

INFORMATION BOOKLET

INSERTION OF PENILE AND TESTICULAR IMPLANTS

PART B

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PART A

PART C

8. PRESENTATION OF PART B

This part contains information about the surgical procedure and how to prepare for it.

9. THE MONTHS PRECEDING THE SURGICAL PROCEDURE

9.1 PREOPERATIVE QUESTIONNAIRE

The preoperative questionnaire completed upon opening your file is valid for a period of six months. After this period, for safety reasons, we will ask you to complete it again.

AT ANY TIME BEFORE YOUR PROCEDURE, NOTIFY US IF:

- You notice a change in your health status.
- Your life situation changes — our team will work with you to help you get the necessary resources.
- You have a bacterial or viral infection — ask your attending physician to send us their consultation report clearly mentioning the details of the infection and treatment.
- There are changes to your current medication — please provide us with an updated list from your pharmacy.

9.2 PREOPERATIVE EXAMINATIONS

A resting electrocardiogram with interpretation will be required if you are 60 years old and over. You must provide us with the results of this test, including tracing, at least two months before the date of your surgical procedure. Please note that this is valid for four months.

After analysis, additional examinations may be requested. If applicable, be sure to send us the results as quickly as possible to avoid postponing the date of your surgical procedure.

9.3 PREOPERATIVE MEDICATION

MEDICATIONS TO CONTINUE

At all times, before your surgical procedure:

- continue taking your hormones (testosterone),
- continue taking your antidepressants and neuroleptics,
- take acetaminophen without risk (Atasol[®], Tylenol[®], Doliprane[®], Efferalgan[®], paracetamol).



MEDICATIONS TO STOP

It is your responsibility to check whether or not the medicines you are taking contain any of the products mentioned below. If in doubt, consult your attending physician or pharmacist. You are asked to stop these medications to avoid any risk of complications.

As soon as you receive the call confirming your date of surgery, stop taking retinoids (Accutane®).

Two weeks before the surgical procedure, stop:

- natural health products,
- homeopathic products,
- vitamins, supplements and minerals,
- products containing garlic (allicin),
- Consumption of fresh, raw or cooked garlic is not recommended.

Ten days before the surgical procedure, stop:

- acetylsalicylic acid (Aspirin®) and any other product containing acetylsalicylic acid,
- anti-inflammatories (unless otherwise advised by your attending physician or surgeon) such as: ibuprofen, Advil®, Celebrex®, Indocid®, Motrin®, Naprosyn®, Orudis®, Vioxx®, Voltaren®, etc.,
- cold and flu medications such as Tylenol Sinus®, Advil Sinus®, Reactine®, cough syrup, etc.

9.4 ALCOHOL

Stop all alcohol consumption **two weeks before and three weeks after** the surgical procedure. Alcohol increases the risk of bleeding during surgery. Mixing alcohol and medications can also cause unpredictable side effects.

9.5 TOBACCO

Stop smoking cigarettes or electronic cigarettes containing nicotine and nicotine substitutes (Nicorette® or others) **at least six weeks before and eight weeks after** your surgical procedure. We suggest that you quit nicotine now to increase your chances of success.

The nicotine and toxic substances in these products can constrict small blood vessels and therefore:

- slow down the healing of your wounds and thus increase the risk of infection,
- increase the risk of phallus loss and infection,
- increase the risk of respiratory problems and pneumonia after the procedure,
- cause nausea or vomiting and excessive coughing when you get up, which increases the risk of bleeding after the surgical procedure.

9.6 CANNABIS

Please refer to the Cannabis section of **Booklet A** for information regarding cannabis.

9.7 BODY MASS INDEX

You may have been asked to achieve a weight-loss goal to be a candidate for surgery during the first stage of phalloplasty to optimize results and to reduce the risk of complications. It is necessary to maintain this weight goal for surgeries following phalloplasty, including stages two and three as well as corrective surgeries.

If your weight has changed by more than 10 kg (22 lb) since your phalloplasty, please email us at asclepiade@cmcmontreal.com, attaching a photo of your abdomen.

Please note that if your BMI is greater than 40 on the morning of surgical procedure, your surgeon may postpone your surgery.

10. PREPARING FOR YOUR RETURN HOME

Below we have compiled a list of items to prepare and obtain to facilitate your convalescence at home. This will allow you to focus your energy on your care.

10.1 ITEMS TO OBTAIN

Here are the items to obtain and bring if you are staying at a hotel before or after your surgery. They will be necessary for your care.

Items for surgery preparation:

- Electric razor (clippers); there are some that sell for between \$15 and \$25,
- Chlorhexidine sponges or soap for preoperative showers,

If you travel by plane, please make sure the quantity is allowed in your carry-on.



Items for the postoperative period:

- A thermometer.
- Mild, fragrance-free soap such as Dove® or Ivory®.
- White cotton underwear that are not too tight and have been washed.
- Non-sterile, 4 x 4 compresses (gauze) for wound care.

Get a tube of cream with vitamin E or silicone gel for massaging the scars to leave at home.

10.2 OTHER ELEMENTS TO PROVIDE

Loose clothing and slip-on shoes for your comfort and to facilitate your return home.

Meals and snacks: cook meals, freeze them, and buy non-perishable food so you don't have to cook when you return home.

Housekeeping at home: you will be limited in your movements and how much weight you can lift. You will probably need help with your household chores.

Transportation and planning for someone to escort you home:

Please note that you will not be able to drive while taking narcotics for pain relief.

Ask a family member or friend to be available to help if needed. This person will be able to accompany you on your trips and, if necessary, provide support with your personal care and daily activities.

Return to work and notify your employer: the convalescence period varies depending on the type of surgery, the nature of your job and the surgeon's assessment. Sick leave can last from three to four weeks. It is important to notify your employer of this. If you want a letter justifying a period of sick leave, request it after your surgery.

11. PACKING YOUR SUITCASE

11.1 SMALL WHEELED SUITCASE

Your suitcase must be a carry-on size and **weigh no more than 10 kg (22 lb)**. We ask you to follow this instruction for the following reasons:

- Risk of injury to you or our staff when handling luggage that is too heavy or too bulky,
- Restricted space in the care unit's rooms,
- Risk of falling: floors must remain clear.

11.2 PERSONAL ITEMS TO BRING

- For identification purposes:
 - RAMQ health insurance card (if you reside in Quebec),
 - **or** health insurance card from your province,
 - **or** passport (if you do not reside in Canada).
- Inhalation pump and inhalation chamber, if applicable.
- Glasses or contact lenses, lens case and solution, if applicable.
- Dental prostheses and containers, if applicable.
- Hearing aids and case, if applicable.
- Personal medication must be properly identified and must be kept in its original containers.

11.3 DOCUMENTS TO BRING

- Updated list of your medications. Ask your pharmacist for this list.
- For people who are not Canadian residents: the "Medical Services Contract" and the "Governing Law and Jurisdiction Agreement" form. If you are a non-resident patient of Canada and have not received this document, please contact us at 1 514 288-2097.

The Centre Métropolitain de Chirurgie is not responsible for the loss, damage, or theft of personal belongings. Do not bring large sums of cash. Leave jewelry and valuables at home.

12. THE DAY BEFORE THE SURGICAL PROCEDURE

12.1 CHANGE IN YOUR HEALTH STATUS

The day before your surgery, if you have a fever (temperature higher than 37.5 °C) or flu-like symptoms, diarrhea or vomiting, quickly notify the nursing staff at 1-514-332-7091, ext. 232. You can leave a message by voicemail.

12.2 SHOWER THE DAY BEFORE THE PROCEDURE

You **must** take a shower the day before **and** the morning of your procedure.

In order to reduce the risk of infection and the number of bacteria on your skin during the operative and postoperative periods, you must use the chlorhexidine sponges or soap that you bought (see Section 10.1) to wash the area to be operated on.

Be sure to carefully follow the instructions provided with the product and avoid contact with your eyes, ears and genital areas. After showering, do not apply lotion or cream to your skin or styling product to your hair.

12.3 PIERCINGS

You **must** remove all your piercings due to the risk of burns during the procedure. Note that your surgeon may refuse to carry out the surgery if you refuse to remove your jewelry.

Body piercings can be temporarily replaced by silicone jewelry, except for those located on the face and neck, and in the mouth, which must be removed without being replaced.

12.4 FASTING

You must **fast from midnight the day before** your surgery, meaning you should not consume any solid or liquid food, including water. Avoid chewing gum or sucking candy. However, you can brush your teeth and rinse your mouth.

13. THE MORNING OF THE SURGICAL PROCEDURE

13.1 PREOPERATIVE HAIR REMOVAL

WHEN

Before the preoperative shower on the morning of surgery and a maximum of 12 hours before the procedure.

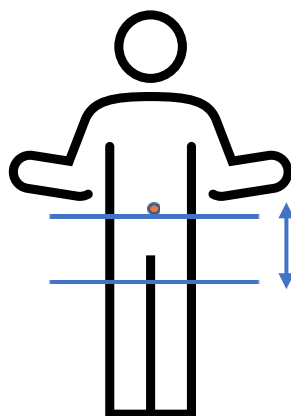
AREA

Remove hair from the area to be operated on: from the navel to the knees, including the groin and around the anus.

METHOD

Use an electric razor. There is no need to shave close to skin. 1 mm of hair may remain. However, please make sure you do not leave more than 1 mm, otherwise you will have to shave again upon arrival, which will add delays to your surgical intervention.

Hair removal with wax or razor blades is prohibited. The nursing staff will check the shaved area before your surgery.



Area to shave: below the navel to the top of the thighs including the groin and around the anus.

“Boxer” type shave.

13.2 SHOWER ON THE DAY OF SURGERY

You must take another shower the morning of the surgical procedure and wash the area to be operated on with the chlorhexidine sponge or soap (see Section 10.1). After showering, do not apply lotion or cream to your body or hair.

13.3 PERSONAL MEDICATION

Your inhalers must be used the morning of the surgical intervention even if you usually only use them as needed.

Your regular medications, (including diabetes, heart and blood pressure medications), will be administered to you after assessment of our clinical team upon admission the morning of the procedure. **You must therefore bring your personal medication with you to admissions.**

If the nursing staff authorizes you to take your usual medication the morning of your procedure, you can take it with only a sip of water.

Therefore, do not take any medication before meeting the nurse responsible for your admission. If you have questions, you can contact the administrative assistant in charge of your file at 1 514 332-7091.

14. YOUR STAY AT THE COMPLEXE CHIRURGICAL CMC

14.1 ADMISSION

A member of the GrS Montréal administrative team will inform you one week before your surgery of the time you will be expected to arrive. On the morning of your surgical procedure, you will be greeted by a member of the nursing staff who will complete a preoperative checklist with you and answer any questions you may have.

Please note that the time of your admission **does not correspond to the time of your surgical procedure**, since the latter cannot be accurately confirmed. You may wait one or more hours before your surgery once you arrive at our centre.

14.2 MEDICAL CONSULTATION

The morning of your surgery, your anesthesiologist and surgeon will meet with you to discuss anesthesia and the surgical procedure. They will be able to answer your questions.

14.3 PREMEDICATION SPECIFIC TO YOUR SURGICAL PROCEDURE

Approximately two hours before your surgery, the nursing staff will administer premedication in the form of tablets which will reduce postoperative pain as well as the risk of nausea and vomiting.

14.4 OPERATING ROOM

You will be taken to the operating room by a member of the care team.

When you arrive at the operating room, members of the surgical team will verify your identity and the information in your file. For safety reasons, we will ask you to confirm your first and last name several times. You will then be under the care of the anesthesiologist during the surgical procedure.

For information on anesthesia, please refer to booklet A.

14.5 RECOVERY ROOM AND CARE UNIT

Immediately after the surgical procedure, you will be transferred to the recovery room. It is normal at this time to feel nausea and pain. These symptoms are among the possible side effects of anesthesia. You will spend approximately 30 minutes in the recovery room, which will allow you to recover under the continuous supervision of nursing staff. You will then be transferred to your room in the care unit, where you will stay for one night.

14.6 YOUR ACCOMPANYING PERSON

Your accompanying person will not be allowed to follow you into the operating room. They can wait for you in the waiting room located at the main entrance (Rue Poincaré) or in your room.

On arrival at your room, your loved ones will be authorized to come and visit you, but only one person at a time in order to respect the peace and privacy of other patients. Consequently, if patients' peace is not respected, we will be obliged to intervene and we may ask to minimize the visit time.

During your stay, no meals will be served to your loved ones. Please ask staff about nearby restaurants.


14.7 MEDICAL LEAVE

You will be allowed to leave the CMC the day after your surgical procedure.

You will return home or to our partner hotel if you live more than 200 km from our facility. At this time, you will receive your discharge prescription as well as information relating to your postoperative care at home.

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