

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Guarantor Name (if different): \_\_\_\_\_ Date completed: \_\_\_\_\_

## **Patient Education for Subcutaneous Mastectomy (SCM) 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 Subcutaneous Mastectomy Surgery?***

- Subcutaneous Mastectomy (SCM) with chest reconstruction, is a procedure that includes the removal of most, not all, breast tissue and surrounding skin, to create a more “masculine” chest.
- SCM can be done using several procedures. The type of SCM procedure is based on current breast tissue development, skin elasticity, chest and body shape and size, desired chest size and shape, other anatomical factors and patient needs and preferences.
- The surgeon will alter the size and placement of nipples and the areola (the darker skin around the nipples) to aid in creating a male appearing chest.
- Visible scars depend upon the type of surgery done.
- The type of procedure is determined by the surgeon and patient before surgery.
- SCM surgery usually takes 2-4 hours in the operating room.
- SCM does not have any effect on hormone levels.
- SCM does not cause loss of fertility but, does cause loss of ability to breast feed.
- SCM may require a mammogram before surgeon will perform procedure.
- It is recommended that before undergoing SCM patients look at photos of the results if available by the surgeon.

### ***What is Aftercare for Subcutaneous Mastectomy Surgery like?***

- Recovery time from SCM depends on the type of procedure done. One overnight hospitalization is usually required.
- Drainage tubes and use of compression binder are usually required in the period immediately following surgery.
- SCM usually requires 1 week of recuperation before being able to go back to desk work and no strenuous activities for 2-4 weeks.
- It may be common that SCM requires 2 surgeries separated by several months.
- Complete instructions for pre-op preparation and post-op care will be provided by the surgeon.

### ***What are the risks and possible complications of Subcutaneous Mastectomy Surgery?***

- Cigarette smoking and nicotine intake will interfere with wound healing and stopping smoking and nicotine intake is required before and after surgery.
- Surgeons will not operate unless patients stop nicotine intake and smoking 6 weeks before surgery.
- Obesity may create complications and interfere with wound healing, as well affect skin elasticity. Some surgeons have maximum BMI (body mass index – a measure of obesity) that they perform surgery on.
- Loss of nipple sensation is a frequent risk depending on the surgery performed and the patient.
- May cause loss of ability to breast feed.
- Effects of surgery are permanent and irreversible.

***What are the limitations of Subcutaneous Mastectomy Surgery?***

- In some cases, it may take up 1 year before patients are fully healed from surgery.
- SCM surgery cannot create a muscular chest and therefore, patients are recommended to conduct pectoral muscle exercises pre-operatively and post-operatively, once surgeon recommended healing time has concluded.

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

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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.***

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Provider Name and Signature