



Billroth
Hospitals



HEALTH IS BEYOND WEALTH

EXPLORING THE WORLD OF PLASTIC SURGERY

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Billroth
Hospitals



Dr. V. Jeganathan
Founder, Billroth Hospitals

“It has been said that a gentle word, a warm hand, a willing ear and small acts of kindness, often taken for granted, can change a life. We believe that to be true. Because we have seen first-hand the power of caring with compassion.”

~ Dr. V. Jeganathan - Founder

MAN WITH VISION...

The Seed was Sown

An extraordinary physician of our times, **Dr. V. Jeganathan** watched thoughtfully as the first bricks for his dream hospital were laid. His vision for creating a world-class healing environment that would attract the best medical minds was taking shape. He dreamt of creating an institution that would serve as a beacon of hope to patients from across the world, offering them the highest standards of excellence in medical care, delivered with compassion. And so began a journey that started with a 70-bed hospital for Gastroenterology. Now Billroth Hospitals, offers an entire spectrum of Medical Care.



**SINCE 1990, THERE WERE NO
COMPROMISES AND NO LOOKING
BACK AT BILLROTH HOSPITALS.**

Ready to Care
EVERYWAY. EVERYDAY..



PLASTIC SURGERY: ENHANCING LIVES AND TRANSFORMING BODIES

UNVEILING THE HISTORICAL FOOTPRINTS

Plastic surgery is one of the oldest surgical specialities, and we should be proud to say that it is India's contribution to the world. Maharishi Sushruta is regarded as the 'Father of Surgery' and it is believed that way back in 600 BCE, he performed several plastic surgical procedures on the bank of the Ganga that are still in practice today.

The roots of plastic surgery run deep, with ancient civilizations like the Egyptians and Indians practicing rudimentary forms of reconstructive procedures. However, it was during the World Wars that plastic surgery emerged as a distinct medical specialty. The need to reconstruct the disfigured faces and bodies of soldiers sparked significant advancements in techniques, materials, and technologies, shaping the landscape of plastic surgery as we know it today.

CLEARING THE CONFUSION THE TRUE MEANING OF “PLASTIC”

The term “plastic” in plastic surgery often leads to misunderstandings. It derives from the Greek word “plastikos,” meaning “to mold” or “to shape.” Plastic surgery involves reshaping and reconstructing tissues to achieve desired outcomes, and it has nothing to do with the synthetic material called “plastic.” Let's put that confusion to rest and embrace the true essence of plastic surgery.

A MULTIDISCIPLINARY APPROACH TO HEALING

What sets plastic surgery apart from other medical specialties is its multidisciplinary nature and versatility. While many specialties focus on specific organs or systems, plastic surgery addresses a broad spectrum of conditions, injuries, and cosmetic concerns. Plastic surgeons, they are often called upon by doctors to assist them during the surgeries that they perform. They help them deal with complicated surgeries and can handle matters from head to toe! Plastic surgery can be broadly classified into, multiple parts

- **Aesthetic Surgery or Cosmetic Surgery** - Involves procedures like facelifts, breast augmentation, and liposuction. This contributes in enhancing self-confidence and improving overall well-being.
- **Trauma Reconstructive Surgery** - Restoring form and functions following severe injuries, burns, or accidents.
- **Cancer Reconstructive Surgery** - Aims to restore physical appearance and function after cancer treatment, such as breast reconstruction post-mastectomy or facial reconstruction following head and neck cancer surgeries.
- **Congenital Disorders Correction** - Offers transformative solutions for conditions like cleft lip and palate, craniosynostosis, and hand deformities.

One of the most common myths that people have about plastic surgeons is that they are only focused on performing cosmetic procedures. While aesthetic surgery is indeed a significant aspect of plastic surgery, it is essential to understand that plastic surgeons, receive extensive training in both reconstructive and aesthetic techniques, enabling them to provide comprehensive care and meet the diverse needs of our patients.



“Plastic surgery goes beyond aesthetics, it empowers individuals to regain their confidence.”

THE SCIENCE BEHIND REPLANTATION: RESTORING AMPUTATED DIGITS



The world of medical science is a realm of constant innovation and life-changing breakthroughs. Among these marvels, replantation surgery stands as a testament to human ingenuity and the unwavering dedication of medical professionals. This remarkable field of surgery is responsible for reattaching amputated digits, offering patients a chance to regain what was once lost.

The Mystery of Amputation

What Happens in an Amputation?

An amputation is a traumatic event that involves the loss of a part of the body. It can occur due to a variety of reasons, such as accidents, trauma, or medical conditions. During an amputation, the affected body part is severed from the rest, leading to a sudden and often devastating change in one's life.

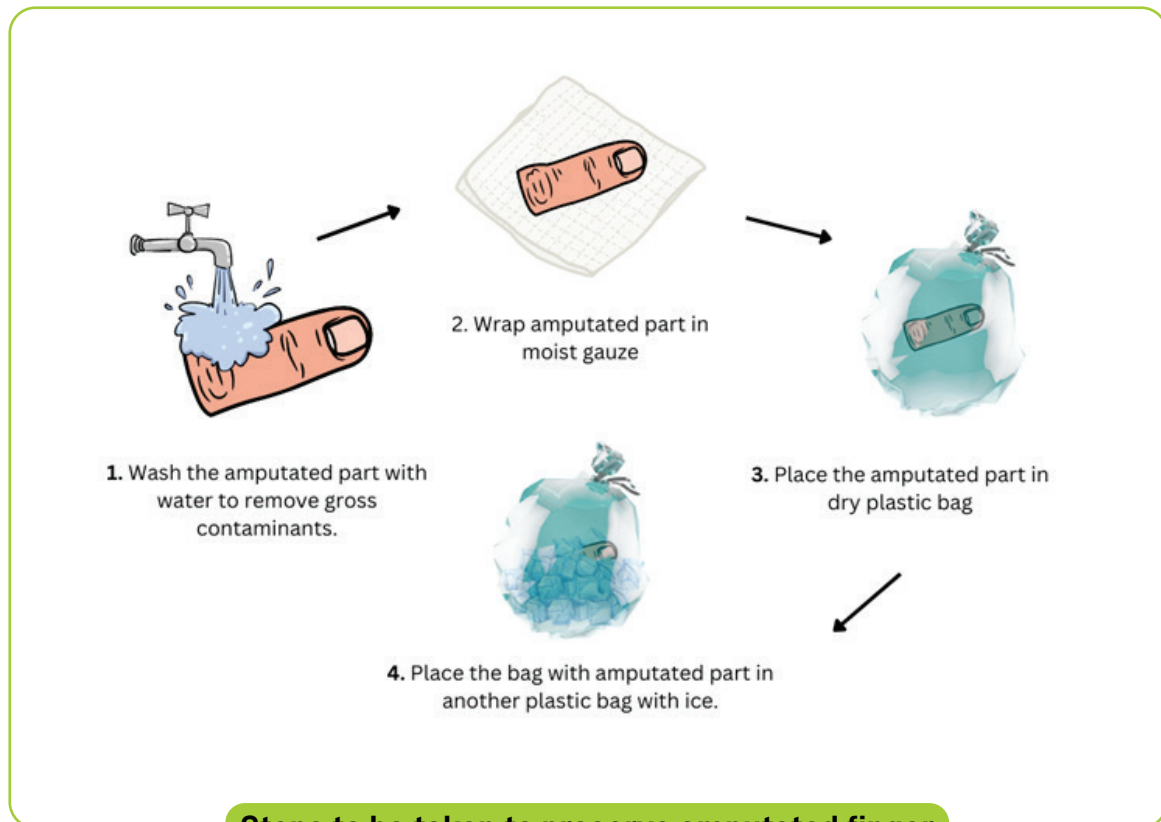
Causes and Consequences

Amputation can be caused by accidents, including workplace mishaps, car crashes, and severe injuries. It can also result from medical conditions such as diabetes, vascular diseases, or cancer. Regardless of the cause, the consequences of amputation are profound. It not only affects physical abilities but also takes an emotional toll on the individual.

The Emotional Toll

The emotional impact of amputation is substantial. It can lead to feelings of loss, grief, and a sense of identity crisis. Coping with the change in physical appearance and abilities can be challenging. However, the prospect of replantation surgery offers hope and a chance for a new beginning. Here are some things you should note to preserve the amputated part before you reach the doctor.

- **Wash the amputated part with water to remove the gross contaminants.**
- **Wrap the amputated part in moist gauze**
- **Place the amputated part in a dry plastic bag**
- **Place the bag with an amputated part in another plastic bag with ice.**



Steps to be taken to preserve amputated finger

THE SURGICAL MARVELS

Going Under the Knife: A Closer Look at Replantation

Replantation surgery is nothing short of magic in the medical world. It involves reattaching severed body parts using microsurgical techniques, giving patients a second chance at a normal life. The intricate procedures and skilled hands of surgeons are instrumental in making this magic happen.

Replantation surgery has the power to transform lives. Patients who undergo successful replantation can regain lost functionality, dexterity, and a sense of normalcy. This surgical marvel not only restores physical abilities but also helps individuals regain their self-esteem and confidence.

LIFE-CHANGING LIPOSUCTION AT BILLROTH HOSPITALS

In the ever-evolving landscape of cosmetic surgery, liposuction stands as a transformative procedure that continues to captivate the attention of those seeking to sculpt and redefine their bodies. In plastic surgery, we're always navigating the delicate intersection of art and science, which allows us to constantly witness the profound impact that liposuction can have on individuals, both physically and emotionally. This innovative technique allows us to artfully remove excess fat deposits, unveiling contours and curves that enhance a patient's self-image and confidence. In this blog, we embark on a journey through the lens of a plastic surgeon, exploring the nuanced world of liposuction, its advancements, and the artistic finesse required to achieve natural, harmonious results.

HOW IS LIPOSUCTION PERFORMED?

First, a small incision (around 4mm long) is made near the target area and then infuse a tumescent solution into the tissue, which includes lidocaine for numbing and epinephrine to minimize bleeding. The procedure is completed by using a blunt metal tube to suction out the fat.

WHAT AREAS ARE COMMONLY TREATED WITH LIPOSUCTION?

The following areas are commonly treated:

- Chin and neck
- Upper arms
- Armpit fat (anterior bra roll)
- Back bra roll
- abdomen
- Hips and waist
- Inner and outer thighs
- Knees
- The mons (FUPA)

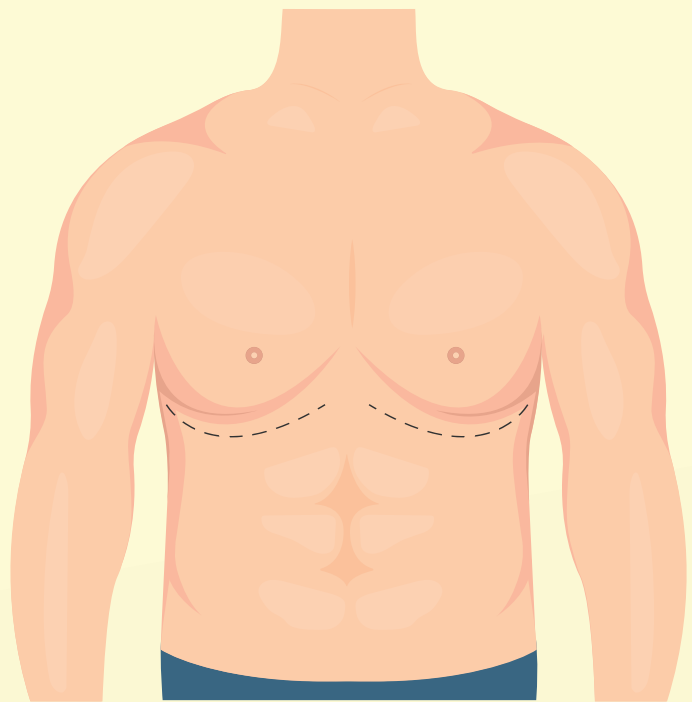
GYNAECOMASTIA: AN EMBARRASSING MALE PROBLEM!



CASE REPORT: 1

What is Gynaecomastia?

Every time a young male patient walks into our clinic and looks healthy but is wearing a very loose shirt or a T-shirt, the diagnosis in 9 out of 10 men is going to be gynaecomastia. In simple terms, "Gynaecomastia" means abnormal enlargement of the breasts in males. In colloquial terms, it is also referred to as 'male-boobs'.





A 30-year-old man presented with an 18-month history of breast enlargement. The patient also complained of tenderness of the breast mass and embarrassment while wearing t-shirts while going to the gym.

After the anesthetic assessment, the patient was taken for surgery. Under GA, after tumescent infiltration. Liposuction was first done to remove fat in a discontinuous manner to achieve symmetry on both sides. Through bilateral peri-areolar incisions, glands were removed from both sides checking each time for the symmetry of both sides' chests. After hemostasis, the wound was closed with a drain and suture.

PRE-OP



POST-OP



After one week, the suture were removed, and compression garments were given to the patient. They had to wear a compression garment for three months.

The patient had an symmetrical chest, and the patient got back to quality of life. Discontinuous liposuction helps in avoiding skin resection in major moderate-to-severe gynecomastia and achieves an symmetric chest proposition.

- **Dr. J. Pablo Neruda, MS., M.Ch.,**
Consultant Plastic Surgeon

A 71-YEAR-OLD WOMAN WITH A MIXER BLADE INJURY TO EVERY FINGER IN HER HAND



CASE REPORT: 2

Presenting a case report of a 71-year-old woman who had accidentally sustained a mixer blade injury to all the fingers of her right hand and who was treated successfully at Billroth Hospital, RA Puram, Chennai.

Mixer blade injuries are caused when a person who uses the mixer for preparing or mashing food ingredients accidentally injures her hand when the lid of the loosely fit mixer jar slips open, resulting in the fingers of the hand slipping into the mixer jar, thereby causing injury to the fingertips. Mixer blade injuries may range from simple lacerations of the pulp of a finger and nail bed lacerations to complex injuries including sub-total, near-total, and sometimes complete amputation of the fingertips.



The patient in our case report, a 71-year-old lady who is known to be hypertensive and diabetic on regular treatment, presented to the ER with complaints of injuries to all fingertips of her right hand, accidentally due to a mixer blade injury.

She was found to have the following injuries:

- Mid-nail bed and pulp laceration of the thumb
- Distal nail bed and pulp laceration of the index
- Distal nail bed and pulp laceration of the middle
- Mid-nailbed and pulp laceration of the ring
- Pulp and paronychia laceration of the little finger

There were no major bony injuries to the Tpx bone of the thumb and fingers.

After getting the necessary opinions and clearances from the physician concerning her medical conditions, she was taken up for surgery.

She underwent nail bed repair, pulp suturing of the thumb, index, middle, and ring fingers, and pulp suturing of the little finger under right brachial block anaesthesia.



The surgical procedure and post-op recovery period were uneventful. She was treated with parenteral antibiotics, analgesics, anti-diabetic drugs, and anti-hypertensives.

She was discharged on the 2nd POD and was regularly followed in the OPD for dressings.

All the wounds on the fingers healed well. Mobilisation of all joints of the fingers started in the 2nd week and continued until the normal range of movement was achieved.

4-month post-op follow-up shows normal nail plate growth without any fingertip deformities.

Dr.Praveen Kumar, M.S,Mch..
Consultant Plastic surgeon

A CASE OF TRAUMATIC UPPER LIMB INJURY

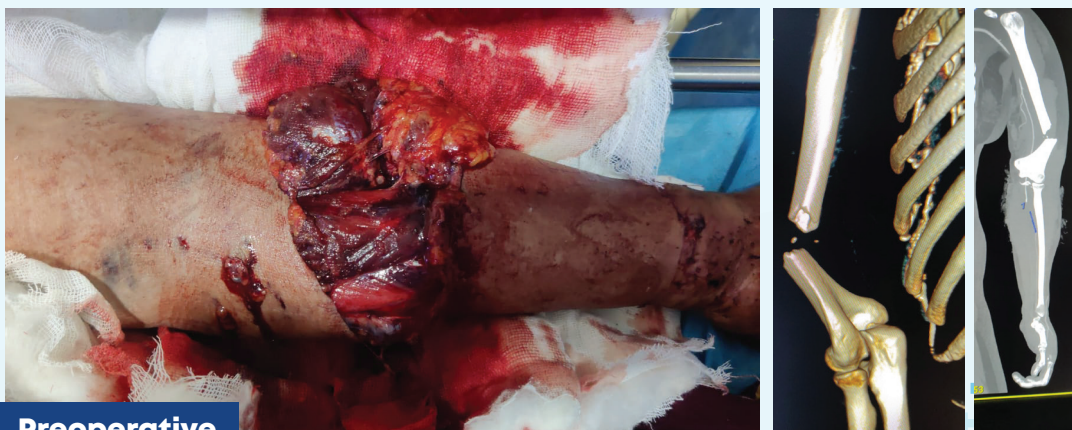


CASE REPORT: 3

A 50-year-old woman with a history of skid and falling from a scooter was subsequently run over by a tractor resulting in multiple injuries to her left upper limb. Upon arrival at Billroth Hospital, presented to the ER with a left upper limb crush injury.

On examination, she was found to have a compound comminuted fracture of the shaft of the humerus with angulation. Small chip fracture involving the Olecranon and Coracoid process on the radial aspect of the ulna and the lateral aspect of the radial head and complete avulsion of the radial artery from the brachial artery at its bifurcation. Crushed avulsed muscles - pronator teres, extensor carpi radialis longus, flexor corpi radialis.

The patient was reviewed at the Emergency. Our expert medical team swiftly initiated a comprehensive treatment plan. All bleeding points were arrested and a nerve block was given to relieve the pain. The patient was shifted to investigation.



Preoperative

Debridement and external fixation were done initially. The vascular surgeon ligated the radial artery due to sufficient supply from the ulnar artery and also because of the extensive contamination and lack of skin cover.

Throughout the treatment process, the patients' vitals were closely monitored, and transfusions were administered as required. Reassessment was done at 48 hours. The left biceps muscle was found to be necrotic and a second debridement was done followed by external fixation, readjustment, and vacuum dressing.



After the wound granulation, the external fixator was adjusted to bring the elbow to a complete extension and the defect was covered with Latissimus dorsi myocutaneous flap.

One month later after the flap settled external fixation was removed and an A/E cast was applied. ORIF with bone grafting done for a five-month-old non-union distal humerus. Post surgical procedures, the patient underwent extensive physiotherapy to achieve functional mobility of the upper limb. The patient was discharged in a happy state, experiencing enhanced functionality and better overall well-being.

This care underscores the importance of prompt and multidisciplinary management in complex traumatic injuries. The collaborative efforts of our medical professional at Billroth Hospital resulted in a successful outcome, restoring her health and quality of life.

- **Dr. Balaji Saibaba**, MBBS., MS(Ortho), DNB (Ortho)
MNAMS, DIP . SICOT, FELLOW IN ARTHROPLASTY & TRAUMA
- **Dr. J. Pablo Neruda**, MS., M.Ch.,
Consultant Plastic Surgeon

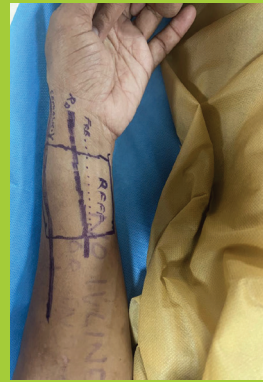


Micro-vascular Flap reconstruction in carcinoma of the tongue

CASE REPORT: 4

A 52-year-old gentleman came with a complaint of pain and non-healing ulcerative growth in the right-side lateral border of the tongue for the past two months. The ulcer was associated with a burning sensation when taking spicy or hot food; however, the ulcer was not associated with difficulty in articulation or mastication. The patient has been a known tobacco chewer for the past 5 years. The initial clinical examination was done, and the growth was measured around 1x1cm with 0.5 cm of induration around it (Figure 1) and no palpable neck nodes. The patient was advised to undergo a biopsy as an OPD procedure, and the histopathology report turned out to be poorly differentiated squamous cell carcinoma. The patient underwent imaging (contrast MRI of the head and neck) for primary tumour assessment and regional lymph node metastasis. No evidence of locoregional lymphatic spread could be found, which led to a cT2N0M0 staging.

The patient was advised for surgery, and due to the extent of the resection, a reconstruction of the tongue was planned. We performed a partial glossectomy on the right side, a selective neck dissection of levels I-IV (Figure 2), and a radial forearm microvascular free flap from the left side (Figure 3). A skin graft from the medial side of the left thigh was used to cover the donor site. Flap settled well with the acceptable Cosmetic Result.



Based on the post-operative histopathology report, **Dr. Deepak's** (radiation oncologist) opinion was taken, and the patient is now on adjuvant external beam radiation therapy.

- **Dr. B. Ashok Kumar, MBBS., MS., FHNS**
Consultant ENT and Head & Neck Surgery
- **Dr. J. Pablo Neruda, MS., M.Ch.,**
Consultant Plastic Surgeon

POLYTRAUMA MANAGEMENT IN A PATIENT WITH MULTIPLE COMORBIDITIES AT BILLROTH MULTISPECIALITY HOSPITAL

CASE REPORT: 5

A 48-year-old was brought to Emergency with history of RTA. While riding two wheelser hit by truck and he had sustained injuries to his chest, abdomen, right lower limb and left upper limb. On initial evaluated in Emergency, he has found have right pneumothorax for which in ICD was placed he had fracture of the Right 9th, 10th, 11th in, 12th rib fracture of the spine process of vertebra D6 to D11. Fracture of the transverse L2, L3 and L4. ABG showed Acute and chronic respiratory type - II failure.



Nephrology opinion was obtained in view of increase creatinine. General surgery opinion was obtained for abdominal injury. CT scan of abdomen shows massive two litres h e m a t o m a extending in deep subcutaneous plane from the lower abdomen to hip with Right side of thigh.



Patient was stabilized in CCU with BIPAP support and blood transfusion. He was taken up for a debridement were necrosed part of the skin and fat from the abdomen and thigh was excised. The second look debridement also done following with vaccum dressing was placed and its blood sugar were optimized.

After discharge patient came to Emergency with right Gluteal pain. On evaluation, he was found to have an gluteal abscess and underwent further debridement of the gluteal

After multiple sittings of vacuum dressings patient was readmitted for skin grafting to extensive raw area over abdomen, groin and right thigh. Patient underwent skin grafting with vaccum dressing to grafted area. Patient recovered well with 100% graft take and was able to achieve complete ambulatory status.

CONCLUSION:

This case is presented an example of comprehensive polytrauma management in a morbidly obese patient with multiple comorbidities including DM, HTN, CAD, bronchial asthma, if required a close and synchronous management of specialized from the department of emergency medicine, General Surgery, Cardiac Thoracic surgery, Cardiology, Anesthesiology, internal medicine, intensive care and physiotherapy.

Billroth hospital takes pride in providing multispeciality zero delay polytrauma service to its patients.



- **Dr. Rajkumar Williams, M.S., FMAS**
Senior Consultant Surgeon, Laparoscopic Surgeon
Rtd. Prof of Surgery, MMC
- **Dr. J. Pablo Neruda, MS., M.Ch.,**
Consultant Plastic Surgeon

Billroth Hospitals' World Liver Day A Commitment to Liver Health

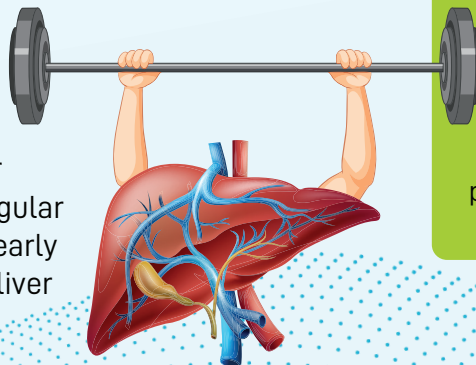


On World Liver Day, Billroth Hospitals took a significant step towards raising awareness about liver health and addressing the challenges posed by liver conditions. With a dedicated team of specialists, the hospital organized an insightful event focused on educating the public about fatty liver, hepatitis, and various other liver-related disorders.

Expert Insights on Liver Health

Our doctors featured video presentations and discussions led by our expert team of hepatologists and gastroenterologists. They shared valuable insights into the causes, symptoms, prevention, and treatment options for liver conditions, emphasizing the importance of early detection and proactive management.

One of the key topics discussed was fatty liver disease and hepatitis, a common yet often overlooked condition. Our specialists highlighted the rising prevalence of fatty liver disease due to lifestyle factors such as unhealthy diet and lack of physical activity. They stressed the significance of lifestyle modifications, proper nutrition, and regular screenings for early detection of fatty liver disease.



Comprehensive Liver Care

Billroth Hospitals' commitment to liver health extends beyond awareness campaigns. Our liver care services encompass comprehensive diagnostic evaluations, advanced treatment modalities, liver transplant expertise, and ongoing support for patients with liver conditions. We prioritize personalized care plans tailored to each patient's unique needs, ensuring the best possible outcomes.



BILLROTH HOSPITAL ADVANCES CARDIAC CARE

WITH LAUNCH OF STATE-OF-THE-ART CATH LABS AT SHENOY NAGAR

On April 4th, 2024,

Billroth Hospital unveiled its latest innovation with the launch of advanced cath labs at Shenoy Nagar. This significant development marks a milestone in the hospital's commitment to providing cutting-edge medical care to its patients.

The event drew healthcare professionals, dignitaries, and local community members, emphasizing the labs' importance in advancing cardiac care. Hospital officials highlighted the impact on regional healthcare, showcasing the commitment to innovation and patient-centric services.

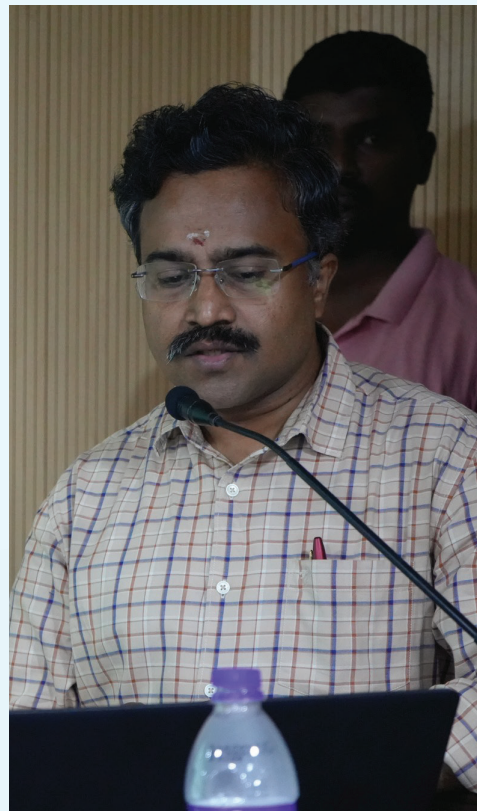


With improved imaging and procedural efficiency, the labs promise quicker diagnoses and personalized treatment plans. This investment aligns with Billroth Hospital's mission to meet evolving healthcare needs, offering comprehensive, high-quality care.

The launch signifies a transformative shift in cardiovascular disease management, reflecting the hospital's dedication to enhancing patient outcomes. It underscores their ongoing efforts to expand services, ensuring they remain at the forefront of medical innovation.

Billroth Trauma and Emergency Network Training Programme

Billroth Hospitals' Trauma and Emergency Network Training Programme held in the auditorium catered to duty medical officers and emergency medical officers, providing comprehensive training in basic emergency procedures. Participants were equipped with essential skills and knowledge to handle emergency situations effectively. At the end of the training, certificates were awarded to all participants, recognizing their successful completion of the programme and readiness to respond to emergencies.



Promoting Muscular Skeleton Health Among Women Billroth Hospitals' Health Awareness Talk at Kone Elevators India Ltd.

In celebration of International Women's Day, Billroth Hospitals organized a Health Awareness Talk focused on Muscular Skeleton Health for the employees of Kone Elevators India Ltd.

Dr. Balaji Saibaba, a renowned orthopedic specialist, delivered an enlightening session emphasizing the importance of maintaining optimal muscular and skeletal health, particularly among women.



The interactive talk, attended by over 150 employees, highlighted key aspects such as posture management, ergonomic practices, and exercises to prevent musculoskeletal disorders.

Dr. Saibaba discussed common issues faced by women in the workplace and provided practical tips for promoting a healthy spine, joints, and overall muscular strength.

Following **Dr. Saibaba's talk**, **Ms. Chithra**, a seasoned physiotherapist from Billroth Hospitals, conducted an engaging ergonomic session. She demonstrated proper ergonomic techniques for desk work, lifting heavy objects, and maintaining spine alignment during daily activities.

Employees actively participated in the session, learning valuable strategies to prevent workplace-related injuries and improve overall well-being.

Exploring Frontiers in Cardiac Care: Highlights from Billroth Hospital's CME Meeting

Billroth Hospital hosted a captivating Cardiac Continuing Medical Education (CME) meeting on April 13th, 2024, at the esteemed Billroth Annexe Auditorium. The event brought together leading experts in cardiology to delve into pivotal topics shaping the field.

Dr. Arunkumar Krishnaswamy initiated the discourse with an illuminating presentation on coronary endarterectomy, providing attendees with valuable insights into this evolving area of practice.

Following this, **Dr. Nedumaran K** provided an in-depth exploration of acute kidney injury (AKI), shedding light on emerging trends and innovative strategies in its management.

Professor Shanmugasundaram captivated the audience with his comprehensive analysis of mitral annular calcification (MAC), offering a nuanced understanding of diagnosis, treatment modalities, and emerging therapies.

Dr. Ilayaraja concluded the program with a masterful discussion on the strength-duration curve, providing attendees with a deeper understanding of cardiac physiology and its clinical implications.

This CME meeting served as a forum for collaboration, knowledge exchange, and professional growth, equipping attendees with cutting-edge insights and strategies to elevate their practice in cardiac care.



Billroth Hospital Commemorates Medical Laboratory Professional Week: *Celebrating Excellence and Innovation*

On April 24th, 2024, Billroth Hospitals celebrated the 'Medical Laboratory Professional Week' paying tribute to the unsung heroes of the laboratory professionals. The day commenced with a special ceremony honoring the dedication and expertise of lab technicians, and staff.

A series of engaging activities were organized, highlighting the latest advancements in laboratory technology and techniques. Attendees had the opportunity to participate in interactive demonstrations and discussions, fostering knowledge exchange and professional development.



In recognition of their unwavering commitment, outstanding performers in the laboratory department were commended with awards and accolades. The day concluded with a festive gathering, where staff members enjoyed refreshments and camaraderie, strengthening bonds within the lab community, recognizing and honoring the vital role of laboratory professionals in delivering exceptional patient care.

Billroth Hospitals' Healthcare Outreach Reaches Gnana Malai, Vellore

In a commendable effort to extend quality healthcare services to underserved communities, Billroth Hospitals conducted a comprehensive medical camp on April 7th at Gana Malai, Vellore. The camp, focusing on gastroenterology, general health, and gynecology, witnessed an overwhelming response with over 150 individuals benefiting from expert medical consultations and screenings.



The success of the Gastro, General, and Gyne Camp underscored the positive impact of healthcare outreach initiatives in rural areas. The Gastro, General, and Gyne Camp served as a testament to the hospital's mission of making quality healthcare accessible to all.

Through initiatives like these, Billroth Hospitals continues to uphold its legacy of excellence in healthcare delivery, ensuring that every individual receives the care and attention they deserve.



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