

Patient Name: _____ Date of Birth: _____

Guarantor Name (if different): _____ Date completed: _____

Patient Education for Feminizing Mammoplasty Surgery

Gender Affirming Surgical and Clinical Considerations

- Some transsexual, transgender, and gender non-conforming people choose to have surgery to treat severe gender dysphoria and others do not.
- This is a choice based on personal preferences and medical need.
- Surgery may have unexpected or unintended impact on gender dysphoria in some patients.
- Surgery is not required to make complete legal transition.

What is Feminizing Mammoplasty Surgery?

- Feminizing mammoplasty, also called breast augmentation or “breast implants” places saline or silicone sacs in the breast area to create larger female appearing breasts.
- Feminizing mammoplasty can be done using several procedures. The type of feminizing mammoplasty is based on current breast development, chest and body shape and size, desired breast size and shape, other anatomical factors and patient needs and preferences.
- There are several types and sizes of breast implants. The type of breast implant is based on current breast development, chest and body shape and size, desired breast size and shape, other anatomical factors and patient needs and preferences.
- The type of procedure and implant is determined by the surgeon and patient at the appointment before surgery.
- Breast implants are much safer and more effective than silicone injections.
- Feminizing mammoplasty surgery usually takes 1-3 hours in the operating room.
- It is recommended that before undergoing feminizing mammoplasty patients look at photos of the results if available.
- Feminizing mammoplasty does not have any effect on hormone levels.
- Feminizing mammoplasty does not cause loss of fertility.
- Feminizing mammoplasty does not increase the risk of breast cancer.

What is Aftercare for Feminizing Mammoplasty Surgery like?

- Feminizing mammoplasty usually requires 1 week of recuperation before being able to go back to desk work and no strenuous activities for 2-4 weeks.
- Drainage tubes may be required in the period immediately following surgery.
- In uncommon cases, breast augmentation requires 2 surgeries separated by several months.
- Complete instructions for pre-op preparation and post-op care will be provided by the surgeon.
- Recovery time from feminizing mammoplasty depends on the type of procedure done. Overnight hospitalization is usually not required.

What are the risks and possible complications of Feminizing Mammoplasty Surgery?

- Cigarette smoking and nicotine intake will interfere with wound healing and stopping smoking and nicotine intake is required before surgery.
- Surgeons will not operate unless patients stop nicotine intake and smoking 2 - 6 weeks before surgery.
- The FDA warns of the various risks of breast implants including: need for additional surgeries, with or without removal of the device; capsular contracture, scar tissue that forms around the implant and squeezes the implant; breast pain; changes in nipple and breast sensation; rupture with deflation of saline-filled implants; rupture with or without symptoms (silent rupture) of silicone gel-filled implants

What are the limitations of Feminizing Mammoplasty Surgery?

- The FDA states: Breast implants are not lifetime devices. The longer a woman has implants, the more likely it is that she will need to have surgery to remove them.
- Feminizing mammoplasty may interfere with mammography breast cancer screening. It is unknown if this makes breast cancer screening less effective.
- In some cases, it may take up 1 year before patients are fully healed from surgery.

All of the information on this form has been reviewed with me and I understand it and have had any questions answered.

Patient / Client Name and Signature

I have reviewed all of the information on this form with my patient /client and I am confident that my patient / client understands this information.

Provider Name and Signature