

INFORMATION BOOKLET

**GENDER-AFFIRMING
FACIAL SURGERY**

PART B

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PART A

PART C

7. PRESENTATION OF PART B

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

8. THE MONTHS PRECEDING THE SURGICAL PROCEDURE

8.1 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.

5.2 PRE-OPERATIVE 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.

8.3 PREOPERATIVE MEDICATION

At all times before your surgical procedure:

- continue taking your hormone therapy treatment.
- continue taking your antidepressants and neuroleptics.
- take acetaminophen without risk (products containing paracetamol, Atasol[®], Tylenol[®], Doliprane[®]).



8.4 MEDICATIONS TO STOP

It is your responsibility to check whether or not the medications you are taking contain any of the products mentioned below. If in doubt, consult your attending physician or pharmacist.

As soon as you receive the call confirming the date of surgery, please 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:

- Any product containing acetylsalicylic acid, such as Aspirin®.
- Anti-inflammatories (**unless otherwise advised by your treating physician or surgeon**) such as products containing ibuprofen (Advil®, Celebrex®, Indocid®, Motrin®, Naprosyn®, Orudis®, Vioxx®, Voltaren®, etc.
- Cold and flu medications such as Tylenol Sinus®, Advil Sinus®, Reactine®, cough syrup, etc.

8.5 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 cause unpredictable adverse reactions.

8.6 TOBACCO

Your surgeons recommend that you 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. Nicotine and toxic substances contained in tobacco 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 respiratory problems and pneumonia after the procedure.
- Cause nausea, vomiting and excessive coughing when you get up, which increases the risk of bleeding after the surgical procedure.

8.7 CANNABIS

Please refer to the Cannabis section in **Part A** for indications regarding cannabis.

9. PREPARING FOR YOUR RETURN HOME

Below, we have compiled a list of items to prepare and obtain to facilitate your return home. You will then be able to focus your energy on your convalescence and care.

9.1 ITEMS TO PURCHASE BEFORE SURGERY

The following items will be important for your care at home or at the hotel if you are staying there and can easily be purchased at pharmacies.

- 1 thermometer to check your temperature if necessary.
- 1 pack of 4 x 4 non-sterile compresses.
- A mild, unscented and alcohol-free shampoo (like baby shampoo), if you're having forehead surgery.
- Chlorhexidine-based soap for preoperative showers.

If you are travelling by plane with only a carry-on suitcase, make sure the soap and shampoo containers are authorized by the airline company.



Buy a tube of cream with vitamin E or silicone gel for massaging scars and leave it at home.

9.2 OTHER ELEMENTS TO PROVIDE

Loose clothing with wide or buttoned necklines 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: if your surgery does not require you to spend the night at our centre, you must be accompanied when leaving our establishment.

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 one to six 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.

10. PACKING YOUR SUITCASE

10.1 ONE SMALL WHEELED SUITCASE

Your suitcase must be a carry-on size and **weigh no more than 10 kg (22 lb)**. We ask you to respect 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.

10.2 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.

10.3 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.

11. THE DAY BEFORE THE SURGICAL PROCEDURE

11.1 SHOWER THE DAY BEFORE THE PROCEDURE

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

To reduce the risk of infection and the number of bacteria on the skin during the operative and postoperative periods, you will need to use a chlorhexidine-based soap to gently wash the area to be operated on, including your hair, if you are having forehead surgery. This product is available in pharmacies.

Be sure to carefully **follow the instructions provided with the product** and **avoid contact with your eyes and inner ears.**

After showering, **do not apply lotion, cream, or deodorant to your skin.**

11.2 FASTING

You will need to fast **from midnight** the day of the surgical procedure. This means you must not consume any solid food or any liquids, including water. Avoid chewing gum or sucking candy. However, you can brush your teeth and rinse your mouth.

11.3 CHANGE IN YOUR HEALTH STATUS

If you have a fever the day before your surgical procedure or if you have flu-like symptoms, diarrhea or vomiting, promptly notify the CMC nursing staff by calling 514 332-7091, ext. 211. You can leave a message by voicemail.

11.4 ARTIFICIAL NAILS, NAIL POLISH AND PIERCING JEWELRY

Remove artificial nails and nail polish since the colouring of your nails is a good indicator of the oxygen level in your blood. In addition, the device used to measure your oxygen level may have difficulty reading the results if your nails are covered with nail polish, even if it is transparent, or if you have artificial nails.

You **must** remove all your piercings due to the risk of burns during the procedure. Please note that the surgeon can refuse to proceed with the surgery if you refuse to remove them. However, body piercings can be temporarily replaced by silicone piercing jewelry, except for those located on the face and neck, and in the mouth, which must be removed.

12. THE MORNING OF THE SURGICAL PROCEDURE

12.1 PRE-OPERATIVE SHAVING

Shave your face and neck with an electric razor if you have hair in these areas. However, it is not necessary to shave the hair on your head.

12.2 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 chlorhexidine soap, including your hair if you're having a forehead surgery. After showering, do not apply lotion, cream or deodorant to your skin.

12.3 PERSONAL MEDICATION

Inhalation pumps must be used on the morning of surgery, even if you usually only use them as needed.

Your regular medications, including medications for diabetes, heart disease and blood pressure, will be administered to you following the assessment by our clinical team when you are admitted on the morning of your surgery.

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.

Do not take any medication before meeting our clinical team. If in doubt, contact the administrative assistant in charge of your file at 514 332-7091.

13. YOUR STAY AT THE CENTRE MÉTROPOLITAIN DE CHIRURGIE

13.1 ADMISSION

A member of the GrS Montréal team will inform you one week before your surgical procedure of the time you will be expected at the Centre Métropolitain de Chirurgie. 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 from one to several hours after your arrival at our centre, depending on the day's operating schedule. You will be greeted by a member of the nursing staff who will complete your file with you and answer all your questions.

13.2 MEDICAL CONSULTATION

On the morning of your surgery, your anesthesiologist and surgeon will meet with you to discuss anesthesia and the surgical procedure and to answer any questions you may have.

13.3 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.

13.4 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.

13.5 RECOVERY ROOM AND DAY SURGERY UNIT

Immediately after the surgical procedure, you will be transferred to the recovery room. It would be normal at this time to feel nauseous and vomit. These symptoms are among the possible side effects of anesthesia. You will spend approximately 30 minutes in the recovery room, allowing you to recover under the continuous supervision of nursing staff.

- If your surgical procedure requires you to spend the night at our centre, you will be transferred to your room immediately after the recovery room.
- If your surgical procedure does not require an overnight stay at our centre, you will then be transferred to our day surgery unit for approximately two hours, and your companion will be allowed to come and visit you.

To respect the rest of other patients, **only one person at a time will be authorized to visit you.**


13.6 RETURNING HOME


Depending on the planned surgical procedure, you will generally leave the CMC the same day as your surgery, once your pain is well controlled and you are able to urinate for the first time. 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 and information relating to your postoperative care at home.

You must be accompanied when leaving our establishment on the day of your surgical procedure; otherwise, you run the risk of your surgery being cancelled.

When you are admitted on the morning of surgery, you will have to sign a form guaranteeing that you will be accompanied when you leave.

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