
Pre-Operative Instructions

- Please stop eating and drinking at midnight prior to your procedure
- Please bring comfortable clothes to wear home after your procedure
- Please bring any necessary post-operative garments if requested by Dr. Elzinga (for example, a post-surgical bra). Garments can be purchased at online (for example, ClearPointMedical.com or Marena.com) or in-store, for example:
 - Compassionate Beauty
 - 26-22 Richard Way SW, Calgary, Alberta, T3E 7M9
 - Phone: (403) 686-6936
 - caring@compassionatebeauty.com
 - Open Mon-Fri 10am-5pm, closed weekends
 - Appointments recommended
- Please book your post-operative follow up appointment with Dr. Elzinga's office by calling (403) 956-3867. This can be arranged prior to surgery. Your follow up appointment will generally be 2-6 weeks after surgery at South Health Campus. Please call the office after surgery if you need to be seen sooner than your scheduled follow up appointment.

South Health Campus, 4448 Front Street SE, Calgary Alberta, T3M 1M4
Phone: (403) 956-3867

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Plastic and Reconstructive Surgery