



# TOP SURGERY

## PATIENT GUIDE

[www.thelondontransgenderclinic.uk](http://www.thelondontransgenderclinic.uk)



WPATH





Dear Patient,

This brochure is a general guide for patients undergoing a top surgery procedure under the care of Christopher Inglefield. It will provide you with information about

1. The procedure(s)
2. How to prepare yourself for surgery and what to expect from your surgery day
3. How to take care of your chest
4. Guidelines for activities in the first weeks after your surgery

At the end of this guide you will find a one-page-summary of the most important instructions assigned to key words respectively.

Please do take your time and read your Top Surgery Patient Guide carefully. In case of any further questions, feel free to contact us during office hours by telephone 0207 487 0910 or send us an e-mail to [info@thelondontransgenderclinic.uk](mailto:info@thelondontransgenderclinic.uk)

We appreciate the trust you have placed in us and wish you a quick recovery!

Christopher Inglefield BSc, MBBS, FRCS(Plast)



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## Contact details

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+44 (0) 20 4583 0872

[info@thelondontransgenderclinic.uk](mailto:info@thelondontransgenderclinic.uk)



# THE PROCEDURE

Subcutaneous Mastectomy, also known as TOP Surgery, refers to a general anaesthetic surgical procedure to remove the female breasts in a female to male transgender individual.

There are various techniques including:

- Double excision with free nipple graft
- Peri-Areolar Incision
- Liposuction

The technique used is based on the size of the breasts, skin laxity and the desired result. The technique most frequently required is the double excision with free nipple graft which is detailed through this guide.

## FAQS

### Can I have Top Surgery?

If you would like to achieve a natural male chest shape as part of your Female to Male transition then Top Surgery can be the appropriate procedure for you.

As per WPATH Standards of Care, to be eligible for Top Surgery you must meet the following criteria;

1. Persistent, well-documented gender dysphoria
2. Capacity to make a fully informed decision and to consent for treatment
3. Age of consent in a given country. At LTC we require you to be aged 18 or over as per UK guidelines
4. If significant medical or mental health concerns are present, they must be reasonably well controlled

### What are the risks?

Common to all surgical procedures there are always risks associated with Top Surgery. However, Top Surgery is a very safe procedure if performed by a fully qualified and trained surgeon in hospitals with a high standard of care.

The common risks are:

- Bleeding under the skin (less than 0.1%)
- Infection (less than 0.1%)
- Poor nipple healing / loss (less than 1%).

Each of these risks may require revision surgery.

Other risks that may occur are; loss of nipple sensation, poor scars, asymmetry of the chest, deep vein thrombosis

LTC follows the NICE Guidelines to minimise this risk before, during and after your surgery.



## How do I prepare for surgery?

Prior to surgery you must have had a psychological assessment by a gender specialist to discuss the surgery and whether it is the right time for you to proceed. They must provide you with a letter of support prior to proceeding with surgery.

Our guidelines are that any individual over the age of 40 should have a mammogram before any breast surgery including Top Surgery. Under the age of 40, no screening is necessary if there is no family history of breast cancer or other cancers. A screening mammogram can be arranged for you at the time of your consultation, if required.

Once you have your consultation and your surgery is booked, you will have a pre-operative assessment with your nurse 3 weeks before surgery, during which any outstanding questions will be answered. Your preparation for surgery will be reviewed and information will be provided regarding medications, diet and post-operative care.

You will NOT need to stop your hormone therapy before your surgery.

You must stop smoking a minimum of 4 weeks before your surgery and up to 6 weeks postoperatively.

## What about the results?

First and foremost, LTC endeavours to give you a natural result. The goals of Top Surgery are to remove the breasts to create a natural male aesthetic appearance.

Unfortunately it is necessary to have a scar as a result of Top Surgery but every effort is made to minimise the scars and ensure that these are as inconspicuous as possible. The goal is to achieve scars which are as short as possible, while achieving the desired result which, once fully healed, are barely visible. The scars are placed around the nipple and in the natural crease below the pectoral muscle. We provide scar care and support for you during the healing process and up to 1 year after to ensure that your scars are as good as possible.

The result should boost your self-confidence; allowing you to wear the clothing of your choice without the need for a chest binder or go swimming and to the beach without a top on.

## How much does it cost?

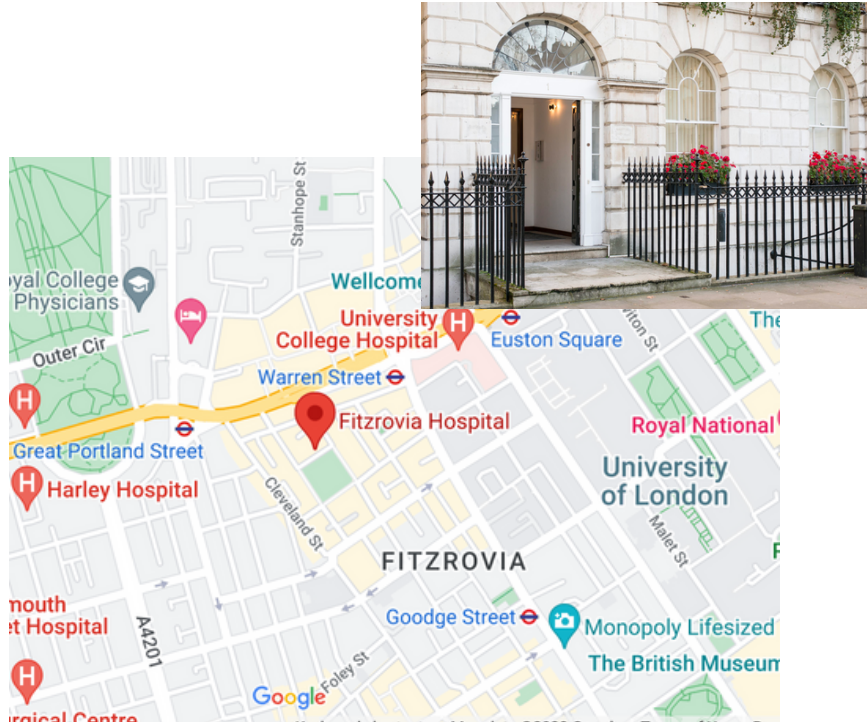
The cost varies depending on the technique required to achieve the desired results.

For an exact quotation please book a consultation with a member of our team.

The final cost includes your surgery fee, pre and post-operative care up to 1 year after your surgery, manual lymphatic drainage, and access to our emergency Nurse on call 24/7.

# OUR HOSPITALS

Fitzrovia Hospital  
13-14 Fitzroy Square  
London  
W1T 6AH



The London Transgender Clinic is proud to work in conjunction with the Fitzrovia Hospital which provides one of the top medical facilities in Central London. Conveniently located in the heart of London, Fitzrovia Hospital is only 0.6 miles away from The London Transgender Clinic and is only a 13-minute walk.

Public transport is readily available near Fitzrovia Hospital thanks to its convenient location.

## Underground

The easiest way to reach Fitzrovia Hospital is by underground, which is connected to London's main train stations. Depending on the railway station that is more convenient for you based on your location of departure, these are the tube stations that are closest to Fitzrovia Hospital.

Warren Street (0.1 miles)  
Great Portland Street (0.2 miles)  
Goodge Street (0.4 miles)  
Regents Park (0.3 miles)  
Euston Square (0.3 miles)

## Buses

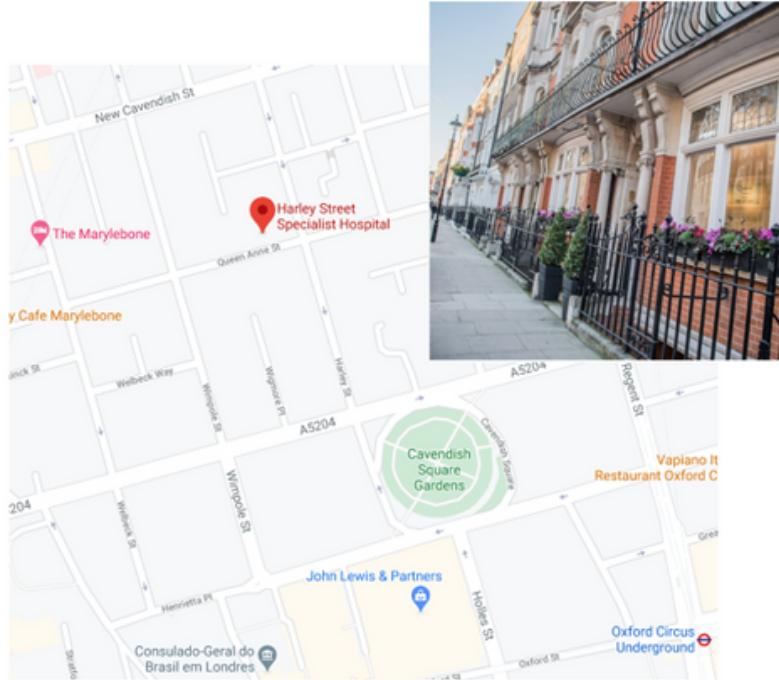
The area is also well served by many bus routes.  
18, 24, 27, 29, 30, 73, 88, 134, 205, 390, 453





# OUR HOSPITALS

Harley Street Specialist Hospital  
18-22 Queen Anne Street  
Marylebone. London  
W1G 8HU



The London Transgender Clinic is proud to conduct surgical procedures at the renowned Harley Street Specialist Hospital, located at 18-22 Queen Anne Street. It is near the crossing of Harley Street and Queen Anne Street in London's West End. Harley Street Specialist Hospital is easy to find via Tube or Bus, and there is a public car park one block away..

## By Car

Outside the Centre, Pay and Display parking is available. NCP parking is available locally. Upon arrival, you will be greeted at reception. If you are being dropped off by someone else, the team will request their contact details so that they can be contacted when you are ready to be picked up. Nearby, there are a number of coffee shops and excellent shopping opportunities within a short walk of the Centre.

## Public Transport

Public transportation is readily available near Harley Street Specialist Hospital. It is within a 10-minute walk from either Bond Street or Oxford Street tube stations. The area is also well served by many bus routes.

## Access for people with restricted mobility

If you are a person with restricted mobility, access will be provided at The Harley Street Specialist Hospital via a ramp. Please inform reception on 0207 034 3301 if you require any assistance on your arrival. There are also wheelchair-friendly facilities in several locations around the Centre, including the main reception area.



# TIMELINE

Day of consultation

**PRE-OP**

An initial consultation will be carried out to determine the goals for your treatment.

Quotation Received

**48 HOURS  
LATER**

We'll send you a quotation for the full cost of your treatment plan.

Pay 25% deposit & book a surgery date

**WHEN YOU'RE  
READY**

Time to get your surgery date secured!

Follow Up (face2face)

**MIN. 1 MONTH  
BEFORE  
SURGERY**

Physical assessment to ensure you're all set for surgery.

Pre-op assessment

**3 WEEKS TO GO**

Our specialist nursing team will call you to go through all your surgical information and ensure you have no unanswered questions.

Removal of drains

**DAY 5-7**

A nurse will check your progress and you'll have your 1st MLD.

Removal of dressings

**DAY 14**

A nurse will review your surgical incisions and you'll have your 2nd MLD, and, after 1 week, your final MLD.

First follow-up

**WEEK 6**

6 weeks after your surgery you will have your first follow-up.

Third follow-up

**MONTH 6**

After 6 months you will be asked to come for a follow-up with our clinical team.

Final follow-up

**MONTH 12**

1 year after your surgery we see our patients for the last follow-up with the surgeon.





# PREPARING FOR SURGERY



## 2-4 weeks before surgery

If you feel unwell or need to take any antibiotics within 14 days prior to your operation, please call LTC (Tel: 020 4583 0872) as the date of your surgery may need to be postponed.

No Aspirin or any medication containing aspirin should be taken for 14 days before surgery.

If you smoke, you should stop smoking completely for 4 weeks before surgery and up to 6 weeks postoperatively. This also applies to vaping (including 0% nicotine devices). You have an approximately tenfold increased risk for surgical and/or post-operative complications when smoking. A very apparent proof of the impaired wound healing due to cigarette consumption is the failure for a nipple to obtain blood flow after repositioning and the formation of a conspicuous scar. Please cut down your consumption of any alcohol for one week before your surgery.

Arrange a family member or friend to accompany you to the hospital the day of your surgery.

Cancel any dental appointments that are 2 weeks prior to surgery and 4 weeks after surgery.

Plan a transportation home or to the hotel the day of your scheduled discharge.

Adjust your work/social schedule accordingly during your anticipated recovery time of 2 weeks. If you have pets, you may want to arrange for someone to assist in caring for them for a few days after you return home.

After surgery, you will not be allowed to drive a vehicle for 48 hours. We advise you not to drive within the first 2 weeks after surgery. You may need to arrange for transportation to your initial follow-up visit(s). Please confirm terms of driving post-operatively with your insurance company too.

You will have to follow up with our clinical team approximately 5-7 days and 14 days after surgery. This appointment will be made for you approximately 4 weeks prior to surgery.

If you are not certain, or if you were not given the follow-up appointments, please contact our Admin Team at 020 4583 0872 to schedule these.

Hydration after surgery is very important. Make sure to have enough liquids at your home or hotel. Alternatives to water are tea, Gatorade, juice or vitamin water.



# MEDICATION TO STOP BEFORE SURGERY

## 14 days

Aspirin

Plavix, Pradaxa, Eliquis

Any anti-inflammatory medication (e.g. Advil, Voltaren, Ibuprofen)

Any herbal supplements

Vitamins (Vitamin E, C, K, etc.)

You can continue to take:

Tylenol/Iron

Supplement

Paracetamol

Tramadol

Please make sure to discuss with your medical doctor / GP what effect your regular prescription medication (e.g. blood pressure, heart, cholesterol) may have on your surgery. If you are taking any kind of sleep aid currently, you must inform your surgeon, as you may not take it with some of the medication you will need after your surgery.

## 2 DAYS BEFORE SURGERY

Make sure to complete all arrangements before your surgery. This includes the purchase of our recommended auxiliary care products, and extra pillows for your bed or couch if needed. Double-check that all your contacts are well-informed when your scheduled surgery date is and when you will return home.

Please do not use any sleep aid medication the night before your surgery. If you need to take some, this must have been approved by your doctor.

If you are currently exercising you may continue until the day before your surgery. You will have to stop any sport activities for a minimum of 6 weeks after your surgery.

Make sure to have your last full meal the night before your surgery. You may have one alcoholic beverage (1 glass of wine or beer, or one cocktail) the evening before your surgery. If you are travelling from out of town / had a long flight to London, it is important to keep well hydrated (minimum of 2L/day).

Furthermore, we suggest you having a minimum of three walks every day (at least 30 minutes per walk).



# YOUR SURGERY DAY

We advise our patients to wear comfortable clothes on the day of their surgery. Make sure all you want to wear is well prepared. This includes any type of sweaters, that can be closed with a front zipper. This will reduce the risk of adding stress to your chest when pulling a garment over your head.

The operation is performed under general anaesthesia as a day-case procedure or with one-night stay in hospital following the operation. If you are staying overnight, then please bring with you some night clothes and toiletries. Do not bring cosmetics, your watch or jewellery. You may bring your smart phone or tablet with you – ensure that you also bring the according wires for charging of the devices.

Before you go to the hospital, you should have a shower at home, or the morning of the operation on the ward. Plan to arrive at the hospital 2 hours before your scheduled surgery. Bring your photo ID with you, and leave all your valuables at home. When you arrive in hospital, you will be seen by a nurse who will talk to you about your general health and measure your blood pressure to make sure that you are fit for surgery. An anaesthetist will visit you to discuss the anaesthetic. Your surgeon will also come and discuss your surgery in detail with you once more. You will then be asked to sign the hospital consent form. Please make sure that you are fully informed and fully understand all the consequences of the surgery prior to signing this document.

## What to wear

Make sure to wear comfortable clothing that you can change easily. Please avoid wearing contact lenses and use your glasses instead. Please remember to bring a case to securely store your glasses before surgery.

## Diet

Make sure to have your last full meal six hours before your surgery. If your surgery is scheduled in the morning, you may drink one glass of water if needed up to two hours prior to surgery, however, you must avoid any breakfast including coffee/tea or cigarette consumption after 12 midnight. Our nurse will reconfirm this with you 14 days prior to your surgery date.

## Additional arrangements

If your operation is planned as a day-case, you should make arrangements with a friend or family member, who will come to pick you up after discharge from the hospital. This is compulsory. After surgery, you are not allowed to drive a vehicle for 48 hours.

## What should I leave at home?

We advise you to leave the following items at home:

- Jewellery
- Money (cash)
- Valuables
- Contact Lenses



## Checklist before Top Surgery

- Photo ID
- No jewellery, no watch
- Comfortable clothes
- Easy fitting pants and shoes
- Phone + charger (if you stay over-night)
- No cigarettes
- A person must be informed to come and pick you up after the surgery



# WHAT TO EXPECT IMMEDIATELY AFTER SURGERY

When you wake up after surgery you will still feel tired and your energy level will be decreased. You will be kept in a recovery area, where specialised staff will take care of you, until you are fit to return to your hospital room. Pain medication will be administered to alleviate any discomfort before you wake up. You will feel pressure around your chest. You should remain lying elevated at 45 degrees and avoid lying flat. You will remain on bed rest for a minimum of 4 hours.

## Stitches

All of your stitches are dissolvable and can take 3-6 months to fully dissolve. Occasionally you can feel the knot of the stitch, under the skin, at the end of each incision prior to dissolution.

## Drains

To reduce the risk of haematoma or build up of serous fluid to the surgical site, 2 drains will be inserted into either side of the chest. These are removed between 5 and 7 days post-operatively as long as you are healing as expected and the amount of fluid draining from the site is less than 50mls per 24 hours

## Dressing and Garments

Dressings will be applied to your surgical incisions for your protection. In order to minimise swelling and reduce the risk of bleeding, foam will be placed on top of your chest with a supportive chest garment holding it in place. The foam will be removed after 6 days and you will continue to wear the chest garment up to 6-12 weeks post-operatively.

## Medication

Begin to take the medication as you are told – even if you don't feel any pain, it is important to take all prescribed drugs, as these will accelerate your healing process.

## Physical activity

At the end of the first day you will start to notice / feel some degree of swelling around your chest. In order to minimise the onset of any swelling, limit your physical activity as much as possible (this includes avoiding going up some stairs whenever there is an elevator).

Avoid lifting anything heavier than 4 KILOS (e.g. newborn baby) for 6 weeks following surgery. Keep elevated when you lay down (to do so, add another cushion under your back).

At night, you may not lay on your side for 14 days as this position may affect the outcomes of your surgery.



# POST-OPERATIVE MEDICATION

## Antibiotic

You will be prescribed antibiotics for 6 days following your surgery

## Pain relief

Pain relief in the form of Tramadol or Co-dydramol will be prescribed for 5 days following your surgery. You will also have Methocarbamol (Robaxin) for 5 days. Directions on how to take these will be provided prior to your discharge from hospital.

## Anticoagulant

Prior to your surgery, your Clinical Coordinator will carry out a Venous Thrombosis/Embolism risk assessment. Should you be at increased risk of VTE, Enoxaparin (Clexane) will be prescribed for 5 days following surgery.

## Blood loss

Blood loss is minimal during your surgery and very rare to require any blood transfusion during or after your surgery.

## Skin protection

You will be provided with 2 surgical garments that you must wear for 6 weeks after your surgery. You will be advised to check your skin when you change your garment or before you shower. The sensation to your chest will be reduced after surgery and this can take up to 1 year to recover. You must be careful in the sun for the 1st year after your surgery.

## Scar care

Your incisions will be covered with a waterproof dressing for the first 2 weeks after your surgery. Following this you will be provided with 2-inch Micropore tape, to apply to the scars for 3 months. You will need to change the tape every 6 or 7 days during this time. After 3 months we recommend using Kelocate, a silicone gel, to further improve the appearance of the scar.





# RECOMMENDED AUXILIARY CARE PRODUCTS

In addition to the medication that we prescribe, we do suggest the following range of auxiliary care products which will help a seamless and effective recovery.

## Co-Codamol

To ensure pain is kept to a minimum we recommend co-codamol. Pain relieving medication will be provided to you post operatively, however we want to ensure you have an alternative if your pain is not well controlled.

## Arnica

This homeopathic remedy will minimize any swelling and bruising of soft tissue. Read the instructions of the chosen product (many available brands) and use it accordingly. You may start using Arnica 2 days before your scheduled procedure.

## Laxatives

Following surgery you will not be as active as normal and due to the combination of medication you will be taking, you may find yourself having difficulty passing stool. We recommend taking a laxative for 7 days post operatively to keep things working normally.

## Kelocote gel

In the first months after your procedure, the healing scar will appear red. As time goes by, your scar will become less conspicuous. After 3 months, we recommend using Kelocote, a silicone gel applied daily to further improve the appearance of the scar.



# WAYS TO DECREASE SWELLING AND BRUISING

## Stay elevated

Whenever you lay down, be it on the sofa or in bed, make sure to stay elevated and not lay flat. To do so, place another cushion under your back. Avoid laying on the side as this position may affect the outcomes of your surgery.

## Keep moving

In order to stimulate lymphatic drainage and blood circulation, we suggest moving little and often. Don't stay in bed all day. Make yourself a cup of tea, walk around the garden / up and down the street occasionally. Do remember to take it easy. This is not a work out. Any physical activity, that will result in an increase of your blood pressure will cause a significant increase of the overall swelling of your chest and additionally increase the risk for bleeding.

## Wear your garment

Your garment is essential in controlling swelling and bruising. Wearing it consistently, day and night (can be removed for washing), will help to ensure you get the best outcome.



# HOW TO TAKE CARE OF YOUR CHEST

## Week 1

During the first week after top surgery you will have drains, dressings, foam and a garment located to the chest. Keep movement of the chest to a minimum, avoiding overstretching. Do not remove any of these items prior to your nursing appointment, unless instructed to do so. You will not be able to have a shower until this is completed. In the event your drain stops working, we will provide you with spares and instructions on how to change your drain. Alternatively you can attend the clinic and a member of the clinical team will do this for you.

Stay mobile with gentle, short (10 mins) walks regularly. Keep your upper body elevated when resting or laying down (make sure to use extra cushions in bed and on your couch). You should aim to rest with your upper body elevated for at least 2 weeks after surgery. Swelling and bruising will reach the maximum on day 2-3 after surgery. In order to reduce the swelling, you will be provided with post operative manual lymphatic drainage and follow all other instructions provided. Make sure to avoid walking in heat and in direct sun light. In the rare occasion of hot, sunny days in London, we do advise our patients to schedule their daily walks in the early morning and late afternoon/evening to avoid bodily stress. Do not smoke any nicotine or take illicit substances or drink alcohol, as it will impact your healing and may interfere with the medication.

During your first week, we will see you for a post-surgical manual lymphatic drainage and follow-up. We will remove the drains, if safe to do so, and the foam located to your chest. We will also give you any further instructions on how to take care of your chest.

In the event you identify excessive swelling, bruising, bleeding, pain or a high temperature, please call the nursing on call telephone number which is provided to you prior to your surgery. A member of the specialist nursing team can provide advice 24/7.

## Checklist week 1

- Prescribed medications
- Upper body elevated when resting
- Walking little and often
- Do not remove drains, foam, dressings and garment
- Do not smoke or take illicit substances
- Stay hydrated
- Attend your after-care appointment
- Call us immediately in the event of an emergency





## Week 2

The swelling and any bruising to your chest will continuously decline. As the swelling declines, you will become more comfortable and feel more movement in your upper body. You should still try to rest with an elevated position for your upper body. Avoid any strenuous exercise, or lifting of anything that is heavier than 4kg (e.g. a baby). Do not smoke cigarettes, and avoid any alcohol, as it may interfere with the medication. After removal of your drain and foam, you must continue to wear supportive tape to your incisions and your garment, both of which will have been provided to you.

## Week 3 and thereafter

Continue wearing your garment and applying the supportive tape to your scars. You should change this when it no longer sticks to your skin. The tape can remain on when you shower. It is unlikely to remain sticky following a bath and will need replaced. Any swelling and bruising will continuously decline, however residual swelling is expected and can take up to 6 months to resolve completely. You should still try to rest with a partially elevated position for your upper body. Avoid any strenuous exercise, or lifting of anything that is heavier than 4kg (e.g. a baby). Do not smoke cigarettes, and refrain from drinking large volumes of alcohol.

## Sports

You may start walking more regularly with longer distances again – however, take it easy! If you will feel any pressure or pain to your chest, you should stop and give yourself more time to heal. Avoid heavy physical exercise (e.g. weight-lifting, HIIT or extensive running) up until week 6 post operatively. Avoid swimming for at least 6 weeks. Avoid any contact sport or martial arts for a minimum of 6 weeks.

## Work & Other

Patients usually return to their work 2 weeks after surgery. If your work environment entails high levels of exertion, you may need to ask for amended work duties until 6 weeks post surgery. Your surgeon can provide you with a medical letter to support this.

Avoid direct sunlight on the scar (this includes sun tanning studios, or sunlight being reflected from the sea or snow) and make sure to protect your skin by using a baby sun lotion (ideally SPF 50) during the first summer following your surgery.

Please attend to your post-operative appointments as scheduled.



# WHAT TO LOOK OUT FOR

BLEEDING after surgery can cause swelling, a change in colour to the surgical area, and pain. The signs of INFECTION are pain, redness, swelling, and pus in the wound, and you may also have a temperature. A BLOOD CLOT in the leg can cause swelling and pain in the calf. If the clot goes to the lung, you might be breathless or have pain in your chest. If the wound is not healing well, it may be sore and weep. If you have any worries after your operation, speak to your surgeon or, in the event of difficulty breathing, go straight to A&E.



# TO DO'S IN A NUTSHELL



## Swelling

As a rule of thumb half of your swelling will take 3 months to disappear. It can take between 6-12 months for all swelling to dissolve. The months after surgery are the most challenging, as you will have to prove your patience.

## Pain

Make sure to take all medication prescribed. This will not only help you avoid any pain - it will also accelerate your healing. If your medication is not sufficient, make sure to give us a call 0207 487 0910.

## Bruising

Bruising usually resolves within the first week.

## Sensitivity

Sensitivity of your chest and nipples can take up to 12 months to return to normal. You may experience shooting or tingling sensations to your chest as the nerves begin to repair after being affected by your surgery. This is normal.

## Scar

Make sure to apply the supportive scar tape provided to you for 3 months. Following this you can apply Kelocote gel up to 12 months post operatively. The initial redness of the scar can take up to 3-6 months to subside. It is important to clean the scar between tape changes.

## Intimate relations

Any activity that leads to an increased pulse or blood pressure may lead to bleeding or hematoma and the need for repeat surgery. You should refrain from intimate physical activities for 6 weeks.

## Sports

You may start easy exercise such as more frequent, longer distanced walking 3 weeks after surgery. Any team sport activities, martial arts, high intensity exercises or swimming should be postponed for 6 weeks after surgery.

## Sun exposure/tanning salon

The effects of sun are damaging to any healing tissue. This includes salon sunbeds. Avoid sun exposure for 6 weeks. And make sure to cover your scars with tape the first summer after your operation and apply appropriate SPF following this.





## Travel plans

Allow at least 14 days before you travel by airplane. Medications may be required should you have a long flight/trip to prevent deep vein thrombosis in the immediate post-operative period.

## Piercings

If you had a nipple piercing before surgery it should remain removed for 6 weeks in order to avoid infection.



# IMPORTANT INFORMATION TO READ BEFORE CALLING THE OFFICE



## Will my swelling go down?

It is very common to experience swelling after surgery. Remember that your body is healing from surgery and some swelling is normal. The swelling will take months to fully disappear. The more activities and physical exercise you perform, the more swelling you may experience. Daily walks help during the first week

## Will I have bruising after my surgery?

You will have some degree of bruising after surgery. Usually bruising reaches a maximum within the first 2-3 days. Usually all bruising resolves within the first 7-10 days.

## Can I find good advice on the internet?

It is very difficult to find good information on the internet. Especially after your own surgery, asking Dr. google or searching on platforms like realself may lead to confusion or concern. If you have any questions feel free to send us an email. Please respect our daily work, we will try to reply to your email as soon as possible. In the event of an emergency you can contact the emergency nurse on call. This number is provided the day prior to your surgery.

## When can I shower or bathe?

You may shower 5 days after surgery. Avoid too hot water, in order to keep your blood pressure low. You may bathe after your dressings are removed.

## What position can I sleep in?

Make sure to rest with your upper body elevated. We advise you to sleep on your back for a minimum of 2 weeks post operatively.

## What if I am having problems sleeping?

Make sure that your pain is well controlled throughout the day. During the day, be careful about taking naps. Try to plan your activities as near normal as possible. If you cannot sleep due to pain please medicate appropriately. If you continue to have issues please call the emergency on call nurse.



## How long should I take the medication for?

Take all post-operative medication as prescribed.

## Is it normal to feel pressure?

The swelling of your chest, alongside the support garment means it is not unusual to feel pressure. In order to alleviate any pressure sensation, make sure sleep / rest elevated to control the swelling and attend all of your manual lymphatic drainage appointments. In addition, take your antibiotics and pain medication, and avoid strenuous exercise.

## What should I do if I think my chest is infected?

As stated above, you will experience some bruising and swelling after surgery. In addition, you may notice some staining of your dressings in the following days. You should contact the on call nurse if you notice a large amount of fluid / blood, causing the dressings to become very wet. If you have a new onset of pain that is not controlled by your pain medication or if you feel constantly cold, have shivers or have a consistently elevated body temperature of above 37.5°, these symptoms do not mean that you are infected, but are symptoms we should be notified of.



# POINTS OF INTEREST IN LONDON



# RESTAURANTS IN MARYLEBONE

## Côte Brasserie

Modern, all-day French brasserie chain, serving regional specialities and traditional classics.

26-27 Devonshire St, Marylebone, London, W1G 8YJ

[cote.co.uk](http://cote.co.uk)



## Simple Health Kitchen

Delicious, appealing health food restaurant serving nutritious, creative healthy meals to enhance the mind, body and soul.

48 Baker St, Marylebone, London, W1U 7BS

[simplehealthkitchen.com](http://simplehealthkitchen.com)

## Tommi's Burger Joint

Icelandic mogul's fairy-lit 30-seat diner with a relaxed vibe and pared-back burger selection.

30 Thayer St, Marylebone, London, W1U 2QP

[tommis.is](http://tommis.is)



# MY APPOINTMENTS



Appointment	Date
Initial Consultation	.....
Pre Surgical Consultation	.....
SURGERY DAY / Admission to Hospital	.....
1st Post Op & MLD	.....
2 Week Post Op	.....
MLD	.....
6 Week Post Op	.....
6 Month Post Op	.....
12 Month Post Op	.....





# MY TO DO LIST

Complete psychologist or psychiatrist assessment and referral for surgery



Book my Initial Consultation



Tell friend(s)/family I will need support



Book my Surgery Date and pay 25% deposit



Stop smoking 4 weeks before surgery



Attend Pre Surgical Consultation (3 weeks before surgery)



Book my Follow Up Consultation (In Clinic)



Purchase my auxiliary products



Pay final surgery balance (min. 2 weeks before surgery date)



Stop taking medications as advised (2 weeks before surgery)



Read/Complete my Admission Documents from LTC & Hospital



Make my home suitable for post-operative needs



Arrive to hospital on date/time advised by my Clinical Coordinator



Notes:

Please note this list is not exhaustive - your Clinical Co-Ordinator will keep you informed about things you may need to do pre and post operatively as every journey is an individual one and needs differ from person to person.



— THE —  
**LONDON**  
—  
TRANSGENDER CLINIC



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020 4583 0872

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WPATH

