



OCTOBER 2022

METOIDIOPLASTY

INFORMATION BOOKLET

PART B

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INTRODUCTION TO PART B

This section contains information about how to prepare for your surgery. It also contains information on the course of your stay with us.



2 THE MONTHS PRECEDING THE SURGICAL PROCEDURE

2.1 PREOPERATIVE QUESTIONNAIRE

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

At all times, before your surgery, let us know if:

- You notice a change in your health status;
- You no longer have adequate accommodation for postoperative care (for example if you are homeless);
 - Our team will work with you to help mobilize the necessary resources;
- You develop a bacterial or viral infection;
 - Ask your attending physician to send us his consultation report and clearly mention the details relating to the infection and the treatments;
- There are changes in your current medication;
 - Please provide us with an up-to-date list.

2.2 PREOPERATIVE EXAMINATIONS

If you are 60 years of age or older, the results of a resting electrocardiogram with interpretation (also called ECG, a test to analyze the electrical activity of the heart) will be required.

You must provide us with the results of these tests at least 2 months before the date of your surgery. Please note that these latest results are valid for a period of 4 months.

Following their analysis by the surgical team, other additional tests may be required. If so, be sure to send us the results as soon as possible to avoid postponing the date of your surgery.

2.3 PREOPERATIVE MEDICATION

ALLOWED MEDICATION

At all times, before your surgery:

- Continue taking your hormones (testosterone);
- Continue taking your antidepressants and neuroleptics;
- You can take acetaminophen (Atasol®, Tylenol®, Paracetamol®, Doliprane®).

MEDICATION THAT SHOULD BE STOPPED

It is your responsibility to check whether or not the medication you are taking contains any of the products mentioned below. If in doubt, consult your doctor or pharmacist. The medication to be stopped is to avoid any risk of complications.

3 MONTHS BEFORE SURGERY, STOP:

- retinoids (Accutane®).

2 WEEKS BEFORE SURGERY, STOP:

- natural health products;
- homeopathic products;
- vitamins, supplements and minerals;
- products containing garlic (allicin).

The consumption of raw or cooked fresh garlic is not recommended.

10 DAYS BEFORE SURGERY, STOP:

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

2.4 ALCOHOL

Stop all alcohol consumption two weeks before surgery and three weeks after surgery. Alcohol increases the risk of intraoperative bleeding. Mixing alcohol and medication can also cause unpredictable side effects.

2.5 TOBACCO

Stop smoking cigarettes and/or electronic cigarettes containing nicotine and nicotine products at least 6 weeks before and 8 weeks after your surgery.

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

- slow the healing of your wounds and thus increase the risk of wound infection;
- increase the risk of breathing problems and pneumonia after the procedure;
- cause nausea and/or vomiting and excessive coughing which increase the risk of bleeding after surgery.

* Nicotine substitutes (Nicorette® or others) are also contraindicated during this period since they have the same harmful effects as cigarettes.*

2.6 CANNABIS

Please note that the use of recreational cannabis, in any form, **is prohibited on the entire property of the Complexe chirurgical CMC**. Also, municipal laws prohibit the consumption of cannabis in any public place, indoors or outdoors. It is important to know that smoking cannabis, like smoking cigarettes, contributes to the **deterioration of your respiratory system** and can adversely affect your postoperative recovery and the required anesthesia for your surgery. No study confirms a safe threshold for cannabis consumption in the preoperative and postoperative period, therefore, the safest approach is to avoid all consumption if possible.

If your cannabis is not prescribed by a healthcare professional:

- Please inform us when you send your documents for preoperative assessment.
- Cannabis use should be tapered in the months leading up to surgery so that it can be completely stopped at least two weeks before surgery. This recommendation is applicable to non-prescribed cannabis use in any form.
- If you are not eligible for a medical cannabis prescription, speak to your healthcare professionals well in advance of your surgery date to allow time to find an alternative treatment that will meet your needs during your stay. Our team is not authorized to write these prescriptions or handle your orders.

If you have a medical prescription for cannabis use:

- Please inform us when you send your documents for preoperative assessment and give us a copy of the prescription confirming the therapeutic purpose, the dosage and the form used.
- Inhaled cannabis should be switched to another form in the weeks before surgery due to the impact of this form on the airway during anesthesia. Inhalation should be discontinued at least 2 weeks before surgery.
- During your stay, the use of cannabis under prescription may be authorized in certain circumstances, following the evaluation by our medical team and according to the recommendations of your cannabis prescribing physician.
 - The use of inhaled or smoked cannabis is not possible during your two to four days stay on the care unit after your surgery. Therefore, it is essential that you have tried another form or alternative treatment before your surgery to ensure that your usual symptoms are relieved.
 - With a valid prescription, and after evaluation by our medical team, you may be allowed to go outside to smoke during your stay at Maison de convalescence Asclépiade.

We recommend that you discuss your consumption as soon as possible with our team to prepare your surgical stay so that it takes place in the best possible conditions.

3 PREPARING FOR YOUR RETURN HOME

We have compiled below a list of items to plan and obtain to facilitate your recovery at home. This will allow you to focus your energy on your care.

3.1 ITEMS TO BE PURCHASED

Here are the items you will need in preparation for your recovery at home. You don't have to bring them with you. You will need them for your home care.

- 1 personal thermometer;
- NaCl 0.9% saline solution: necessary to clean wounds once a day;
- Gentle soap such as Dove® or Ivory®, fragrance-free;
- Vitamin E cream or silicone gel;
- 1 box of 4X8 non-sterile compresses.

3.2 MEALS AND SNACKS

Cook meals, freeze them and buy non-perishable food so you don't have to cook when you get home. It is important to incorporate a sufficient amount of protein into your diet since it directly influences the healing of your wounds. In addition, adequate hydration and a balanced menu will optimize your immune functions, which will give you better protection against infection.

3.3 YOUR HOME-BASED ACTIVITIES

Your movements will be limited and there will be restrictions in the weight you can lift. You will need help with your household activities. Ask a family member or friend to be available if you need help. This person can accompany you if you need to move about or run errands and, if necessary, provide support with your personal care and daily activities.

3.4 RETURN TO WORK AND NOTIFICATION TO YOUR EMPLOYER

The recovery period is 4 to 12 weeks depending of the type of surgery you chose and may vary depending on the nature of your work. It is important to notify your employer. If you would like a letter justifying a period of work leave, you can request it from the GrS Montréal consultation office.

4 PREPARING YOUR SUITCASE

4.1 SMALL SUITCASE ON WHEELS

Airline cabin or carry-on baggage with a **maximum weight of 10 kg (22 lb)**.

We ask you to respect this directive for the following reasons:

- Limited space in the rooms of the care unit and the Asclépiade;
- Risk of falling: the floors must remain clear;
- Risk of injury to you or our staff when handling too heavy and bulky baggage.

4.2 ITEMS TO PURCHASE AND TO BRING WITH YOU FOR YOUR STAY



- 2 enemas with sodium phosphates of 130ml each (Enema® or other brand - at a cost of approximately \$15 for 2 enemas);



- 2 chlorhexidine-based sponges or chlorhexidine soap;

- Dove® or Ivory® brand fragrance-free and alcohol-free gentle soap;
- Portable mirror with support to clearly see your genitals during your treatments;
- Loose-fitting clothes for your return home;
- Veet or Vichy hair removal cream.

4.3 PERSONAL ITEMS TO BRING

- For identification purposes, your provincial health insurance card OR passport (if you are not a Canadian resident)
- Medications you are currently taking, clearly identified and **MUST** be kept in their original container;

* No personal containers will be accepted. Ask your pharmacist to prepare your medication for the duration of your stay only, in identified containers.

- 1 pair of slippers with non-slip soles;
- 1 pair of shoes that are easy to put on;

FOR A STAY OF 6 DAYS (*TO BE ADAPTED DEPENDING ON THE NUMBER OF DAYS PLANNED)

- 2-3 sets of loose, comfortable clothing suitable for the operated area*;
- 2-3 sets of loose pajamas*;
- 1 bathrobe
- 2 bags, one to bring back soiled clothes if necessary and the other to put items you may have to bring back;
- Entertainment such as a book and a device to listen to your music and its charging cord – Don't forget to bring your headphones;
- Personal hygiene kit containing toothpaste, toothbrush, shampoo, etc.;
- Pocket money and/or credit card.

*To adjust depending on the duration of your stay.

AND IF APPLICABLE:

- Inhalation pump and inhalation chamber;
- Glasses and/or contact lenses, lens case and solution;
- Container for your dental prostheses and/or your hearing aids;
- Calling card for long distance calls.

The Complexe chirurgical CMC does not have a laundry service and is not responsible for the loss, damage or theft of personal belongings. Do not bring large sums of cash and leave jewelry and valuables at home.

4.4 DOCUMENTS TO BRING

- The three parts of this Information Booklet (Parts A, B and C);
- Up-to-date list of your medications. Ask your pharmacist for it.
- For patients who are not Canadian residents: the “Contract for medical services” as well as the “Governing Law and Jurisdiction” form. If you have not received this document, please contact us at 1 514 288-2097.

5

THE DAY BEFORE THE SURGICAL PROCEDURE

5.1 CHANGE IN YOUR HEALTH STATUS

If the day before your surgery you have a fever (temperature higher than 37.5 °C) or if you have the flu, diarrhea or vomiting, notify the CMC nursing staff as soon as possible by calling 514 332-7091, ext. 232. You can leave a voicemail message.

5.2 ENEMAS

The day before your surgery, you must self-administer intrarectally the 2 sodium phosphate enemas that you have purchased (see point 4.2). Follow the instructions on the packaging.

- 1st enema at 4 p.m.
- 2nd enema around 8 p.m.

5.3 FIRST PREOPERATIVE SHOWER

You **must take a shower** the day before your procedure (after the last enema).

In order to reduce the risk of infection and to reduce the number of bacteria on the skin during the operative and postoperative periods, you must use the chlorhexidine-based sponges or soap that you have purchased (see point 4.2) to wash the region to be operated on.

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

After showering, do not apply lotion or cream to your skin or styling product to your hair.

5.4 “PIERCING” JEWELRY

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

5.5 FASTING

You **must be fasting from midnight** before the surgery, i.e. you must not eat any solid food or liquid, including water.

Avoid chewing gum or sucking on candy.

However, you can brush your teeth and rinse your mouth.

6 THE MORNING OF THE SURGICAL PROCEDURE

6.1 PREOPERATIVE HAIR REMOVAL

WHEN

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

AREA TO BE DEPILATED

Remove hair from the area to be operated on: from the navel to mid-thigh including the pubic area, the genitals, the groins and around the anus.

HAIR REMOVAL METHOD

Use a depilatory cream on the area, except on the mucous membranes of the genitals. You can get depilatory cream in pharmacies (Veet®, Vichy®, Klorane®, etc.). Follow the instructions on the product packaging and refer to your pharmacist for more information.

If your skin reacts to the product, remove hair with a razor clipper to make sure you shave the hairs off rather than pulling them out.

Waxing or razor blades are not permitted

SHAVING CHECK

The nurse will check the depilated area before your procedure.

6.2 SECOND PREOPERATIVE SHOWER

You must take a shower the morning of the surgery and wash the area to be operated on with the chlorhexidine-based sponge or soap. (See point 5.3)

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

6.3 PERSONAL MEDICATION

The morning of your surgery:

- Use your inhalation pumps even if you normally only use them when needed;
- Do not take your regular medication, including diabetes, heart and blood pressure medications;

*Upon admission, your nurse will tell you if you need to take them, following the recommendations of the anesthesiologist.

7 YOUR STAY AT COMPLEXE CHIRURGICAL CMC

7.1 ADMISSION

A few days before your surgery, a member of the GRS Montréal administrative team will inform you 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 surgery, as it cannot be precisely confirmed.

On the morning of your surgery, 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.

7.2 MEDICAL CONSULTATION

The morning of your surgery, your anesthesiologist and surgeon will meet with you and answer any questions you have. It is important that all your questions and concerns are addressed to our team before your surgery.

7.3 PREMEDICATION SPECIFIC TO YOUR SURGERY

About two hours before your procedure, the nursing staff will administer a premedication in the form of tablets which will be used to reduce postoperative pain as well as the risk of nausea and vomiting.

7.4 OPERATING ROOM

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

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

7.5 RECOVERY ROOM, CARE UNIT AND MAISON DE CONVALESCENCE ASCLÉPIADE

Immediately after surgery, you will be transferred to the recovery room. It is possible, at this time, to feel nausea and pain. You will be given medication accordingly.

The time spent in the recovery room is approximately 30 to 90 minutes and will allow you to recover under the continuous supervision of the nursing staff.

You will then be transferred to your room in the care unit for 1 or 2 nights, depending on your surgeon's instructions.

To avoid complications, early mobilization is preferred. You will get up for the first time on the same day of the surgery with the help of the nursing staff. You will be encouraged to walk and get up very often.

If necessary, you will receive medication to manage your pain.

Diet will be resumed gradually, according to your tolerance.

Thereafter, depending on the type of surgery and the surgeon's prescription, you will be discharged or transferred to the Asclépiade convalescent home.

You will receive information and teaching related to your postoperative care.

7.6 THE COMFORT OF YOUR RELATIVES

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

When you return to your room in the care unit, your relatives will be allowed to come and visit you, but only one at a time in order to respect the quietness and privacy of other patients.

Visiting hours will be from 9 a.m. to 8 p.m.

If you go to the Asclépiade, the visits will always be one visitor at a time, and the visiting hours are also from 9 a.m. to 8 p.m.

During your stay, no meals will be served to your visitors. Please check with staff at the Complexe chirurgical CMC for restaurants nearby.

7.7 MEDICAL DISCHARGE

Depending on the surgery options chosen and the surgeon's indications, you will obtain your medical discharge between one and eight days after the surgery. You will have to plan your transportation home knowing that you will not be authorized to drive. On the day of your discharge, we ask that you leave your room early in the morning to allow us to welcome a new patient.

However, you can wait at the lounge for the arrival of your companion or carrier. Make sure before you leave that you have all your personal belongings and identification.

You will receive the discharge prescription and information documents about your care and treatment.

	Metoidioplasty without vaginectomy, with or without insertion of testicular implants	Metoidioplasty with vaginectomy and with or without insertion of testicular implants	Metoidioplasty with neo-urethra, with vaginectomy, with or without testicular implants
Average duration of the surgery	1 hour	2 hours	2 ½ hours
Admission to the CMC	The day of surgery	The day of surgery	The day of surgery
Anesthesia	Regional and/or general	Regional and/or general	Regional and/or general
Hospitalization	1 night postoperative	2 nights postoperative	2 nights postoperative
Convalescence at Asclépiade	None	6 nights	6 nights
Average duration of convalescence at home	4 weeks	6 weeks	8 -12 weeks
Restarting sports and physical activities	6 weeks	6-8 weeks	Progressively after 8 weeks

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