

Patient information – Clinic for Plastic and Aesthetic Surgery – TRANS*GenderCenter Düsseldorf (DUS-TGC)

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General Information „Mastectomy and Breast Augmentation“

- **Measurements of your chest and breasts** during will be made during first consultation as well as **photographs** from different perspectives (frontal, 45 degree oblique and 90 degree from side)
- 1-2 weeks later you will receive our plastic-surgical letter by post which has to be sent together with your **psychological indication letter** to your medical insurance (indicating the need for mastectomy); in case of self payment option our letter is only for documentation.
- After you received the **written confirmation of your medical insurance** or in case of self payment please send us your **signed cost estimation** by post, email or fax.
- After receivment of these documents a **surgical appointment** can be made by our central planning department (ZBM, Tel: 0211-2800-3525, zbm_gerresheim@sana.de) with 2-3 months in advance.
- **Informed consent** anaesthesiologically and surgically will be done 1 day prior to surgery, the accommodation in hospital will be done on surgery day.
- In **case of long distance to home town** an accommodation in hotels nearby with special discount is possible (ZBM will give you further information).
- A running **hormone therapy** (e.g. testosteron/estrogen) should be paused 1 week prior to surgery date
- A **sick note** can be completet, if the costs are paid by your medical insurance for maximally 2 weeks, afterwards e.g. your general practitioner can prolong this period
- An **insurance for consequential costs** is recommended in case of self-payment (by specialized insurance companies: e.g. medassure, beautyprotect, safe4beauty).

Postoperative Wound Care „Mastectomy“

In case of double-incision with free NAC grafting

- **After removal of bolster dressings on 5th POD:** Daily change of **fat gauze** in combination with compresses on top of NAC graftings (e.g. Atrauman oder Adaptic) for 1 week after discharge; after 1 week loose unsterile compresses as dressings, best no plasters for fixation to avoid skin irritations and blisters, daily aeration of the wounds is possible for 1-3 hours
- **Compression** by a compression vest or garment for 6 to 8 weeks, you will receive this in our hospital.
- **Suture removal 14 days after surgery date** at NACs (thin blue sutures, non-resorbable) completely to remove and in the inframammary breast fold (transparent sutures and loop) just cut superficially to to skin, rest of inner suture is resorbable. **Suture removal** can be done at your **home destination**, e.g. by general practitioner.
- **Showering** of upper body is possible 2 weeks after surgery day, with normal showering gel / shampoo.
- **Scar treatment:** 2-3 weeks after surgery date thin application of wound ointment on scars and NACs is possible
- 3-4 weeks after surgery date **scar treatment** with silicone salves, silicone plasters is possible (e.g. Contractubex, Dermatix, Scarsil, Bepanthen scar roller etc.).
- Dark crusts at the NACs will solve by themselves during the first 3-5 weeks
- **Scar massage** and **manual lymph drainage** 2-3 weeks postoperatively can be helpful to reduce swellings and indurations (1-2 times a week for 30-45 mins for 4-8 weeks)
- **No sun exposure** or tanning for at least 6 months, after that at least LSF 50 or covering of the scars.
- **Sport and sporty activities:** swimming, bathing, sauna and any kind of sports not allowed for at least 6 weeks
- Excessive upper body/chest training (e.g. push ups, bouldering, excessive swimming, burpees, butterfly is not allowed for 6 months) to avoid bad scarring
- **Follow-up appointments** are possible 2 weeks, latest 3 months postoperatively and 1 year or later afterwards, in case of problems anytime
- In case of long distance journeys, an consultation by email and photographs is also possible

Small incisions „periareolar“ around the nipple:

- Like above mentioned with application of fat gauze combined with compresses for 1 week after discharge.
- Daily aeration of wounds for 2-3 hours, in some cases application of betadine solution on NACs maybe advantageous.
- **Obligatory follow-up appointment for suture removal 2 weeks after surgery date!**
- The final result is apparent earliest after 6 to 12 months postoperatively. Minor dimples and swellings usually fade or resolve over time. **Scar massage** and **manual lymph drainage** maybe helpful (1-2 times a week for 30-45 minutes for 4-8 weeks)
- **Compression garment or vest** should be worn for at least 6 weeks

Postoperative Wound Care „Breast augmentation“

After implantation of a silicone prosthesis:

- Wearing of **Compressions-Bra** and „**Stuttgarter Belt**“ for at least 6 weeks
- **Suture removal 2 weeks after surgery date**, suture in inframammary fold (transparent suture loop) has to be cut superficially, inner rest is resorbable – **Suture removal can be done at general practitioner at home destination.**
- **Showering** des Oberkörpers ist 2 Wochen nach OP-Datum möglich, auch mit normalem hautfreundlichem ph-neutralem Duschgel
- **Showering** of upper body is possible 2 weeks after surgery day, with normal showering gel / shampoo.
- **Scar treatment:** 2-3 weeks after surgery date thin application of wound ointment on scars is possible
- 3-4 weeks after surgery date **scar treatment** with silicone salves, silicone plasters is possible (e.g. Contractubex, Dermatix, Scarsil, Bepanthen scar roller etc.).
- Dark crusts at the NACs will solve by themselves during the first 3-5 weeks
- **Scar massage** and **manual lymph drainage** 2-3 weeks postoperatively can be helpful to reduce swellings and indurations.
- **No sun exposure** or tanning for at least 6 months, after that at least LSF 50 or covering of the scars.
- **Sport and sporty activities:** swimming, jogging, bathing, sauna and any kind of sports not allowed for at least 6 weeks .
- Excessive upper body/chest training (e.g. push ups, bouldering, excessive swimming, burpees, butterfly is not allowed for 6 months) to avoid bad scarring.
- **Follow-up appointments** are possible 2 weeks, latest 3 months postoperatively and yearly afterwards, in case of problems anytime.
- In case of long distance journeys, an consultation by email and photographs is also possible.

General potential complications „Mastectomy/Breast Augmentation“:

- In case of complete bluish breast / breast skin with increasing swelling -> **signs of acute hematoma and immediate reconsultation** in our clinic with **urgent reoperation**
- In case of redness, swelling, fever, increasingly warm breast -> **signs of infection immediate reconsultation** in our clinic with treatment by **antibiotics or reoperation**
- In case of signs like fluid breast or waterbed-like there is usually a harmless fluid formation (so-called “seroma”) underneath the skin, which can be punctured easily -> reconsultation for ultrasound and puncture of seroma in our clinic or at your home destination

Our goal is to rehabilitate you quickly to your usual social environment.

The Plastic and Aesthetic Surgical Team wishes you a pleasant stay and quickly rehabilitation!

**Dr. med. Andreas Wolter, MD
Head of Department**

TRANS*GenderCenter Düsseldorf (DUS-TGC)

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