

HAVE A SURGICAL CONSULT

BREAST CONSTRUCTION SURGERY

A surgical consult is an appointment with your surgeon to talk about your goals for surgery and your options in terms of procedures. It's also an opportunity for you to ask questions.

what to expect from this visit:

Each surgeon does things a bit differently, but generally the surgeon will:

- ask questions about your gender, general health, and family history
- ask you to remove your shirt and any undergarments for a physical exam of your breasts and underarm area
- use a tape measure to record breast and upper body measurements
- take pre-operative photos of your breasts
- check blood pressure
- talk about possible surgical outcomes
- give instructions for aftercare, including return to physical activity
- ask you to get bloodwork done before surgery
- depending on age and risk factors, the surgeon may ask for an anesthesia or other specialist consult
- you might book the date of your surgery, or the surgeon's office will call you later with the date

A surgical journey is full of decisions. You can use the information and activities in this Workbook to help you make these decisions at each step along the way. Decision-making is not always a linear process—new information or challenges may lead you to go back to the start of the process.

Don't forget to bring:

- pictures/examples of breasts that can help you to show your surgeon what your goals are—this can include pictures of people who are topless and wearing clothing/lingerie
- your list of questions for the surgeon (see next page)

For more information, please visit transcarebc.ca

MY QUESTIONS FOR THE SURGEON

Make a list of questions to ask your surgeon during your consultation. Some sample questions are listed below. Don't forget to bring a pen so you can record the answers, and pictures so you can show the surgeon examples of your goals. You may also want to bring a friend to take notes so you can focus on the conversation.



FAQS (sample questions)

Based on my goals, what do you think would be the ideal size of implant for me? Why do you recommend this particular size range for me?

Based on my goals, what do you think would be the ideal type (silicone, saline, gel-saline expanders) of implant for me? Why do you recommend this particular type for me?

Based on my goals, what do you think would be the ideal position (subglandular, subpectoral) for me? Why do you recommend this particular position for me? How would this affect where my breasts sit on my chest?

Based on my goals, what do you think would be the ideal shape (round or teardrop) for me? Why do you recommend this particular shape for me?

May I see photos of surgical outcomes of your other patients who had this surgery?

Do you think I will be able to get my desired implant size in one procedure, or do you think it might take more than one procedure?

What are the complication rates for this surgery?

What are the chances that I might need a revision with this type of surgery?

Do breast implants ever need to be replaced? Approximately when would that need to happen? Would the cost of removal and replacement be covered by MSP?

What are the breast cancer screening recommendations after breast construction surgery?

Are there any things I can do to prevent capsular contraction?

Do I need to take out body, facial or ear piercings for my surgery?

Do I need a compression bra/garment after surgery? What does it do? Where can I get one? How much will it cost?

How do I take care of my breasts and nipples after surgery?

How long will I need to stay nearby after surgery?

How should I care for my scars (massage, silicone products)?

I tend to get hypertrophic/keloid scarring. Are there any preventative measures I should know about?

Can I take [medication/vitamin/supplement] before surgery?

When can I shower/return to work/drive a car/exercise, etc.

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other questions

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