

TULSA SURGICAL ARTS

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Mommy Makeover

PLAIN-LANGUAGE PATIENT GUIDE

What this surgery is

A mommy makeover is not one set surgery. It is a plan built from procedures that treat changes after pregnancy. Common parts are a tummy tuck, breast surgery (a lift, implants, or both), and liposuction.

Doing them together means one anesthesia and one recovery. If the combined surgery would run too long, we split it into two safer stages.

What happens during it

1. You get anesthesia (medicine that makes you sleep).
2. The team works in a planned order, usually breast first, then belly.
3. Each part follows the same steps as it would alone.
4. Total time depends on the plan. We cap surgery length for safety.
5. The cuts are closed in layers. Garments and a surgical bra go on.
6. Some patients stay one night for monitoring.

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.

- The risks of each included surgery apply.
- Longer combined surgery raises the risk of blood clots. Early walking is your best protection.
- A bigger single recovery. You must have real help at home for the first week.
- Fluid buildup, slow healing spots, and the chance of a touch-up.
- 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

The tummy tuck part leads the recovery. You walk bent over. Help at home is a must.

One week

Standing straighter. Drains, if used, usually come out.

Two weeks

Many return to desk work. No lifting your kids yet, and no lifting over ten pounds.

Six weeks

Lifting and full exercise usually restart. Swelling keeps fading for months.

One year

Scars fade. The full result shows.

When to call us right away

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

- A growing bulge of fluid or blood under the skin.
- 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/mommy-makeover · Draft pending clinical sign-off.