

Your Abdominoplasty Folder

List of Contents

Your Abdominoplasty (Tummy Tuck) Folder has been assembled to provide you with important information. Please take the time to look through all the items carefully and do not hesitate to contact our office if you have any questions.

Your folder contains the following:

Your quotation for abdominoplasty surgery

Your quotation has an itemized list of the financial responsibilities for abdominoplasty.

Quotation letter

This letter explains the quotation for you including what is and what is not covered.

Preparing for Surgery

You'll find a list of the do's and don'ts in preparing for your surgery.

Medications, Products and Foods to Avoid Before Surgery

There are many products and foods that can affect healing from surgery. Please look these over carefully.

Risks associated with Abdominoplasty: What you should know

Abdominoplasty surgery is a safe and reliable procedure. Like all surgeries however, there are risks you should review carefully.

Postoperative Instructions

Once you return home from your procedure, please follow these simple guidelines to help ensure an uneventful recovery.

Abdominoplasty

Your Quotation for Surgery

You will be given a quotation outlining your financial responsibilities for your upcoming abdominoplasty procedure.

What is included in your quotation

The quotation for your coming surgery will include the following items:

- Surgical fees
- Anesthesia fees
- Clinic fees
- Any special garments required for your procedure
- All applicable taxes

Please have your fees payable to Ronald G. Zelt, M.D. Inc. Payments may be made by cash or certified check and must be received in our offices 10 (ten) days prior to surgery. If your fees are not paid by this time, your surgery will be rescheduled at your convenience once full payment is received.

Your quotation also includes the following

- All postoperative visits with Dr. Zelt
- The surgical fee for one revisional or touch-up surgery should it be necessary to achieve the desired results.

What is not included in your quotation

Should a revisional or touch-up surgery be required to achieve the desired goals of the original surgery, then the surgical fee is waived and patients are required to cover only the fixed costs of the surgery including anesthesia fees (if any), clinic fees and applicable taxes. Revisions covered by this quotation must be performed within 12 months following the date of surgery. Surgical fees will be applied to all revisions performed more than 12 months following the date of surgery.

How long is the quotation valid?

All quotations are valid for 6 months from the date printed on the invoice.

Conditions Of Payment

Ronald G. Zelt, MD, Inc

Patient's Name _____

Date _____

Booking yourself for surgery should be done only after you have carefully read all the information we have provided you. When you confirm your date of surgery with our office, you are agreeing to the following conditions.

- A deposit equal to the fixed costs of your surgery (operating room fees) is required in order to reserve the date of the surgery. The deposit is **non-refundable within 14 days of the surgery date** (except under extenuating circumstances).
- If you book your surgery less than 2 weeks prior to your surgery date, full payment for your surgery is required to reserve a date for surgery.
- Cancellation of your surgery less than 2 weeks prior to your date of surgery, regardless of when the surgery was booked, will result in a penalty equal to the fixed costs of your surgery – ie. the operating room fees owed to RocklandMD Surgery Centre.
- Once your deposit has been received, you can only change the date of surgery once and only if the surgery is over two weeks away.
- Unless otherwise indicated, the balance of payment is due no later than 10 days prior to your surgery day.
- Dr. Zelt is the only person who can cancel your surgery due to a medical condition. If Dr. Zelt cancels the surgery, then the surgery can be rescheduled without penalty. If surgery is impossible to reschedule, then all funds will be refunded.
- It is **very important that you arrive on time 1 hour prior to your procedure**. There will be an additional fee of \$500 charged to you if you arrive more than 30 minutes later than the time given to you. Thereafter, there is a charge of \$500 per 30 minutes you are late. PLEASE BE ON TIME!
- When you book surgery with our office, operating room time is scheduled and the fees associated with rental of operating time are nonrefundable within two weeks of your surgery.

Should a revisional or touch-up surgery be required to achieve the desired goals of the original surgery, then the surgical fee is waived and patients are required to cover only the fixed costs of the surgery including anesthesia fees (if any), clinic fees and applicable taxes.

Natalie Gordon
Office Manager, Ronald G. Zelt MD Inc

Patient's Name
Patient's Signature

Patient Agreement

Ronald G. Zelt, MD

Patient's Name _____

Date of Surgery _____

Reserved _____

Please check boxes

- I have seen Dr. Ronald Zelt in consultation. I was able to explain to him my desires and the goals I hope to attain from the proposed procedure. After being evaluated, he explained to me the details of my procedure. I was informed that additional information could be obtained online from his specialty website.
- Dr. Zelt reviewed my operative timeline to show me the average number of visits required postoperatively and what I might expect during the healing process.
- I have been given a handout which includes information regarding my quotation, how to prepare for surgery, medications and foods to avoid prior to surgery, a list of the risks associated with my procedure, a sheet with postoperative instructions and information regarding financing.
- I have been made aware of the detailed list of risks and complications associated with my procedure within the handout and online on Dr. Zelt's website. Dr. Zelt encouraged me to review this list prior to my procedure and to ask any questions I might have regarding these risks.
- I understand that Dr. Zelt cannot guarantee that I will be satisfied with the results of my procedure. He has explained that, should a revision (touch-up) be required, there will be no surgical fee paid to Dr. Zelt for this procedure and I would only be required to pay the fixed costs associated with this procedure (rental of operating room, replacement of implant).
- I was given every opportunity to ask questions regarding my procedure. Should I have more questions in the future, I can call (514-933-3449) or e-mail (nataliegordon@rgzelt.com) Natalie Gordon or return another time to see Dr. Zelt with no additional fees.
- I have been given Dr. Zelt's cell phone number (514-983-1556) should I have any questions or concerns following my procedure. I was encouraged to call or text message him if required.

Natalie Gordon
Office Manager, Ronald G. Zelt MD Inc

Patient's Name
Patient's Signature

Preparing for your Surgical Procedure

Months Before

Stop Smoking

Smoking reduces circulation to the skin and impedes healing so please stop! This is important. You must stop 3 months prior to the date of your procedure.

Take Multivitamins

Once you have the date for your procedure, start taking multivitamins twice daily to maintain or improve your general health once you have scheduled your surgery.

Take Vitamin C

Start taking 500 mg of Vitamin C twice daily to promote healing once you have the date for your procedure.

Do Not Take Aspirin or Ibuprofen

Stop taking any medication containing Aspirin or Ibuprofen 10 days prior to the date of your procedure. You will be given a list of medications, natural products and foods to avoid prior to your surgery. They all contain substances that may interfere with healing or cause bleeding problems during and after surgery. If you have minor pain prior to your surgery, use medications containing acetaminophen (such as Tylenol).

Limit Vitamin E

Limit your intake of Vitamin E to less than 400 mg per day beginning two weeks prior to the date of your procedure.

One Week Before

Fill Your Prescriptions

You will be given prescriptions for medications. Please have them filled **before** the day of your surgery and bring them with you.

The Day Before

Prescriptions

Make sure that you have filled the prescriptions you were given and set the medications out to bring with you tomorrow.

Cleansing

The night before surgery, shower and wash the surgical areas with soap that does not contain perfumes or moisturizers.

Eating and Drinking

Do not eat or drink anything after 12:00 (24:00) midnight. This includes water.

The Morning of Your Surgery

Special Information

Do not eat or drink anything. If you normally take a daily medication, you may take it with a small sip of water in the early morning.

Oral Hygiene

You may brush your teeth but do not swallow the water.

Cleansing

Shower and wash the surgical areas again with a soap that does not contain perfumes or moisturizers.

Make-up

Please do not wear moisturizers, creams, lotions or make-up. Do not use underarm deodorant the morning of surgery.

Clothing

Wear only comfortable loose fitting clothing that does not go over your head. Remove hairpins, wigs and leave all your jewelry at home. Please do not bring any valuables with you.

Procedure Day

You may wonder what happens on the day of your procedure.

Arrival at the Surgical Centre

You will receive directions on how to locate the private operating facility from my secretary Natalie prior to your surgery. There's plenty of free parking once you arrive.

After entering the clinic, you'll be greeted by the receptionist or one of our nurses. There is a comfortable waiting room for you and your support team. When the time of your surgery approaches, the nurses will take you into the operating room area. There is a changing room with lockers where you can leave your clothes. Each locker has a key which you or whomever is with you can keep during your stay at the clinic. You'll put on your gown and a warm bathrobe provided by the clinic. You'll then be directed into a comfortable room to relax as best you can before your surgery.

Preoperative Visits

Before your surgery, you will be seen by three people. Dr. Zelt will meet with you to review your procedure with you and make any markings that are required.

Your anesthetist will speak with you about the anesthetic you'll be receiving. He or she will also ask you some general health questions, if you have any allergies and if you've had any problems with general anesthesia in the past.

The nurses will also meet with you to prepare you for your procedure. You may be given Tylenol before your surgery.

Although the three visits just mentioned are brief, please feel free to ask any last minute questions you have before your surgery.

Your Operation

When the time comes for your surgery, your nurse will lead you into the operating room and you'll lie on the operating room table while the anesthesiologist starts a small intravenous on your hand or forearm. The atmosphere in the operating room is very relaxed so if you are a little nervous, feel free to talk with the people around you. They are all friendly and very supportive. Within a few minutes of entering the room, the anesthesiologist will give you some oxygen to breathe and you'll drift off to sleep.

In the Recovery Room

In what feels like mere seconds, you'll be waking up in the recovery room. There will be a nurse by your side attending to your every need. She'll make sure you are comfortable in your bed and you receive your pain medication. You may have an oxygen mask on when you wake up to help you breathe easier.

Returning Home

When you are able to walk and have been able to go to the washroom following your surgery, the nurses will review with you a list of instructions to follow in days following your surgery. The nurses will also help you get dressed and escort you with your support team to your car. You'll need a ride home from your surgery from your family, friends or by taxi in some circumstances.

You must be accompanied by a friend or family member when you leave the clinic.
You cannot return home alone.

Your dressings will consist of a small gauze over your incisions covered by a thin plastic dressing. This is fairly waterproof and allows you to begin showering the following day.

At home please **relax** as much as possible and avoid any strenuous activities. You may shower normally. Take your medications for pain as directed by Dr. Zelt.

Medications, Products and Foods to Avoid Before Surgery

The following list of medications, foods and health food products have been found to contain substances that prolong bleeding and may increase your chances of having an intra-operative or postoperative bleeding problem. Please avoid these medications and products in the preoperative period.

Medications Containing Acetylsalicylic acid (ASA)

Stop all medications that contain ASA **10 days before surgery**. You may begin taking them again **1 week** following surgery.

OVER THE COUNTER MEDICATIONS

A.C.& C.
AC with Codeine
Acetylsalicylic Acid
Alka-Seltzer & related products
Anacin
Anacin Extra Strength
Antidol
Apo-ASA
Arco Pain
ASA
ASA ECT
A.S.A. Enteric Coated
ASA Suppositories
Asaphen
Aser Powder
Aspergum
Aspirin & related products
Astone
Astrin
Bexton |Pwr
Bufferin
CT Acetylsalicylic Acid Codeine &
Caffeine
C2 Buffered
C2 with Codeine or Caffeine
CALmine
Centra ASA
Coated ASA
Coricidin, D, MD
Coryphen
Cunnard Casse Grippe Cap
Dolomine 37
Dristan Capsules
Dry Socket Paste
Entrophen

Equagesic
Headache Tablets
Herbopyrine
Instantine
Kalmex
Madelon
MED Tigol
Midol
MSD Enteric Coated ASA
Nervine
Nezger
Norgesic, Forte
Novasen
Novo A C & C
Pain Aid
Robaxisal
Tri-Buffered ASA
217 or 222
Upsarin Effervescent

PRESCRIPTION

AC with Codeine
Asasantine
Coryphen Codeine
Darvon-N products
Endodan
Fiorinal
Fiorinal-C
Novo-Propoxyn
Oxycodan
Painex
Percodan
Percodan-Demi
Phenaphen
Robaxisal-C_{1/4}, C_{1/2}
692
Tecnal, C_{1/4}, C_{1/2}
282, 282 Med or 29

Nonsteroidal Anti-Inflammatory Drugs other than ASA

Stop all anti-inflammatory medications **10 days before surgery**. You may begin taking them again **1 week** following surgery.

Generic Name	Common Trade Names
Cimicifuga	Artrol
Choline salicylate-magnesium Salicylate	Trilisate
Diclofenac sodium	Apo-Diclo, Apo-Diclo SR, Arthrotec, Diclofenac Ect, Novo-Difenac, Novo-Difenac SR, Nu-Diclo, Taro-Diclofenac, Voltaren, Voltaren SR
Diclofenac potassium	Volteren Rapide
Diflunisal	Apo-Diflunisal, Dolobid, Nova-Diflunisal, Nu-Diflunisal
Etodolac	Ultradol
Fenoprofen calcium	Nalfon
Floctafenine	Idarac
Flurbiprofen	Ansaid, Apo-Flurbiprofen FC, Froben, Froben SR, Novo-Flurprofen, Nu-Flurbiprofen
Ibuprofen	Actiprofen, Advil, Advil Cold & Sinus, Amersol, Apo-Ibuprofen, Excedrin IB, Medipren, Motirn, Motrin IB, Novo-Profen, Nuprin, Nu-Ibuprofen, Sinus Pr & Pain Reliever with Ibuprofen
Indomethacin	Apo-Indomethacin, Indocid, Indocid SR, Indolec, Novo-Methacin, Nu-Indo, Pro-Indo, Phodacine
Ketoprofen	Apro-Keto, Apo-Keto-E, Novo-Keto, Novo-Keto-Ec, Nu-Ketoprofen, Nu-Ketoprofen-E, Orudis, Orudis E, Orudis SR, Oruvail, PMS-Ketoprofen, PMS-Ketoprofen-E, Rhodis, Rhodis-EC
Ketorolac tromethamine	Acular, Toradol
Magnesium salicylate	Back-Ese-M, Doan's Backache Pills, Herbogestic
Mefenamic acid	Ponstan
Nabumetone Naproxen	Relafen Apo-Naproxen, Naprosyn, Naprosyn-E, Novo-Naprox, Nu-Naprox, PMS-Naproxen
Naproxen sodium	Anaprox, Anaprox DS, Apo-Napro-Na, Naproxin-Na, Novo-Naprox Sodium, Synflex, Synflex DS

Oxyphenbutazone	Oxybutazone
Phenylbutazone	Alka Phenyl, Alka Phenylbutazone, Apo-Phenylbutazone, Butazolidin, Novo-Butazone, Phenylone Plus
Piroxicam	Apo-Piroxicam, Feldene, Kenral-Piroxicam, Novo-Pirocam, Nu-Pirox, PMS-Piroxicam, Pro-Piroxicam, Rho-Piroxicam
Salsalate	Disalcid
Sodium salicylate	Dodd's, Dodd's Extra-Strength
Sulindac	Apo-Sulin, Clinoril, Novo-SUNda, Nu-Sulindac, Sulindac
Tenoxicam	Mobiflex
Tiaprofenic acid	Albert Tiafen, Apo-Tiaprofenic, Surgam, Surgam SR
Tolmetin sodium	Novo-Tolmetin, Tolectin

Foods to Avoid Prior to Your Surgery

Stop eating these foods **1 week** before surgery. You may begin again **1 week** following your surgery.

Almonds	Apples	Apricots
Blackberries	Boysenberries	Cherries
Chinese Black Beans	Cucumbers	Currants
Garlic	Ginger	Pickles
Prunes	Raspberries	Strawberries
Tomatoes	Wine and other alcohol	

Vitamins and Herbs to Avoid Prior to Your Surgery

Stop the following vitamins and herbs **10 days before surgery**. You may begin taking them again **1 week** following surgery.

Vitamin E	St. John's Wart	Gingko Biloba
Echinacea	Garlic	Willow Bark Products

Abdominoplasty Surgery

Risks: What you must know

There are a variety of different techniques used by plastic surgeons for abdominoplasty. Abdominoplasty can be roughly divided into either mini-abdominoplasty or standard abdominoplasty depending upon the amount of tissue to be removed. Other forms of body-contouring surgery including suction-assisted lipectomy (liposuction) may be performed at the same time.

Abdominoplasty (tummy tuck) surgery is both safe and reliable. Every procedure has its risks however and so does abdominoplasty surgery (with or without liposuction). As our consultation draws to a close in my office, I will review all the pertinent risks to ensure you are well informed before proceeding.

Most surgeons will not show you the following well established risks of abdominoplasty surgery on their websites for reasons that are difficult to understand. All medical procedures and medications come with their known risks. To illustrate my point, you may want to search the internet for the complications of common medications – like Tylenol (acetaminophen) for example. This medication is very safe and used by millions of people yet, if you take the time to inform yourself, you'll see that even very safe products have their risks.

Well this is the same for abdominoplasty. I'm not concerned that I'll scare you with the following list of accepted risks. I'm much more worried about patients who ignore them.

Although the majority of patients do not experience the following complications, you should discuss each of them with Dr. Zelt to make sure you understand all possible consequences of abdominoplasty.

Risks of Abdominal Surgery

Bleeding

It is possible, though unusual, to experience a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or blood transfusion. Do not take aspirin or anti-inflammatory medications for ten days before surgery, as this may increase the risk of bleeding.

Infection

Infection is unusual after this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.

Change in skin sensation

Diminished (or loss of) skin sensation in the lower abdominal area may not totally resolve after abdominoplasty.

Skin contour irregularities

Contour irregularities and depressions may occur after abdominoplasty. Visible and palpable wrinkling of skin can occur.

Skin scarring

Excessive scarring is uncommon. In rare cases, abnormal scars may result. Scars may be unattractive and of different color than surrounding skin. Additional treatments including surgery may be necessary to treat abnormal scarring.

Asymmetry

Symmetrical body appearance may not result from abdominoplasty. Factors such as skin tone, fatty deposits, bony prominence, and muscle tone may contribute to normal asymmetry in body features.

Delayed healing

Wound disruption or delayed wound healing is possible. Some areas of the abdomen may not heal normally and may take a long time to heal. Some areas of skin may die. This may require frequent dressing changes or further surgery to remove the non-healed tissue.

Smokers have a greater risk of skin loss and wound healing complications.

Allergic reactions

In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions which are more serious may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Pulmonary complications

Pulmonary complications may occur secondarily to both blood clots (pulmonary emboli) or partial collapse of the lungs after general anesthesia. Should either of these complications occur, you may require hospitalization and additional treatment. Pulmonary emboli can be life-threatening or fatal in some circumstances.

Seroma

Fluid accumulations infrequently occur in between the skin and the abdominal wall. Should this problem occur, it may require additional procedures for drainage of fluid.

Umbilicus (belly button)

Malposition, scarring, unacceptable appearance or loss of the umbilicus (navel) may occur.

Long term effects

Subsequent alterations in body contour may occur as the result of aging, weight loss or gain, pregnancy, or other circumstances not related to abdominoplasty.

Pain

Chronic pain may occur very infrequently from nerves becoming trapped in scar tissue after abdominoplasty.

Other

You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results.

Risks of Suction-Assisted Lipectomy (Liposuction)**Patient selection**

Individuals with poor skin tone, medical problems, obesity, or unrealistic expectations may not be candidates for liposuction.

Bleeding

It is possible, though unusual, to experience a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or blood transfusion. Do not

take aspirin or anti-inflammatory medications for ten days before surgery, as this may increase the risk of bleeding.

Infection

Infection is unusual after this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.

Change in skin sensation

Temporary changes in skin sensation after liposuction occur which usually resolve. Diminished (or complete loss of) skin sensation infrequently occurs and may not totally resolve.

Skin scarring

Although good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. In rare cases, abnormal scars may result. Scars may be unattractive and of different color than the surrounding skin. Additional treatments including surgery may be necessary to treat abnormal scarring.

Skin contour irregularities

Contour irregularities and depressions in the skin may occur after liposuction. Visible and palpable wrinkling of skin can occur. Additional treatments including surgery may be necessary to treat skin contour irregularities following suction-assisted lipectomy.

Asymmetry

Symmetrical body appearance may not result from liposuction. Factors such as skin tone, bony prominence, and muscle tone may contribute to normal asymmetry in body features.

Surgical shock

In rare circumstances, this procedure can cause severe trauma, particularly when multiple or extensive areas are suctioned at one time. Although serious complications are infrequent, infections or excessive fluid loss can lead to severe illness and even death. Should surgical shock occur after suction-assisted lipectomy, hospitalization and additional treatment would be necessary.

Pulmonary complications

Fat embolism syndrome occurs when fat droplets are trapped in the lungs. This is a very rare and possibly fatal complication of liposuction. Should fat embolism or other pulmonary complications occur following liposuction, additional treatment including hospitalization may be necessary.

Skin loss

Skin loss is rare after liposuction. Additional including surgery may be necessary.

Seroma

Fluid accumulations infrequently occur in area where liposuction has been performed. Additional treatments or surgery to drain accumulations of fluid may be necessary.

Long term effects

Subsequent alterations in body contour may occur as the result of aging, weight loss or gain, pregnancy, or other circumstances not related to suction-assisted lipectomy.

Additional Surgery Necessary

Should complications occur, additional surgery or other treatments may be necessary. Even though risks and complications occur infrequently, the risks cited are particularly associated with abdominoplasty with or without liposuction. Other complications and risks can occur but are even more uncommon. The practice of medicine and

surgery is not an exact science. Although good results are expected there is no guarantee or warranty expressed or implied, on the results that may be obtained.

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks. The informed-consent process attempts to define principles of risk disclosure that should meet the needs of most patients in most circumstances.

However, informed consent documents should not be considered all inclusive in defining other methods of care and risks encountered. Dr. Zelt may provide you with additional or different information which is based on all the facts in your particular case and the state of medical knowledge.

Abdominoplasty

Postoperative Instructions

1. Rest and relax as much as possible for the first week. Good healing depends on it.
2. Avoid exercising and sporting activities until instructed to do so by Dr. Zelt. Uneventful healing depends on relaxing and not pushing or forcing your abdomen, especially during the first 3 weeks after surgery.
3. You must wear your elastic garment day and night for the first 2 weeks, and during the day only for the following 2 weeks. Your garment may be washed as required in the washer (cold cycle).
4. If Dr. Zelt uses a drain, the nurse will show you how to empty the bulbs from your drains every 8 hours. Please record the amount you drain each time. Dr. Zelt will remove the drains when he sees you for your first postoperative visit.
5. Dr. Zelt will remove your dressings and drains 5-7 days following your abdominoplasty procedure. There will be short tapes on your skin (Steri-Strips) that will remain in place for at least 10 days. After this time, your Steri-Strips are easily removed when they are moistened in the shower
6. Once your dressings are removed, you may take normal showers. Please be gentle. Do not take a bath until Dr. Zelt advises you to do so.
7. Take your medication as indicated on the prescription. The best method of managing postoperative discomfort during the first 24 hours following your breast lift surgery is by taking 1 or 2 pills every 3 to 4 hours. By doing this, you are preventing pain from occurring rather than trying to decrease it once it has started bothering you. After 24 hours, please take your pain medication only as needed. Try to switch yourself over to Tylenol (acetaminophen) as the intensity of your discomfort decreases.
8. Do not take aspirin, vitamin E supplements or ibuprofen. Review the list of medications, supplements and foods given to you during your consultation visit and avoid them for 3 weeks postoperatively.
1. Avoid smoking and alcohol. They both delay healing and raise your risks of hematoma and infection. Avoid exercising and sporting activities until instructed to do so by Dr. Zelt.

If you have a problem

If you feel something is not right during your healing period, please call one of the following numbers:

Dr. Zelt's office before 16h00	514-933-3449
Dr. Zelt's cell phone after 16h00	514-983-1556

In case of an emergency, please go directly to the emergency department of St. Mary's Hospital or Hôpital du Sacré-Coeur de Montréal and have the attending physician page me.

Postoperative Visit with Dr. Zelt

Please call my office at 514-933-3449 to make arrangements to see me within 5 to 7 days following your surgery or if you have any questions regarding your care.