



**Altrus
HealthCare**

Dehradun ka Trust, Altrus!

**RECONSTRUCT
REFINE
RESTORE**



Edition:

March, 2026

A Fresh Look at Confidence with Dehradun ka Trust, Altrus!

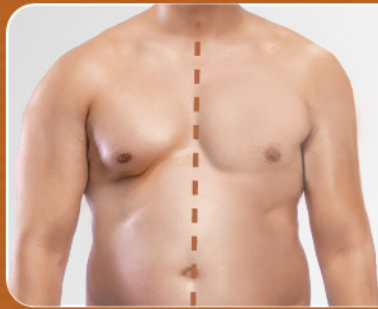


Confidence isn't just about appearance, it's about feeling comfortable in your own skin. And sometimes, restoring confidence begins with the right care and expertise.

At Altrus HealthCare, our Plastic & Cosmetic Surgery department blends medical precision with aesthetic understanding, helping patients restore function, refine features, and regain confidence.

Whether it's repairing damage caused by trauma or enhancing natural beauty, our specialists are here to guide you with personalised care and advanced treatments.

Plastic vs Cosmetic Surgery - What's the Difference?



Plastic Surgery focuses on repairing and reconstructing areas affected by trauma, burns, birth conditions, or medical treatments. These procedures restore both function and appearance.



Cosmetic Surgery, on the other hand, is focused on enhancing and refining natural features to help individuals look and feel their best.

Together, these two specialities create a holistic approach to healing, enhancement, and confidence.

At Altrus : Expertise You Can Trust

Our team offers a comprehensive range of treatments designed to address both reconstructive needs and aesthetic goals.

Highlights of Our Plastic & Cosmetic Services

- Aesthetic & Non-Surgical Treatments.
- Body Contouring & Liposuction.
- Breast & Facial Cosmetic Surgery.
- Scar Revision & Fat Grafting.
- Burn & Post-Trauma Reconstruction.
- Hair Transplant Surgery (FUE & FUT).

Did You Know?

- 01** | Plastic surgery is ancient. Some of the earliest reconstructive techniques were developed in ancient India more than 2,500 years ago.
- 02** | The word "plastic" does not mean artificial. It comes from the Greek word *plastikos*, meaning "to shape or mold."
- 03** | Plastic surgery is more than cosmetic. It includes reconstructive procedures that help repair injuries, burns, birth conditions, and medical damage.
- 04** | Wars changed the field forever. Major breakthroughs in reconstructive techniques occurred during the World Wars, helping injured soldiers recover.
- 05** | Not all aesthetic treatments require surgery. Many modern procedures are minimally invasive, offering visible results with shorter recovery times.

Explore Our Treatments



Cosmetic Procedures

For those looking to refresh and rejuvenate their appearance :

- ✔ Botox & Dermal Fillers
- ✔ Laser Treatments
- ✔ PRP Therapy
- ✔ Facial Tightening
- ✔ Chemical Peels
- ✔ Microdermabrasion



Aesthetic Surgery

Designed to reshape, refine, and enhance :

- ✔ Body Contouring
- ✔ Mommy Makeover
- ✔ Liposuction
- ✔ Tummy Tuck (Abdominoplasty)
- ✔ Gynecomastia Surgery



Hair Restoration

Restore natural hair growth with advanced solutions :

- ✔ Hair Transplant Surgery (FUE & FUT)



Reconstructive Plastic Surgery

Focused on restoring function and improving quality of life :

- ✔ Breast Reconstruction
- ✔ Paediatric Burn Management
- ✔ Post-Trauma Reconstruction
- ✔ Cleft Lip & Palate Repair
- ✔ Hand Surgery
- ✔ Skin Grafting & Flap Surgery
- ✔ Tumor Removal & Reconstruction

- ✔ Breast Augmentation & Reduction
- ✔ Facial Rejuvenation
- ✔ Rhinoplasty
- ✔ Fat Grafting
- ✔ Scar Revision

Meet the Experts Behind Your Care



Dr. Shivam Dang

Clinical Director
Plastic & Cosmetic Surgery



Dr. Tarun Jain

Consultant
Plastic & Cosmetic Surgery

Our specialists combine experience, advanced techniques, and patient-first care to ensure every treatment plan is tailored to individual needs.

Quick Questions Patients Often Ask

Q1. Is plastic surgery only for cosmetic reasons?

Not at all. Many procedures are reconstructive, helping patients recover from injuries, burns, or medical conditions.

Q2. Are cosmetic treatments safe?

Yes, when performed by qualified specialists in certified medical facilities.

Q3. Is plastic surgery painful?

Some discomfort is normal, but medication and proper post-operative care help ensure a smooth recovery.

Q4. Will surgery leave scars?

Scars are part of surgery, but specialists use advanced techniques to minimise and conceal them.

Q5. How long is recovery?

Non-surgical treatments may take just a few days, while surgical procedures may require 1–2 weeks of rest, with full recovery in about 4–6 weeks.

**SPECIAL
OFFER**

• GLOW BOOST OFFER

Book any Advanced Facial or Aesthetic Treatment and receive a complimentary Antioxidant Vitamin-C Infusion.

• BRING A FRIEND OFFER

Bring an inspiring woman in your life and both receive 15% off your second treatment.

• WOMEN'S WEEK SPECIAL

Enjoy 20% off Clinical Peels and Hydrafacials all week long as we celebrate the incredible women in our community.

Ready for a quick brain workout?

W O R D S E A R C H

C H A L L E N G E

F	L	F	W	R	B	B	B	C	N	R	R	C	F
O	R	X	B	U	R	N	S	B	Z	E	Z	O	I
H	K	H	B	O	T	O	X	S	T	C	S	N	L
F	U	A	I	A	Z	U	O	G	Q	O	L	F	L
G	A	H	W	N	C	L	Z	H	T	N	D	I	E
R	N	C	T	S	O	W	X	R	M	S	X	D	R
K	L	D	E	P	C	P	D	C	B	T	S	E	S
H	A	C	B	L	O	A	L	M	M	R	Z	N	L
N	S	G	U	T	I	X	R	A	V	U	L	C	V
X	E	S	A	X	L	F	B	B	S	C	H	E	H
A	R	O	I	Z	W	U	T	N	W	T	J	K	O
P	W	L	E	S	K	P	M	M	S	I	Y	Q	T
B	S	B	Z	P	X	B	Y	N	J	O	R	W	F
L	I	P	O	S	U	C	T	I	O	N	A	V	F



Our Cosmetology Department

Find these words in the puzzle grid :

RHINOPLASTY, FACELIFT, LIPOSUCTION, LASER, FILLERS, RECONSTRUCTION, CONFIDENCE, BOTOX, SCAR, BURNS.



Send your solved puzzle on
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