes in nipple and breast sensitivity
- Numbness around incision scars (temporary or permanent)
- Keloid or hypertrophic scarring (lumpy, inflamed, and itchy)
- Wrinkling of the skin over the implant
- Implant rupture, slippage, or movement
- Lumps in lymph node tissue (caused by leaking silicone, not a health risk)
- Swelling, bruising, stiff shoulder
- Breastfeeding difficulties, skin discoloration/permanent pigmentation changes
- Fat necrosis resulting in hard lumps in the skin
- Capsular contracture: scar tissue forms around the implant, can cause interference with breast shape and feel, sometimes painful
- Asymmetry (uneven breasts), breast deformity, or sagging after Explant
- Potential/partial loss of nipple and areola
- Damage to nerves, blood vessels, muscles, and lungs (temporary or permanent)
- Reduced effectiveness of breast screening (modern imaging has reduced this concern)
- Need for further surgery to treat complications

Why Choose Cosmedtour



Compassionate Care:

Our dedicated team ensures you feel confident, safe, and supported at every stage of your journey.



Surgery Payment Options:

From layby to personal loans, we offer assistance with payment options to fund your Plastic Surgery.



The Best Plastic Surgeons:

Work with the finest and most trusted Surgeons who understand your goals and deliver beautiful results.



All-Inclusive Surgery Packages:

Our packages cover everything from surgery, anaesthetist fees, to hospital stay, with no hidden costs.



Trusted by Clients:

With 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.



Honest, Personalized Advice:

We believe in authenticity and provide realistic advice about the results you can achieve.



Get in Touch

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.



Phone us on +66 884486718



Send us an [online enquiry](#)



Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

[START NOW](#)

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