



PLASTIC & RECONSTRUCTIVE SURGERY

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Breast Reduction Check List

All of these steps must be completed and verified before an appointment can be made. If you lack proper medical documentation and history, our office will not be able to schedule you.

- 1) Verify with your insurance plan if breast reduction is a covered benefit. Please provide them with the procedure code 19318. You must ask if the procedure is a plan exclusion. You must also ask your insurance if they allow pre-authorization and/or pre determination for this surgery. If YES to all three, please move to step #2. If your insurance plan specifically excludes breast reduction, or will not pre-authorize the surgery, you will not be able to go through insurance.

THERE IS A \$75 CONSULTATION FEE FOR ALL COSMETIC CONSULTATIONS. A COSMETIC QUOTE WILL NOT BE GIVEN UNTIL YOU ARE SEEN IN THE OFFICE BY DR. RIMMA FINKEL.

- 2) Referral and office notes from your Primary Care Doctor need to be faxed over to our office *before an appointment can be scheduled*. You must have 6-12 months of medical history documenting treatment (physical therapy, chiropractor, pain management, etc.). Please have your PCP fax them to (480)-963-7019. After your records have been reviewed, you will be contacted for an appointment.

- You can **NOT** be smoking. You must be nicotine free for 3 months prior to consultation. This includes nicotine patches and gum. You will be tested at the time of your consultation and again before surgery.

PLEASE NOTE THE FOLLOWING ITEMS:

- *When receiving a breast reduction, it is your insurance plan that determines how much breast tissue will be removed. Most insurances follow a system called the Schnur Scale that determines the amount. If you want control of how much will be removed, you will need to see our physicians as a cosmetic patient (self-pay), and not go through your insurance plan*
- *If your BMI is between 35-40, you may need to lose weight prior to reduction.*

For more information:

https://www.plasticsurgery.org/news/press-releases/what-breast-reduction-patients-should-know-about-health-insurance?utm_source=Facebook&utm_medium=Social&utm_campaign=PSEC-Do-Your-Homework