

## Your Mastopexy (Breast Lift) Folder List of Contents

Your Mastopexy (Breast Lift) 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 breast lift surgery*

Your quotation has an itemized list of the financial responsibilities for breast lift surgery.

*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 your healing from surgery. Please look these over carefully.

*Risks associated with Breast Lift Surgery: What you should know*

Breast lift 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.

## 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.
- 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.

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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

## Mastopexy (Breast Lift)

### Your Quotation for Surgery

You will be given a quotation outlining your financial responsibilities for your upcoming breast lift 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 Dr. Ronald G. Zelt. 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.
- 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.

#### 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.

#### How long is the quotation valid?

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

## Preparing for your Surgical Procedure

### Months Before

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#### **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

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#### **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

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#### **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**

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### **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**

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

### **Arrival at the surgical center**

You will receive directions on how to locate the private operating facility from my secretary Natalie prior to your surgery.

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 anesthetist 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 anesthetist will give you some oxygen to breath 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.*

At home please **relax** as much as possible and avoid any strenuous activities. You may not shower until your dressings are removed. Take your medications for pain as directed by Dr. Zelt.

## Mastopexy (Breast Lift) Surgery

### Risks: What you must know

Breast lift surgery is both safe and reliable. Complications, even minor, are very uncommon. Every procedure has its risks however and so does breast lift surgery. As our consultation draws to a close in my office, I will review all pertinent risks of breast lifting to ensure you are well informed before proceeding.

Most surgeons will not show you the following well established risks of breast lift 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 breast lift. 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.

So what issues might you encounter following breast lifting?

#### **Bleeding**

Although very unusual, it is possible to experience a bleeding episode during or after breast surgery. It is usually noticed in the recovery room or rarely during the first day home. A return to the operating room may be required to drain the accumulated blood (hematoma) should it be large or uncomfortable.

#### **Infection**

An infection following breast surgery is also very unusual. If you notice some redness and tenderness near your incision and surrounding breast in the days following your procedure, please contact Dr. Zelt's office for a follow-up visit to assess the situation. You may be treated with antibiotics.

#### **Scarring**

The scarring from breast lifting varies from patient to patient. It is rare that the scar around the areola is problematic and the vertical scar usually fades nicely. In rare cases however, abnormal scars may result. Scars may be of different colour than surrounding skin and unattractive. A revision of your scars may be required and can be performed under local anesthesia in most instances.

#### **Change in nipple and skin sensation**

Some change in nipple sensation is not unusual immediately after surgery. Usually this resolves after several weeks or months. Partial or permanent loss of nipple and skin sensation may occur occasionally.

#### **Asymmetry**

Minor degrees of postoperative asymmetry are common. In fact, almost all patients have some asymmetry between their breasts preoperatively as well. Differences are sometimes related to

differences in the form of the chest wall itself – the ribs and underlying muscles. An obvious postoperative subcutaneous tissue asymmetry may require additional surgery, usually under local anesthetic.

### **Breast Feeding**

Breast feeding may be affected by some forms of major breast lifting or breast asymmetry correction. Women wanting to breast feed may want to wait until after having their children before considering breast rejuvenation surgery. Breast feeding is not possible following most cases of inverted nipple correction. Some women who have undergone breast rejuvenation surgery are able to breast feed. Others supplement with bottled formula if their volume is insufficient postoperatively.

### **Inverted Nipples**

After any type of breast surgery, internal scarring may pull the nipple inwards during the postoperative period. While this is rare, it can easily be corrected under local anesthesia should it persist and be bothersome.

### **Contour Deformity**

Visible irregularities of the breast and chest skin may occur following surgery or liposuction. Improvement may require a touch-up procedure.

### **Residual Skin**

When large amounts of skin are removed during the lifting procedure, folding of the skin and the nipple-areola may occur if the skin envelope does not shrink and conform as expected. This usually resolves over the following year postoperatively. Should the problem persist, a minor touch-up procedure under local anesthesia may be required.

### **Inadequate Resection**

A “near final” result can be evaluated by approximately 6 months postoperatively. Occasionally some residual tissue remains. If present and noticeable, this may require correction under local anesthesia.

### **Pigmentation Changes**

Mild hyperpigmentation of the breast skin following surgery. This is a normal process of wound healing. It is rare to persist past 6 months and extremely uncommon after 1 year. It can be permanent in some very rare cases.

### **Allergic reactions**

Local allergies to tape, suture material, or topical preparations have been reported but are fortunately very rare. Systemic reactions which are more serious may result from drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment. Please notify our offices of any allergies you may have.

### **Breast disease**

Current medical information does not demonstrate an increased risk of breast disease or breast cancer following breast lift surgery or the use of breast implants.

**Long term results**

Subsequent alterations in breast shape may occur as the result of aging, weight loss or gain, or other circumstances not related to the breast lift surgery. Breast lift surgery does not prevent normal age related changes to your breasts. You may at some time require a revisional surgery.

**Unsatisfactory result**

While every effort will be made to reach the goals set in your preoperative consultation, you may be disappointed with the results of surgery. This can result because of asymmetry, contour irregularities or perhaps residual breast tissue. You may have persistent pain following surgery. Additional surgery may be required to improve your results.

**Additional surgery necessary**

Additional surgery or other treatments may be necessary to improve an unsatisfactory result or to manage possible complications.

Even though risks and complications occur infrequently, the risks I have just listed above are particularly associated with breast surgery including breast lift, breast asymmetry, nipple and areola surgery and breast implants. 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 from having breast rejuvenation surgery.

## 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)

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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-Propoxyyn  
Oxycodan  
Painex  
Percodan  
Percodan-Demi  
Phenaphen  
Robaxisal-C<sub>1/4</sub>, C<sub>1/2</sub>  
692  
Tecnal, C<sub>1/4</sub>, C<sub>1/2</sub>  
282, 282 Med or 29

## Nonsteroidal Anti-Inflammatory Drugs other than ASA

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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

## Mastopexy (Breast Lift) Surgery

### 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.
3. Dr. Zelt will remove your dressings 4-7 days following your breast lift 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 moist in the shower.
4. Once Dr. Zelt removes your dressings, you may wear a bra if you want but it is not necessary. Do not wear a bra that lifts your breasts too much but rather one that provides only comfortable support for the first 3 months following your surgery.
5. Once your dressings are removed, you may take normal showers. Please be gentle.
6. 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.
7. 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 2 weeks postoperatively.
8. 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. Marys 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.