

# *Michael Barody M.D.*

## **INFORMED CONSENT; BREAST LIFT (MASTOPEXY)**

### **INSTRUCTIONS**

This is an informed consent document that has been prepared to help Dr. Barody inform you about mastopexy surgery, its risks, and alternative treatment.

It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page and sign the consent for surgery as proposed by Dr. Barody.

### **GENERAL INFORMATION**

Breast lift, or mastopexy is a surgical procedure to raise and reshape sagging breasts. Factors such as pregnancy, nursing, weight change, aging and gravity produce changes in the appearance of a woman's breasts. As the skin loses its elasticity, the breasts often lose their shape and begin to sag. Breast lift, or mastopexy is a surgery performed by plastic surgeons to raise and reshape sagging breasts. This operation can also reduce the size of the areola, the darker skin around the nipple. If your breasts are small or have lost volume after pregnancy, breast implants inserted in conjunction with mastopexy can increase both firmness and size. The best candidates for mastopexy are healthy, emotionally stable women who have realistic expectations about what this type of surgery can accomplish. Breasts of any size can be lifted, but the results may not last as long in women with heavy, large breasts. Mastopexy does leave permanent, noticeable scars on the breasts. There are a variety of different surgical techniques used for the reshaping and lifting of the female breast.

**A separate consent form for the use of breast implants in conjunction with mastopexy is necessary.**

### **ALTERNATIVE TREATMENT**

Mastopexy is an elective surgical operation. Alternative treatment would consist of not undergoing the surgical procedure or wearing supportive undergarments to lift sagging breasts. If breasts are large and sagging, a reduction mammoplasty may be considered. Risks and potential complications are associated with alternative surgical forms of treatment.

### **RISKS of MASTOPEXY SURGERY**

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved with mastopexy. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. While the majority of women do not experience these complications, you should discuss each of them with Dr. Barody to make sure you understand the risks, potential complications, and consequences of mastopexy (breast lift).

**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 any aspirin or anti-inflammatory medications for ten days before surgery, as this may increase the risk of bleeding. Non-prescription "herbs" and dietary supplements can increase the risk of surgical bleeding.

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

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## **Risks of Mastopexy Surgery, continued**

**Change in Nipple and Skin Sensation**- You may experience a change in the sensitivity of the nipples and the skin of your breast. Permanent loss of nipple sensation can occur after a mastopexy in one or both nipples.

**Breast Implants**- Risks associated with the potential use of breast implants are covered in a separate Informed consent form.

**Skin Scarring**- All surgery leaves scars, some more visible than others. Although good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. Scars may be unattractive and of different color than the surrounding skin tone. There is the possibility of visible marks in the skin from sutures. In some cases scars may require surgical revision or treatment.

**Firmness**- Excessive firmness of the breast can occur after surgery due to internal scarring or scarring around a breast implant if one is used. The occurrence of this is not predictable. Additional treatment including surgery may be necessary.

**Unsatisfactory Result**- There is the possibility of a poor result from the mastopexy surgery. You may be disappointed with the results of surgery. Cosmetic risks would include unacceptable visible deformities, poor healing, and unacceptable breast shape. You may be dissatisfied with the size of your breasts after mastopexy.

**Delayed Healing**- Wound disruption or delayed wound healing is possible. Some areas of the breast skin or nipple region may not heal normally and may take a long time to heal. Areas of skin or nipple tissue 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.**

**Asymmetry**- Some breast asymmetry naturally occurs in most women. Differences in terms of breast and nipple shape, size, or symmetry may also occur after surgery. Additional surgery may be necessary to revise asymmetry after a mastopexy.

**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.

**Surgical Anesthesia**- Both local and general anesthesia involve risk. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation.

**Breast Disease**- Breast disease and breast cancer can occur independently of breast lift surgery. It is recommended that all women perform periodic self-examination of their breasts, have mammography according to American Cancer Society guidelines, and to seek professional care should a breast lump be detected.

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## **Risks of Mastopexy Surgery, continued**

**Future Pregnancy and Breast Feeding**- Mastopexy is not known to interfere with pregnancy or breast feeding. If you are planning a pregnancy, your breast skin may stretch and offset the results of mastopexy.

### **ADDITIONAL SURGERY NECESSARY**

There are many variable conditions that may influence the long term result of mastopexy surgery. Secondary surgery may be necessary to perform additional tightening or repositioning of the breasts. Should complications occur, additional surgery or other treatments may be necessary. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with mastopexy surgery. 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.

### **HEALTH INSURANCE**

Most health insurance companies exclude coverage for cosmetic surgical operations such as mastopexy or any complications that might occur from surgery. Some carriers have excluded breast diseases in patients who have breast implants. Please carefully review your health insurance subscriber information pamphlet. Most insurance plans exclude coverage for secondary or revisionary surgery.

### **FINANCIAL RESPONSIBILITIES**

The cost of surgery involves several charges for the services provided. The total includes fees charged by Dr. Barody, the cost of surgical supplies, laboratory tests, anesthesia, and hospital charges, depending on where the surgery is performed. Depending on whether the cost of surgery is covered by an insurance plan, you will be responsible for necessary co-payments, deductibles, and charges not covered. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital-day surgery charges involved with revisionary surgery would also be your responsibility.

### **DISCLAIMER**

Informed consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s). The Informed consent process attempts to define principles of risk disclosure that should generally 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. Barody 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.

Informed consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

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**CONSENT FOR SURGERY  
PROCEDURE or TREATMENT**

1. I hereby authorize Dr. Barody and such assistants as may be selected to perform the following procedure or treatment:  
BREAST LIFT SURGERY

I have received the following information sheets:

INFORMED CONSENT; MASTOPEXY SURGERY

2. I recognize that during the course of the operation and medical treatment or anesthesia, unforeseen conditions may necessitate different procedures than those above. I therefore authorize the above physician and assistants or designees to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.
3. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involves risk and the possibility of complications, injury, and sometimes death.
4. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.
5. I consent to the photographing or televising of the operation(s) or procedure(s) to be performed, including appropriate portions of my body, for medical, scientific or educational purposes, provided my identity is not revealed by the pictures.
6. For purposes of advancing medical education, I consent to the admittance of observers to the operating room.
7. I consent to the disposal of any tissue, medical devices or body parts which may be removed.
8. I authorize the release of my Social Security number to appropriate agencies for legal reporting and medical-device registration, if applicable.
9. IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:  
a. THE ABOVE TREATMENT OR PROCEDURE TO BE UNDERTAKEN  
b. THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT  
c. THERE ARE RISKS TO THE PROCEDURE OR TREATMENT PROPOSED

I CONSENT TO THE TREATMENT OR PROCEDURE AND THE ABOVE LISTED ITEMS (1-9). I AM SATISFIED WITH THE EXPLANATION.

\_\_\_\_\_  
Patient or Person Authorized to Sign for Patient

Date \_\_\_\_\_ Witness \_\_\_\_\_

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## *Breast Lift Surgery (Mastopexy)*

### **Before Surgery Instructions:**

#### Medications

- No Aspirin at least 3 weeks before surgery
- Notify physician of all medications you are taking including over-the-counter and herbal supplements
- Bring your daily medication with you on the day of your surgery

#### Diet

- Nothing to eat or drink after midnight, the night prior to surgery

#### Tobacco/Alcohol

- Absolutely no tobacco (including “the patch”) or being around anyone who is smoking for 2 months prior to surgery
- If you smoke prior to surgery, the procedure will be CANCELLED
- No alcohol for 2 days prior to surgery

#### Attire

- Do not wear any makeup, contact lenses, nail polish, or jewelry to surgery
- Purchase 2 soft sports bras in the anticipated cup size without underwires
  - Bring one of these bras to surgery with you.
  - You may be given an elastic wrap garment instead
- Leave jewelry and other personal valuables at home

#### Activity

- Plan to have someone stay with you for the first 24 hours after your surgery
- Plan for a driver after surgery. If you do not have someone to drive you home your surgery will be CANCELLED

Notify the office if you have any of the following symptoms within 2 weeks of your surgery:  
FEVER, COUGH, COLD, NAUSEA, VOMITING, DIARRHEA, OR RASH

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## *Breast Lift Surgery (Mastopexy)*

### **After Surgery Instructions:**

#### Medications

- Do not take medications on an empty stomach; you may become nauseated
- Use prescribed pain medication for pain control
- No Aspirin or any medication containing Aspirin

#### Diet

- Begin with sips of liquids and gradually progress to a regular diet as tolerated

#### Tobacco

- No smoking and being around anyone who is smoking for 2 months

#### Attire/Dressings

- Remove bulky dressing the day after surgery and replace
- Do not remove steri-strips over the incisions. They may become wet in the shower; simply pat the stickers dry
- Continue to wear a sports bra for 2 weeks removing the garment only to shower
- DO NOT WEAR UNDERWIRE BRAS
- Do not apply heat (heating pad, hot water bottle, etc.) to your chest

#### Skin Care

- Avoid direct sun exposure to incision site for 1 year
  - If the scars are exposed to sunlight then make sure to wear sunblock with Zinc Oxide
- No tanning beds for at least 1 year

#### Activity/Work

- Rest at home for 24 hours
- No heavy lifting (greater than 10 pounds) and no strenuous exercise (aerobics, stretching, vacuuming, laundry, etc.) are permitted for 3 weeks
- Do not sleep or lie on your breasts for 2-4 weeks
- Shower the morning after your surgery
- Leave the steri-strips in place and simply pat dry when they become wet
- Return to work in 5-7 days depending on post-operative physician examination
- Drive in 2-3 days provided you are not taking prescribed pain medication

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## *Breast Lift Surgery (Mastopexy)*

### **What to Expect**

You will have some swelling and bruising post-operatively. The degree varies with each individual and usually resolves within 4-6 weeks. You may experience numbness of the breast, skin, and nipple areas which may take a few months to resolve.

It is not uncommon to feel emotional after any cosmetic surgery. This is usually related to the immediate discomfort, anxiety over the appearance of swelling and bruising, and limitation of activity and socializing. These feelings will disappear as your appearance improves and you return to your usual daily activities.

**Notify the office immediately if you develop:** : FEVER OVER 100F, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICATION AND REST, INCREASED SWELLING OR BLEEDING (ESPECIALLY IN ONE BREAST AND NOT THE OTHER), MARKED DISCOLORATION OF THE NIPPLE AREA, NAUSEA OR VOMITING.