Clareo Plastic Surgery Examines What Quick Recovery Means for Preservé Breast Augmentation

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For patients considering Preservé by Motiva® breast augmentation, the prospect of a shorter recovery can be appealing. But as Clareo Plastic Surgery emphasizes, returning to regular activities does not mean healing is complete.

Preservé is designed to preserve more of the breast's natural support during surgery, including the circum-mammary ligament that helps anchor the breast to the chest wall. The surgeon uses specialized instruments to make room for the implant while limiting disruption to the surrounding tissue compared with traditional augmentation.

At Clareo, patients are generally advised that they may return to full activity two weeks after Preservé, once their surgeon confirms it's safe. For traditional breast augmentation, that estimate is four to six weeks. Both timelines depend on individual healing, and swelling and changes in breast shape can continue after patients have resumed their usual routines.

In practice, returning to a desk job or taking short walks is very different from lifting young children,

performing physically demanding work, or resuming upper-body exercise. Patients may feel comfortable well before their incisions and surrounding tissues are ready for heavier activity.

The procedures also differ in incision size and anesthesia. Preservé® typically uses an incision about three centimeters long in the fold beneath the breast and can be performed with IV sedation and local anesthesia. Traditional breast augmentation at Clareo is generally performed under general anesthesia. These differences are worth considering, although neither incision size nor anesthesia alone can predict how quickly a patient will recover.

Preservé® isn't the right fit for every patient. At Clareo, the technique uses Motiva Ergonomix® implants up to 315 cc, although some patients will need smaller implants based on their anatomy. Those seeking a substantial increase in size, more pronounced upper-breast fullness, or correction of significant sagging may be better candidates for traditional breast augmentation or a breast lift.

Preservé® may involve less tissue disruption, but it still carries the risks associated with breast implant surgery. These include infection, changes in sensation, capsular contracture (tightening of scar tissue around an implant), and other implant-related complications. Breast implants aren't lifetime devices, and some patients may eventually need another operation. Follow-up care remains important even when early recovery goes smoothly.

These considerations are part of how Clareo's surgeons help patients decide which approach makes sense for them. Clareo founder Dr. Michael Tantillo is a board-certified plastic surgeon with more than 20 years of experience and training and certification in the Preservé® technique. He looks closely at what a patient's anatomy can safely support before recommending an implant size or surgical approach. Dr. Chris Lee, also board-certified, is known for being straightforward about what surgery can realistically achieve and where its limitations lie.

For patients considering Preservé®, a consultation is an opportunity to discuss how recovery restrictions may affect work, exercise, and responsibilities at home. It's also where the surgeon can explain whether Preservé® or traditional augmentation is better suited to the patient's goals. Recovery time is worth considering, but so is the extent of change each procedure can realistically achieve. Further information about the procedure is available through Clareo Plastic Surgery.

About Clareo Plastic Surgery:
Clareo specializes in a wide range of cosmetic procedures tailored to enhance natural beauty. From subtle refinements to comprehensive transformations, the practice focuses on patient-specific results that support

confidence, wellness, and long-term satisfaction.

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Clareo Plastic Surgery

Clareo specializes in a wide array of transformative procedures tailored to enhance natural beauty. Whether considering a subtle refinement or a comprehensive makeover, Clareo's expert team is dedicated to delivering results that exceed expectations.

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