

# TULSA SURGICAL ARTS

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## Breast Augmentation (Breast Implants)

PLAIN-LANGUAGE PATIENT GUIDE

### What this surgery is

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Breast augmentation adds size and shape to the breasts with implants. An implant is a soft shell filled with salt water or silicone gel. The implant sits behind the breast tissue or behind the chest muscle.

You and your surgeon choose the size and placement together at your visit. Implants do not last a lifetime. Plan on more surgery someday.

### What happens during it

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1. You get anesthesia (medicine that makes you sleep).
2. The surgeon makes a short cut, most often in the fold under the breast.
3. A pocket is made behind the breast tissue or behind the muscle.
4. The implant is placed into the pocket and checked for position.
5. The cuts are closed in layers with dissolving stitches.
6. Surgery takes about an hour. You go home the same day.

### Main risks

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Every surgery has risks. Here are the main ones for this surgery, in plain words. We will go over all of them with you in person.

- A firm scar shell can form and squeeze the implant (called capsular contracture). It can change the shape and can hurt. Surgery can fix it.
- An implant can leak or break over time. Broken implants are replaced or removed.
- Nipple feeling can change. It may increase, decrease, or go away.
- Breastfeeding may be affected for some women.

- A very rare cancer of the scar tissue around some implants has been reported. Ask us about it at your visit.
- Some patients report body-wide symptoms they link to implants. Removing implants is always an option.
- Bleeding. Some bleeding can need another trip to the operating room.
- Infection. Signs are spreading redness, warmth, pus, or fever.
- Scars. Every cut leaves a scar. Most fade over a year. Some stay raised or wide.
- Numb skin near the cuts. Feeling usually returns over months. Small areas can stay numb.
- Blood clots in the legs. A clot can travel to the lungs. That is an emergency.
- Problems from anesthesia (the medicine that makes you sleep). These are rare in healthy people.
- Uneven results. The two sides of the body are never a perfect match.
- The need for another surgery to fix a problem or improve the result.

## **What recovery is like**

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### **First few days**

Chest tightness and soreness, like a hard workout. Walk the same day. Sleep on your back.

### **One week**

Most people with desk jobs return to work. No lifting over ten pounds.

### **Two weeks**

Soreness fades. Light lower-body exercise is usually fine.

### **Six weeks**

Full exercise, including chest workouts. Implants soften and settle over months.

## **When to call us right away**

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**Call us at 918-392-0880, day or night, if:**

- One breast becomes much more swollen, tight, or painful than the other.

- You have chest pain or trouble breathing. Call 911 first, then call us.
- One leg swells, or one calf hurts more than the other.
- You have a fever over 101 degrees.
- Blood soaks a bandage and does not slow down with gentle pressure.
- Redness spreads out from a cut, or you see pus.
- Your pain gets much worse instead of better.
- A wound pulls open, or stitches come apart.

**Clinical review stamp** — this guide is not released for patient use until a surgeon signs below.

Reviewed and approved by: \_\_\_\_\_ Credentials: \_\_\_\_\_ Date: \_\_\_\_\_

This guide is for general learning only. It is not medical advice for you. Your plan may differ. Always follow the instructions your surgeon gives you. Document: plain-language/breast-augmentation · Draft pending clinical sign-off.