

TULSA SURGICAL ARTS

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Breast Lift (Mastopexy)

PLAIN-LANGUAGE PATIENT GUIDE

What this surgery is

A breast lift raises sagging breasts to a higher position. The surgeon removes extra skin and reshapes the breast tissue. The nipple is moved up to the center of the new breast shape. It stays attached to its blood supply.

A lift does not add much size. Some women pair a lift with an implant for fullness.

What happens during it

1. You get anesthesia (medicine that makes you sleep).
2. The surgeon makes cuts in a planned pattern. A common one circles the nipple and runs down to the breast fold.
3. Extra skin is removed and the breast tissue is reshaped and lifted.
4. The nipple is moved up without being detached.
5. The cuts are closed in layers. A soft surgical bra goes on.
6. Surgery takes about two to three hours. You go home the same day.

Main risks

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.

- Changed nipple feeling. It usually returns but can be permanent.
- Loss of blood flow to the nipple. This is rare. Smoking raises the risk a lot.
- Breastfeeding may be affected for some women.
- Sagging can slowly return with time, weight change, or pregnancy.
- 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

First few days

Soreness and swelling. Wear the surgical bra day and night. Walk every few hours.

One week

Most desk workers return to work. No lifting over ten pounds.

Two weeks

Swelling keeps fading. Light exercise below the waist is fine.

Six weeks

Full exercise. Scars are pink and firm at first.

One year

Scars fade and flatten. The shape settles.

When to call us right away

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:

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 · Draft pending clinical sign-off.