

Title:

Out of Sight, No Cut on front of Chest Using Ultrasound and Power-Assisted Devices Through Lateral Incision: The OCCULT Technique for Gynecomastia: A Multicentric Large Series Study

Authors:

Rajat Gupta, Priya Bansal, Anmol Chugh, Saumil Girish Shah, Gautam Chaudhary

Abstract:

Gynecomastia, or male breast enlargement, can affect confidence. The OCCULT technique combines Power-Assisted (PAL) and Ultrasound-Assisted Liposuction (UAL) to remove excess tissue without visible chest scars. A retrospective study of 967 patients from 2022 to 2023 across New Delhi, Gurugram, and Mumbai evaluated surgical success, complications, and satisfaction. Using a single lateral chest incision, the technique ensured effective fat removal and contouring. 93.3% of patients were satisfied, 97.1% reported excellent scar quality, and complications were minimal (0.8% seroma, no necrosis). The OCCULT technique is a safe, effective, and scar-concealing method for gynecomastia surgery, offering high patient satisfaction with minimal risks.

Acknowledgment:

The authors would like to appreciate Dr. Adarsh Keshari (APAR Health) for their support in data analysis and medical writing.

Title:

Two-Flap Technique, Superior Pedicle and Central Pedicle Retro Glandular Flap: Innovative Technique to Ensure Upper Pole Fullness after Breast Reduction Surgery

Authors:

Rajat Gupta, Priya Bansal, Gautam Chaudhary, Shubham Sharma

Abstract:

Traditional breast reduction techniques often cause loss of upper breast fullness. This study introduces the two-flap technique, combining a superior pedicle and central pedicle retro glandular (RG) flap to enhance breast shape and symmetry.

A study of 165 patients (2022–2024) showed high satisfaction (89.09%), with minimal complications (seroma 7.27%, wound healing issues 3.64%). The technique offers a safe and effective approach for better aesthetic outcomes in breast reduction, though further research is needed for larger breasts.

Acknowledgment:

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Title:

Safety and Effectiveness of Subcutaneous buttock augmentation in Indian population -A retrospective analysis

Authors:

Rajat Gupta, Priya Bansal, Gautam Chaudhary

Abstract:

Safe Subcutaneous Buttock Augmentation (SSBA) is a safer alternative to traditional fat grafting, reducing risks like fat embolism. This study of 293 Indian patients (2017–2024) evaluated its safety and effectiveness. Using Ultrasound-Assisted (UAL) and Power-Assisted Liposuction (PAL), fat was harvested and injected into the subcutaneous layer with a 5 mm blunt cannula.

Among 287 women and 6 men, average graft volumes were 557 cc (females) and 341.6 cc (males). No deaths, minimal complications, and a waist-to-hip ratio improvement (0.81 to 0.72, $p < 0.001$) confirm SSBA as a safe, effective method for buttock enhancement when performed with proper technique.

Acknowledgment:

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Title

Impact of Reducing Inter-Mammary Cleavage Gap on Breast Shape and Aesthetics in Hybrid Breast Augmentation

Authors

Dr. Rajat Gupta, Dr. Priya Bansal, Dr. Gautam Chaudhary, Dr. Ranjita Hegde

Abstract

Hybrid breast augmentation combines silicone implants and fat grafting to create a natural breast shape. This study analyzed 131 women (ages 30–55) who underwent the procedure from 2021 to 2024, focusing on cleavage improvement and patient satisfaction.

The cleavage distance reduced significantly (from 9.5 cm to 4.74 cm, $p < 0.0001$). Implant sizes ranged from 230 cc to 320 cc, and fat grafting volumes averaged 63.11 cc. 93.9% of patients were very satisfied, with only 3.1% experiencing minor complications like wide scars.

Hybrid breast augmentation is a safe and effective method to enhance cleavage and aesthetics, with high patient satisfaction and minimal risks.

Acknowledgment:

The authors would like to appreciate Dr. Adarsh Keshari (APAR Health) for their support in data analysis and medical writing.

Title:

Psychological Determinants of Patient Satisfaction in Aesthetic Surgery: The Impact of Preoperative Screening and Counselling

Authors:

Rajat Gupta, Priya Bansal, Gautam Chaudhury, Rishi Gupta, Adarsh Keshari and Pooja Sharma

Abstract

Aesthetic surgery improves appearance but also affects mental well-being. This study examined how psychological factors influence patient satisfaction and the role of pre-surgery screening and counselling in improving outcomes.

A total of 290 patients (March 2023–December 2024) were assessed using the Iowa Personality Disorder Screen (IPDS). Issues like anxiety, body image concerns, and mood instability were analyzed. Smokers had higher rates of mood swings (28.57%) and difficulty with long-term goals (28.57%), showing a strong link between mental health and surgical outcomes.

Pre-surgery psychological screening helps set realistic expectations, improves patient satisfaction, and reduces regret. Combining mental health care with surgery ensures better emotional well-being and long-term success.

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Title:

A Simple Working Classification for Effective Surgical Management of Prominent Ears

Authors:

Ramya Sree P, Rajat Gupta, Priya Bansal, Gautam Chaudhury

Abstract

Prominent ear (prominauris) is a common birth condition that affects ear shape but does not impact hearing. Many children face bullying, and patients often seek treatment due to social concerns. While many surgeries exist, no single method guarantees the best results.

There is no simple classification to guide surgeons in choosing the right surgical steps. This study introduces a new three-grade classification to help doctors better assess the deformity and perform more precise and consistent surgeries for improved patient satisfaction.

Acknowledgment:

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Title

Subscarpal Dissection in High-Definition Abdominoplasty with 3D Rectus Plication (SHARP) Technique: The 10-Step Path to Ensuring Safety and High-Definition Results in an Indian Cohort

Authors

Rajat Gupta, Priya Bansal, Gautam Chaudhury, KANTAMNENI BABY LAKSHMI, Vimal Kumar Kummari

Abstract

The SHARP technique is a new method for high-definition abdominoplasty designed for Indian patients, considering their unique skin tone, body structure, and aesthetic needs. This study evaluates its safety and effectiveness based on real-world results.

A total of 128 patients (90.6% female, average age 38.1 years) underwent the procedure between January 2023 and February 2024. The surgery included full-body liposuction, abdominal flap elevation, skin removal, and muscle tightening. No major complications occurred, though 7.8% of patients had minor fluid buildup (seroma). At six months, patients showed improved body contour and high satisfaction.

The SHARP technique is a safe, effective, and predictable method for achieving natural, aesthetically pleasing results in abdominoplasty.

Acknowledgment:

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Title

Role of 3D Simulation in breast augmentation

Authors

Rajat Gupta, Deepti Gupta

Abstract

Abstract

Patient satisfaction is key in breast augmentation, with implant size being a major factor in the final outcome. Traditional methods of sizing implants under a bra can be inconvenient and inaccurate. 3D simulation offers a more advanced way for patients to visualize their results before surgery.

This study assessed patient opinions on 3D simulation in pre-surgical counselling. 85–90% of patients found it very helpful in choosing the right implant and felt their post-surgery results matched the simulated images.

3D simulation is a valuable tool that enhances patient involvement and satisfaction in breast augmentation decision-making.

Acknowledgment:

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Title

PURE BODY CONTOURING

Shaping the Future of Aesthetic Transformation

Authors

Rajat Gupta, Priya Bansal, Gautam Chaudhury, Nandini Singh Tanwar, Chahat Verma

Abstract

PURE Body Contouring is an advanced technique combining Power-Assisted Liposuction (PAL), Ultrasound-Assisted Liposuction (UAL), and Radiofrequency (RF) skin tightening to enhance body shaping results. This study analyzed 1,968 patients who underwent the procedure from 2022 to 2024.

The three-step approach included fat removal, contouring, and skin tightening, offering improved precision, faster recovery, and high patient satisfaction. The technique minimized complications and enhanced skin retraction compared to traditional methods.

PURE Body Contouring proves to be a safe, effective, and innovative method for achieving natural, long-lasting body sculpting results with superior aesthetic outcomes.

Acknowledgment:

The authors would like to appreciate Dr. Adarsh Keshari (APAR Health) for their support in data analysis and medical writing.

Title

Exploring the Versatility of Transconjunctival Blepharoplasty: A Retrospective Single-Centre Study

Authors

Rajat Gupta, [Armaan Khosa](#), [Priya Bansal](#), [Gautam Chaudhury](#)

Abstract

Transconjunctival blepharoplasty is a safe and effective eyelid surgery that reduces swelling, bruising, and the risk of complications compared to traditional methods. This study analyzed 88 patients (ages 20–76) who underwent the procedure between July 2022 and January 2024 in northern India.

Most patients recovered quickly, with swelling and bruising resolving in 1–2 weeks and social activities resuming in 2 weeks. Minor issues like foreign body sensation were temporary. The surgery was successfully combined with skin excision, canthoplasty, and fat transfer for enhanced results.

Transconjunctival blepharoplasty provides faster recovery, fewer risks, and better cosmetic outcomes, making it a preferred choice for eyelid rejuvenation.

Acknowledgment:

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