

## Top Surgery (Gender Mastectomy)

Top surgery, or gender mastectomy, is the removal of breast tissue. It will create a masculine-looking chest. There are many types of incisions that may be used. The type depends on a patient's scar choice, chest size and frame. This procedure is done under general anesthesia. Most patients will go home the same day.

### Who is a good candidate?

The UW Health team follows the World Professional Association for Transgender Health (WPATH) standards of care.

- Patients are 18 years of age and have one letter of readiness by a mental health expert.
- Patients under 18 may be candidates if the patient, legal guardians and mental health expert agree that delaying surgery would cause patient harm.

### Before Surgery

Your doctor will give you instructions. They will include guidelines on eating, drinking, medicines and vitamins to take.

- **Do not** use aspirin 14 days before and after surgery.
- **No** smoking or tobacco use 4-6 weeks before surgery.
- You may need a mammogram.
- Arrange for someone to drive you home after surgery. Have them stay with you for a day or two. Some activities may be difficult for you.

### After Surgery

Right after, you may have bruising, swelling, temporary soreness and changes in nipple sensation.

You may need to wear a surgical chest binder for several weeks after. This will help with swelling.

If you have free nipple grafting done, you will have special bolster dressings for 5 days. They will be removed in clinic.

You may go home with drains in your chest to remove fluid. They will be removed when drainage decreases in a week or two.

You can resume light activities 1-2 days after surgery. Most patients return to work within 3-4 weeks.

### Risks

- Hematoma (bleeding under the skin)
- Seroma (fluid collection)
- Scarring
- Chest unevenness

### Who to Call

UW Health Transformations Clinic  
2349 Deming Way  
Middleton, Wisconsin  
**(608) 836-9990 or 1 (866) 447-9990 (toll-free)**