

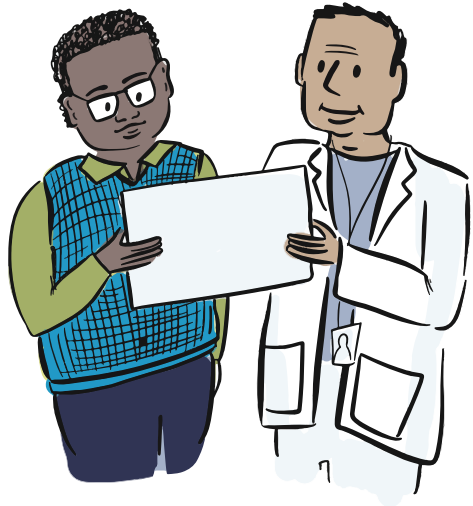
HAVE A SURGICAL CONSULT

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 binder for a physical exam of your chest and underarm area
- use a tape measure to record chest measurements
- take pre-operative photos of your chest
- 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 a mammogram or an anesthesia consult
- you might book the date of your surgery, or the surgeon's office will call you later with the date



CURRENT MEDICATIONS

Bring a list of medications, pain medications, traditional medicines, and supplements that you take regularly. Some of these may affect how your body responds during surgery or in the healing period. Your surgeon may recommend changes.

current medications

MEDICATION SUPPLEMENTS	DOSAGE	HOW OFTEN?	STOP BEFORE SURGERY? Y/N

QUESTIONS FOR THE SURGEON

Your surgeon will cover many topics during your consult. It can be helpful to have a list of topics or questions handy to confirm you cover everything you need to feel prepared for surgery. Don't forget to bring a pen so you can record the answers. You may also want to bring a friend to take notes so you can focus on the conversation. Here are some frequently asked questions (FAQs).



FAQS

What surgical techniques am I a candidate for?

Why do you recommend this particular technique for me?

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

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

How long will you require me to stay nearby after surgery?

What are the complication rates for this surgery?

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

Why do I need a compression vest after surgery?

Where can I get one? How much will it cost?

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

How long will it take to heal?

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 [medications/vitamins/supplements] before surgery?

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

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NOTES

other questions

For more information, please visit transcarebc.ca