

SCOTT J. ZEVON M.D., F.A.C.S.
CENTRAL PARK PLASTIC SURGERY

BREASTLIFT PATIENT INFORMATION

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MEMBER OF THE AMERICAN SOCIETY
FOR AESTHETIC PLASTIC SURGERY

Member



AMERICAN SOCIETY OF
PLASTIC AND RECONSTRUCTIVE
SURGEONS

ABOUT BREASTLIFT SURGERY

- **INTRODUCTION:** We want our patients to be comfortable with the decision to have surgery. Please read this information carefully and ask us any questions you may have. During your visit, Dr. Zevon will show you before and after photos of patients who resemble you. We can put you in contact with patients who have had the surgery if you would like references. We will offer you a tour of our surgical suite, which is certified by the American Association for the Accreditation of Ambulatory Surgical Facilities. We will give you a quote for your surgery, and information about financing options if desired. If at any time you have questions about this surgery, please do not hesitate to ask them. You should feel comfortable discussing your goals and expectations with Dr. Zevon. An educated patient is the ideal candidate for plastic surgery.

SURGERY OPTIONS: Dr. Zevon will address what type of breastlift surgery is appropriate for you, vertical or “Benelli.” In a vertical breastlift, an incision is made around the peri-areolar region and vertically below it down to bottom of the breast. In a Benelli breastlift, an incision is made around the peri-areolar region only. In both versions of breastlift, excess skin is removed, and the remaining breast skin is tightened. Some patients are not good candidates for the Benelli breastlift: these include thin-skinned and lean individuals with excessive skin, extreme sagging and thin, flat breast tissue. Dr. Zevon will tell you which type of breastlift is best for you after examining you during your consultation. Regardless of which procedure you have, Dr. Zevon will make every effort to assure that the incision results in scars that are as inconspicuous as possible.

PRE-OPERATIVE INSTRUCTIONS GETTING READY FOR SURGERY STARTING NOW

- Please read and familiarize yourself with Dr. Zevon’s **Breastlift Patient Information**. By following all instructions carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with Dr. Zevon and discuss your questions at any time. Re-read your **General Instructions for Cosmetic Surgery**.
- **PERSONAL INFORMATION SHEET:** Locate your **Personal Information Sheet** and complete it so that we will know who will escort you home after your surgery, how much time to call ahead for your pickup after surgery, and where you can be reached the night of your surgery. State law requires someone to pick you up after surgery with anesthesia. If you prefer to hire someone to perform this task, ask us for a referral to a nursing agency. Dr. Zevon will call you the evening after your surgery. It will be easier for him to reach you if you fill out the form completely and print clearly.
- **INSTRUCTIONS AND MEDICAL HISTORY:** Read your green sheet of **Pre-Operative Instructions** and make sure you know where it is for easy reference. During the two-week period before your surgery, don’t take aspirin, ibuprofen, NSAIDs or Vitamin E, and don’t take any medications, vitamins, nutritional or herbal supplements without Dr. Zevon’s permission. When you

arrived in our office the first time, you were given a **Medical History Questionnaire**, inquiring about any medications, allergies, personal and family medical history, smoking and drug use. If you aren't sure you disclosed all allergies, medications, past medical history, existing conditions and smoking status, or if any of the foregoing have changed since your initial visit, be sure to discuss any omissions, changes and/or new information with Dr. Zevon.

- ACTIVITY RESTRICTIONS:** Read the **Activity Restrictions** in your **Post-Operative Instructions** so you will understand what you will not be able to do during the first few weeks after your surgery. Since you will not be able to carry heavy weights and bags, make sure you have everything you need at home on a level where you can reach it easily. Collect phone numbers for home delivery of items you may want to have delivered. Since you may be at home for a few days, have some books, tapes, DVDs, CDs or other home entertainment on hand. Some patients feel more comfortable with ice on their breasts after surgery. You can use well-padded ice packs for this purpose or bags of frozen peas. Whatever your preference, make sure you have the ice readily available as you may wish to use it during your first few days at home.
- SPORTS BRA:** We will give you a sports bra to wear after your surgery. If you like, you may wish to purchase another one for convenience so you can change, or if you want a bra in a different color. Choose any soft, supportive, broad-banded bra. You will have to wear the sports bra for several weeks, and should avoid wearing any underwire bras until you are well healed.
- MEDICATIONS:** Fill your prescriptions before surgery and make sure you know where they are.

THE DAY BEFORE YOUR SURGERY

- NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**
- If your surgery is in the afternoon, ask us as to what or when you may eat or drink before surgery.
- It may be uncomfortable to raise your hands above your head for a few days after your surgery. If you prefer to wash your hair in the evening, do so the night before your surgery.
- Make sure your escort has our address, directions to the office and information about parking if needed. Tell your escort we will have an extra copy of your **Post-Operative Instructions** for him/her to pick up and read. If your escort or location for the first night has changed, call our offices with the new information.

THE MORNING OF YOUR SURGERY

- HYGIENE:** Shower or bathe with anti-bacterial soap. Wash your breasts and under your arms thoroughly. You may want to wash your hair as it may be uncomfortable to lift your arms for a few days after your surgery. Do not apply any moisturizers, deodorant, talcum powder or other products afterwards. Do not use hairspray or perfume.

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- **CLOTHING & PERSONAL ITEMS:** Wear simple, comfortable, loose-fitting, dark colored clothing that **does not go on over your head**. Wear tops with easy to fasten front closures such as buttons or zippers, bottoms that are easy to pull on and comfortable, easy-fitting shoes and socks. Do not wear new clothes. Sweat pants are ideal. No high heels or pantyhose. Do not bring jewelry or valuables with you. Bring a case for contact lenses if you wear them, and bring glasses if you need them as it may be awkward to put your contact lenses in immediately after your plastic surgery.

POST-OPERATIVE CARE

- **RECOVERY ROOM:** You will feel sleepy or groggy when you awake from anesthesia. The length of your stay in the recovery room will depend on how quickly you feel ready to sit up and leave on your own. During this time, you will be monitored. You will spend at least 30 minutes to an hour in the recovery room. When Dr. Zevon thinks you are ready to depart, he will ask the OR nurse to help you get dressed. Your escort and our nurse will help you into your vehicle (car or taxi). Because you will be groggy, you should expect to move slowly and carefully. We will have a set of your **Post-op Instructions** at our reception desk for your escort.
- **REST:** When you arrive home, be prepared to rest in bed for 2 hours. Since you fasted before your surgery, you will be dehydrated. Drink plenty of fluids. When you awake from the 2 hour nap, begin to eat lightly. If you feel nauseated, lie on your back with your head down and remain still. Any sensation of nausea should pass by the morning after your surgery. If you feel okay, light activity is fine.
- **HOW TO SIT UP IN BED:** The easiest way to sit up from lying on your back is to move your body parallel to the edge of the bed and swing your legs over the edge, bending your knees and placing your feet on the ground. Then use your abdominal muscles to sit up instead of pushing yourself up with your arms and chest muscles. If you have someone to help you, an easy way to sit up is to have someone else carefully support your back and to help you sit up.
- **PAIN:** After breast surgery, the period of maximum discomfort varies from patient to patient from 2 or 3 days to a week. Almost all patients feel comfortable by the end of the first week. Many patients return to work on Monday or Tuesday after Friday surgery. Most patients take the prescribed oral pain medication. **DON'T DRIVE WHILE TAKING PAIN PILLS!** In addition, placing ice bags padded with a towel over the breasts may relieve discomfort significantly. The period of greatest discomfort usually does not last more than 12 to 14 hours.
- **MEDICATIONS:** Take the antibiotics and pain medication prescribed by Dr. Zevon according to the pharmacy instructions. Don't take the pain medication on an empty stomach, as this may produce nausea and vomiting. Have another adult give you the pain medication at the correct time and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.
- **WHAT TO EXPECT:** Your breasts may be bruised (black and blue discoloration) and swollen after

this surgery. The bruising may last for approximately 2 weeks. The swelling may diminish gradually during this time. Your breasts will be sensitive to direct stimulation, so you should avoid much physical contact. When your breasts are no longer sore, physical contact is fine. You may feel a burning sensation in your nipples; this will subside as the bruising fades. Sensory changes can result after breast surgery. Most of these changes resolve on their own over time. It is not unusual for the two sides to look different and feel different, but differences should be reported to Dr. Zevon during your post-op visits.

- SCARS:** Your scars may be firm and pink for at least six weeks. Then they may remain the same size for several months. After several months, your scars will begin to fade, although they will never disappear completely. You should use sunscreen if you are in the sun in a bathing suit during the first year after your surgery. Ask us about hi-SPF sunscreens suitable for post-surgery patients.
- CALL DR. ZEVON IF YOU HAVE:** A) severe pain not responding to pain medication; B) significantly more swelling and/or pain on one side than the other, or C) if you have drains that are filling too rapidly (see **DRAINS**, below). **DON'T TAKE CHANCES! Call if you are concerned about anything you consider significant.** During office hours, call (212) 496-6600. After hours, call (917) 612-3800.
- DRESSINGS & WRAP:** After surgery, Dr. Zevon will apply gauze dressings, usually covered in plastic, and a sports-type bra.
- DRAINS:** One drain may be placed in each breast at the time of surgery. Drains are used to promote fluid evacuation and speed healing if fluid accumulates during or after surgery. When the drain is inserted, the bulb at the end of each tube is compressed to create gentle suction. As the fluid accumulates, the bulb expands. Empty the drain by opening the plug at the top and pouring out the contents, twice a day or when the bulb is half full. After you empty the drain, squeeze the bulb to recompress it. Do not remove the bulb from the tubing. If the bulb fills rapidly after emptying, or you have to empty more than twice a day, call Dr. Zevon. You will be given a quick demonstration of drain care in the recovery room if you have drains.
- HYGIENE:** Dr. Zevon usually covers gauze dressings with plastic, to keep the dressings dry so you can shower at any time. You can remove the sports bra for showering.
- SLEEP:** Sleep on your back or on your side, but do not sleep on your stomach for 4 weeks.
- DRIVING:** For planning purposes, you can anticipate that you will not be able to drive for a week or so. You may find that you are ready to drive in less than a week, or that you are not ready at the end of the first week. Dr. Zevon usually tells patients not to drive until they are recovered sufficiently that if they were driving and had a car accident they could truthfully state that they did not suffer diminished capacity due to recent breast surgery. Make sure you are recovered enough to drive safely before you get back behind the wheel. It is not safe to drive while taking oral pain medication.
- ACTIVITY RESTRICTIONS: DO NOT CARRY ANY HEAVY WEIGHTS, BAGS OR PACKAGES**

for 4 weeks, and do not do anything else that makes you uncomfortable. Dr. Zevon will monitor your recovery during your post-operative visits and allow you to resume your routine physical activities as you heal, taking into account your healing progress and your usual activities. You can go for walks at any time.

- HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. At your pre-op visit, ask us if you wish assistance in locating a source of arnica so you will have it available. Take arnica orally according to manufacturer's instructions on the packaging.

- POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. Check your post-operative instructions for your first appointment. If you don't have an appointment, call 212.496.6600 and ask the receptionist to schedule your post-operative appointment. At each post-operative appointment, Dr. Zevon will advise you when to schedule the next one, taking into account your rate of healing. Most breastlift patients have post-op appointments at 5-7 days, 2-3 weeks and 7 weeks. The purpose of the appointments is for Dr. Zevon to make sure that you are healing properly and to allow you to return to normal activities as soon as possible consistent with your healing progress. It is also the time to ask him about any questions or concerns you have about your recovery. Some patients find it helps to keep a list of questions to ask during each appointment.

RECOVERY TIME

- INITIAL:** 7 days
- SUBSTANTIAL:** 3 to 4 weeks

RESUMING NORMAL ACTIVITIES

- WORK:** Follow the plan you and Dr. Zevon have agreed upon. For planning purposes, you can assume that you will be able to return to work within 5 to 7 days, although some patients are able to return to work sooner depending on the level of activity required. If your job involves heavy lifting, you may not be able to return to work for several weeks.
- EXERCISE:** Avoid vigorous activity, including strenuous sexual activity, and contact sports for at least four weeks. Do not lift heavy weight (more than 10 pounds.) During this time, walking is fine. Dr. Zevon will give you permission to increase your activities according to the progress of your recovery and your overall fitness level.
- EXPOSURE TO SUNLIGHT:** Scars take at least one year to fade to their greatest extent. During this time, it is advisable to protect them from the sun. Even through a bathing suit, sunlight can reach the skin and cause damage. Be especially careful if areas of your breast skin have reduced sensitivity. Use a high SPF sunscreen. We carry sunscreens suitable for post-surgery patients.

9/20/04

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