

Date _____

Name _____

DOB _____

Patient education for feminizing mammoplasty

- 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 is not required to make complete legal transition.
- 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 does not have any effect on hormone levels
- Feminizing mammoplasty does not increase the risk of breast cancer.
- Feminizing mammoplasty may interfere with breast cancer screening by mammography. It is unknown if this makes breast cancer screening less effective.
- 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.
- 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.
- 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
- Breast implants are much safer and more effective than silicone injections
- Feminizing mammoplasty surgery usually takes 1-3 hours in the operating room
- Feminizing mammoplasty can sometimes be done at the same time as vaginoplasty.
- In uncommon cases feminizing mammoplasty requires 2 surgeries separated by several months
- Visible scars depend upon the type of surgery done
- It is recommended that before undergoing feminizing mammoplasty patients look at photos of the results if available for the surgeon they chose.
- Drainage tubes may be required in the period immediately following surgery
- Recovery time from feminizing mammoplasty depends on the type of procedure done. Overnight hospitalization is usually not required
- Breast augmentation usually requires 1 week of recuperation before being able to go back to desk work and no strenuous activities for 2-4 wks

- Cigarette smoking may interfere with wound healing and stopping smoking is highly recommended before surgery. Some surgeons will not operate unless patients stop smoking 2 - 6 weeks before surgery
- Complete instructions for pre-op preparation and post-op care will be provided by the surgeon

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

patient / client 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.

name and signature