

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

BREAST AUGMENTATION PATIENT INFORMATION

75 CENTRAL PARK WEST
NEW YORK, N.Y. 10023
212 496-6600



MEMBER OF THE AMERICAN SOCIETY FOR
AESTHETIC PLASTIC SURGERY, INC.

Member



AMERICAN SOCIETY OF
PLASTIC AND RECONSTRUCTIVE
SURGEONS

ABOUT BREAST AUGMENTATION

- **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 will arrange for you to meet with a member of our staff who has had the surgery, if possible. 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. As discussed more fully below, you will have the opportunity to try on implants of different sizes to make sure you are comfortable with your choice of size. 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.
- **INCISION LOCATION:** Dr. Zevon will discuss with you options for inserting and positioning your breast implants. These options depend on your anatomy, your preference, implant type and whether you are also having breastlift surgery. Three locations are the most common: 1) inframammary crease - in the crease at the bottom of the breast; 2) peri-areolar - around the areola (the dark skin surrounding the nipple); or 3) transaxillary – via the armpit. Dr. Zevon will make every effort to assure that the location of the incision results in scars that are as small and inconspicuous as possible.
- **PLACEMENT:** Your implants may be placed in front of or behind the pectoral (chest) muscles. Women whose implants are placed behind the muscle can expect to have post-surgical pain for a few more days, although we do offer new options for effective pain control with medication. The appearance of the breasts after surgery in women with low body fat is better with placement behind the muscle, as the muscle covers the edges of the breast implant. This is of less concern in women with more breast tissue, or higher body fat. Placement behind the pectoral muscle may also result in a lower incidence of capsular contracture, a complication that Dr. Zevon will explain when you review your informed consent for this procedure. Placement of the implant beneath the pectoral muscle may allow better mammography than implants above the muscle. Dr. Zevon will discuss the pros and cons of implant placement and incision options with you during your consultation.
- **IMPLANT SIZE/STYLE:** Dr. Zevon will talk with you about your desired breast size. You will “try on” different sizes of implants. Taking into account many physical factors, including your height, weight, existing breast volume, shoulder width, chest wall, body fat, breast position, nipple position, any asymmetries, spacing between the breasts, laxity of skin, as well as your desired bra size, Dr. Zevon will recommend an implant size and style for you. There are many options available in size and style including round, smooth, anatomical, textured implants. Round implants are available in 3 profiles: high, regular and low profile. Dr. Zevon will recommend the implant he thinks will look natural, proportionate and balanced for your frame.
- **SALINE OR SILICONE:** Some people believe that silicone breast implants are more natural in

appearance and feel than saline breast implants. Others continue to believe that silicone breast implants pose more health risks than saline breast implants. Until November 2006, due to concerns about product safety, the FDA limited the availability of silicone breast implants to women enrolled in an authorized clinical silicone breast implant study. Dr. Zevon is an investigator for the silicone breast implant studies. In November, 2006, the FDA decided to allow certified plastic surgeons to use silicone implants in cosmetic patients over the age of 22, and in reconstructive patients. Dr. Zevon is trained and certified to use silicone breast implants. During your consultation, Dr. Zevon will discuss the risks and benefits with you. You can weigh the pros and cons of silicone vs. saline breast implants and make your own decision.

- **SIZE VS. FILL LEVEL:** Manufacturers usually size saline implants over a range of approximately 30 cc; fill to the uppermost end of the range is considered “overfilling”. The concept of overfilling has arisen due to changes in manufacturers’ labeling of implant sizes in response to FDA dictates. Today an implant of size 270 cc to 300 cc would be considered overfilled if filled to a volume of 300 cc. Dr. Zevon believes that correct fill volume is key in the prevention of rippling. Rippling refers to the occurrence of wrinkles, or “ripples” in the skin over a saline implant. Accordingly, Dr. Zevon will overfill unless considerations of symmetry or other anatomical issues outweigh issues of fill volume. This may mean that if you choose to augment your breasts by a volume of 300 cc it may be achieved with an implant size 270 cc filled to 300 cc.

- **MAMMOGRAPHY:** If you are over 35, we recommend that you get a mammogram before having breast augmentation. Choose a mammography facility that has experience with breast implants. Regardless of your current age, when you schedule future mammograms, tell the mammography facility that you have breast implants. Ask for additional breast imaging using a technique called “implant displacement views.” These views afford a better view of breast tissue. If you think you may move to a different geographic area in the future, you may wish to obtain a copy of your baseline (pre-augmentation) mammogram as well as the radiologist’s report.

- **OPTIONS FOR PAIN CONTROL:** Dr. Zevon prescribes oral pain medication for all breast augmentation patients. We recommend taking the oral pain medication before going to bed the first night after your surgery. At this time, you are in a transitional period when your surgery anesthesia is wearing off and the post-surgery discomfort is increasing. It’s easier to be comfortable if you don’t allow yourself to experience too much pain—that is, if you feel significant pain increasing, take the pain medication before your pain is “out of control”. We have a new pain control option available for patients who are having sub-muscular implants. This option, called a “pain pump”, consists of a source of non-narcotic local anesthesia Dr. Zevon can insert at the end of your surgery. The pain pump will produce a steady flow of medication during the first week after your surgery. If you think you may be interested in the pain pump, tell Dr. Zevon at your pre-op visit so he will have it available and insert it during your surgery. It will be removed by Dr. Zevon one week after surgery.

PRE-OPERATIVE INSTRUCTIONS

SCOTT J. ZEVON M.D., F.A.C.S.
(212) 496-6600
CENTRAL PARK PLASTIC SURGERY

GETTING READY FOR SURGERY

STARTING NOW

- Please read and familiarize yourself with Dr. Zevon's **Breast Augmentation 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 raise your arms above your shoulders and 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 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.
- Remember it will 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. If you 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.
- 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. Plan on spending 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 the first 48 hours after surgery. Since you fasted before your surgery, you will be dehydrated. Drink plenty of fluids. 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:** 1) 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. Patients having sub-muscular implants have more pain than patients having implants above the muscle. 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!** For patients having sub-muscular implants, the pain pump is a non-narcotic option for pain control. If you think you are interested in a pain pump, tell Dr. Zevon during your pre-op visit.. 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 will 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 will be bruised (black and blue discoloration) and swollen after this surgery. The swelling will last for three to five weeks. 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 will be firm and pink for at least six weeks. Then they may remain the same size for several months, or even appear to widen. After several months, your scars will begin to fade, although they will never disappear completely. If you have scars on your breasts, you should use sunscreen if you are in the sun in a bathing suit during the first year after your surgery.
 - **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) a chest wrap that seems too tight. **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:** Dr. Zevon will wrap your breasts after the surgery. Different wraps are used for different patients. He will use either an Ace-type bandage or a sports bra and a chest wrap. Do not remove the wrap until Dr. Zevon allows you to do so.
 - **HYGIENE:** Dr. Zevon usually covers gauze dressings with plastic. The plastic will keep the

dressings dry so you can shower at any time. If you have been placed in a sports bra, you can remove the 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 could truthfully state that they did not suffer diminished capacity due to recent breast surgery if they were driving and had a car accident. It is not safe to drive while taking oral pain medication.
- ACTIVITY RESTRICTIONS:** Do not raise your arms above your shoulders for 2 weeks, and **DO NOT CARRY ANY HEAVY WEIGHTS, BAGS OR PACKAGES** for 4 weeks. Dr. Zevon will monitor your recovery during your post-operative visits and allow you to resume your routine physical activities as you heal. You can go for walks at any time.
- MASSAGE:** Dr. Zevon recommends massage beginning 3 days after surgery. Gently knead (squeeze) the breast for several minutes, several times a day. You should massage at least until the implants settle. It takes 6 months for the implants to soften and settle completely, although most of the settling occurs during the first 2 months. Dr. Zevon recommends continuing to massage your implants to minimize the likelihood of occurrence of capsular contracture.
- 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.
- IF YOU NOTICE ANY SIGNS OF INCREASING FIRMNESS OF ONE OR BOTH BREASTS, EVEN MONTHS AFTER YOUR SURGERY PLEASE NOTIFY US PROMPTLY SO THAT TREATMENT CAN BE STARTED.**
- SILICONE IMPLANT PATIENTS:** Rupture of a silicone breast implant is usually silent. This means that neither you nor Dr. Zevon will know that your implant has ruptured. The rupture detection level of a plastic surgeon familiar with breast implants is 30% as compare with 89% for an MRI study. You will need regular screening MRI examinations to determine if you have had a silent rupture. You should have your first MRI at 3 years after your initial silicone implant surgery and thereafter every two years.
- 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, tell the receptionist the date you had surgery and she will 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. Ideally, breast augmentation patients have post-op appointments at 1-2 days, 7-10 days, 3 weeks and 3 months. 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 consistent with your personal healing schedule. 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.

YOUR WARRANTY

- Dr. Zevon uses breast implants manufactured by Inamed, a division of Allergan. The company currently offers unlimited free lifetime replacement of saline or silicone breast implants if they deflate or rupture. Make sure you have your warranty booklet, read it carefully, and ask us if you have questions about what is covered and what is not covered. If a saline or silicone breast implant deflates or ruptures, you will receive from the manufacturer free unlimited lifetime replacement of the implant with the same style and size of breast implant. The basic warranty also includes payment of up to twelve hundred dollars per implant replacement surgery toward expenses of replacement such as surgeon's fee, anesthesia and/or facility fee not covered by insurance if the surgery occurs within ten years of the original surgery. An upgraded warranty is available for payment of \$100. As of November 20, 2006, patients having silicone implants are automatically enrolled in the upgraded warranty program. The principal advantage of the upgrade is it covers to other breast if that implant is fine; this would be an advantage if you decided to change your size/style. At www.drzevon.com/FAQ_breast_implants_warranties.html we discuss the basic and upgraded warranties in more detail, and addresses circumstances that are excluded from coverage.

12/7/06