

# TULSA SURGICAL ARTS

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## Breast Lift with Implants

PLAIN-LANGUAGE PATIENT GUIDE

### What this surgery is

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This surgery combines two operations in one. The lift removes extra skin and raises the nipple. The implant restores fullness in the upper breast.

Doing both at once means one recovery. But it is a harder operation to plan. Sometimes it is safer to do the two steps in two separate surgeries. Your surgeon will tell you which plan fits you.

### What happens during it

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1. You get anesthesia (medicine that makes you sleep).
2. The surgeon makes the lift cuts, usually around the nipple and down to the breast fold.
3. A pocket is made for the implant behind the tissue or the muscle.
4. The implant goes in. Then the extra skin is removed and the breast is reshaped over it.
5. The nipple is moved up while staying attached to its blood supply.
6. The cuts are closed in layers. Surgery takes about three hours.

### 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.

- All the risks of a breast lift and all the risks of implants apply.
- The touch-up rate is higher than for either surgery alone.
- Changed nipple feeling, and possible effects on breastfeeding.
- A firm scar shell around the implant (capsular contracture) can form later.
- 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**

Tightness and soreness. Wear the surgical bra day and night. Walk the same day.

### **One week**

Most desk workers return. No lifting over ten pounds.

### **Two weeks**

Swelling fades. Light lower-body exercise is fine.

### **Six weeks**

Full exercise. Implants soften and settle over months.

### **One year**

Scars fade. The final shape shows.

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

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

- The skin of a nipple turns dark blue or black. Call right away.
- 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:

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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-lift-with-augmentation · Draft pending clinical sign-off.