



# Support At Every Step

**At McLean Clinic**, we ensure that our out-of-town patients receive the highest quality of care possible, providing them with everything they need for their top surgery procedure and recovery here in Canada. This guide should help you plan and prepare for every aspect of your trip; from booking your consultation to where you can stay in the Greater Toronto Area (GTA).

If you've considered Canada for your life-changing FTM/N top surgery procedure, McLean Clinic is an option worth considering. Located just a short drive from Toronto and Pearson International Airport, one of the most widely accepting cities of the LGBTQ+ community, you'll be sure to receive the support you need when you choose McLean Clinic.

**Check out this guide for everything you need to know prior to your visit to the Great White North!**

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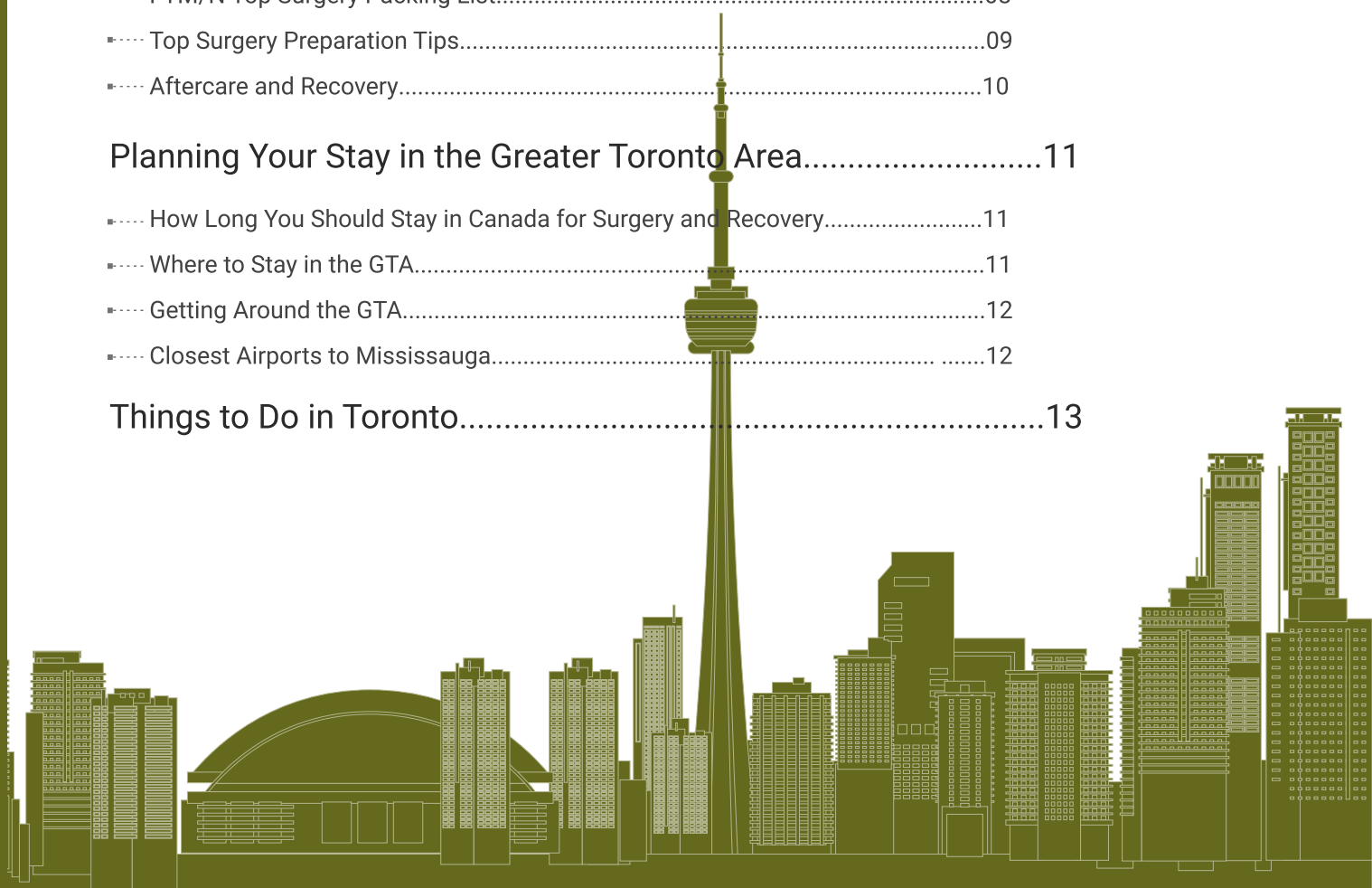
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# Who is Dr. Hugh McLean?



**Dr. Hugh McLean** has been at the forefront of cosmetic enhancement surgery and female to male or non-binary (**FTM/N top surgery**) **chest masculinization procedures for over 20 years.**

He is certified as a specialist in plastic surgery by the Royal College of Physicians & Surgeons of Canada and the American Board of Plastic Surgeons, Inc.

**Dr. McLean is also a member of these professional institutions:**

- Canadian Society for Aesthetic (Cosmetic) Plastic Surgery
- American Society for Aesthetic Plastic Surgery
- Ontario Society of Plastic Surgeons
- Canadian Society of Plastic Surgeons
- American Society of Plastic Surgeons
- Canadian Laser Aesthetic Surgery Society Inc.



He graduated from the Faculty of Medicine, University of Toronto and completed specialized training in plastic surgery in Toronto and cosmetic surgery in Miami. He has been on staff at the Trillium Health Centre since 1980 and is former Chief of Plastic Surgery at the Mississauga Hospital. Dr. McLean opened his private clinic in 1988 and has since performed over hundreds of top surgeries at our state-of-the art medical facility in Mississauga.

Patients travel from all over the world to have their top surgery procedures performed by Dr. McLean because of his commitment to deliver gender-affirming surgeries as an essential medical treatment. He is known in this industry for his friendliness and ability to create a connection with his patients. Dr. McLean has nothing but respect for the LGBTQ+ community and has a genuine understanding of how much gender-affirmation surgery means to his patients from decades of experience working with transgender and non-binary folks.



**“I don’t see it as a cosmetic operation, I see it as a reconstructive operation,”**

**Dr. Hugh McLean said in an interview.**

**“It’s one of the most gratifying surgeries.”**

# Cost Benefits of a Canadian Surgical Clinic

The typical cost for FTM/N top surgery can range between \$3,500 to \$17,000 USD. This quote is for the operation alone and does not cover other expenses like doctor consultation fees, anesthesiologist fees, facility fees, pathology fees, and post-operative care items, including compression vests and dressing supplies.

Usually, the cost can also increase depending on the popularity and years of experience of the surgeon and the location of the clinic. For instance, it would be more expensive to have your FTM/N top surgery performed in New York or Los Angeles than in more provincial states like Kansas or Virginia or countries such as Canada.

Here's an example of the fees offered by a New York-based surgeon in 2017:

FTM/N Top Surgery Cost in the U.S	
Minimal Scar Top Surgery	\$9,000 without nipple reduction \$11,000 with nipple reduction
Double-Incision Top Surgery	\$16,000

On the other hand, here's our updated and all-inclusive rates:

FTM/N Top Surgery Cost at McLean Clinic	
Double-Incision and Keyhole Top Surgery	\$8,500 CAD + applicable taxes
Includes:	
<input checked="" type="checkbox"/> Initial consultation <input checked="" type="checkbox"/> Cost of actual surgery <input checked="" type="checkbox"/> Pathology fees <input checked="" type="checkbox"/> All post-operative visits	<input checked="" type="checkbox"/> All pre-and post-surgery instructions <input checked="" type="checkbox"/> General anesthesia <input checked="" type="checkbox"/> After hours support 24/7
<input checked="" type="checkbox"/> Pre-operative visit <input checked="" type="checkbox"/> All facility fees <input checked="" type="checkbox"/> Surgical binder and dressing supplies	

A 10% deposit is required to reserve your surgical date. The remaining balance should be settled at least **two weeks prior to the scheduled surgery**. We take all major credit cards and certified cheques. While we do not offer financing, we can assist you with getting financing help through widely respected finance companies such as Crelogix and Mediacard.





# The Process: What You Can Expect

**At McLean Clinic**, we strive to make each step of the process as smooth and hassle-free for our patients as much as we can. In this section, we'll break down the entire process from booking your consultation to flying home after your recovery period is complete.



## How to Book an Appointment

To book an appointment, fill out the online contact form on our website or **call our clinic at 866-731-0431**.

Our patient coordinator will get in touch with you shortly; typically **within a day or two**. You will be asked to take photos of your chest area and fill out a patient information sheet about your medical history.

Once we have received your pre-consultation photos and completed patient datasheet, our staff will reach out again to confirm a date and time to schedule your initial online consultation with Dr. McLean.



## Tips on How to Take Your Pre-consultation Photos

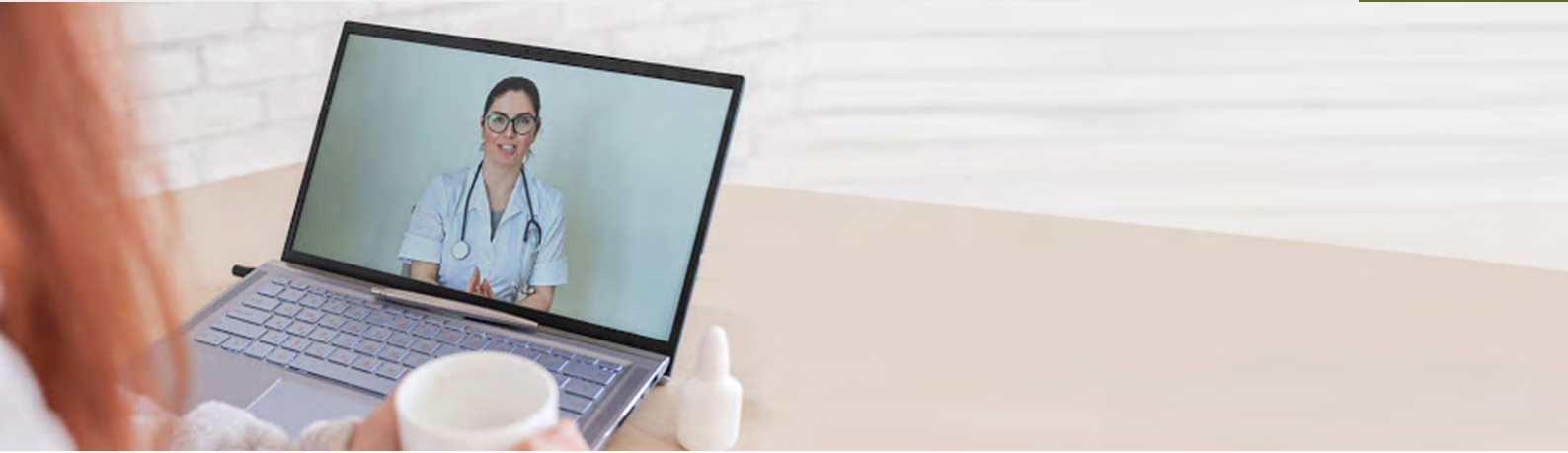
Your pre-consultation photos will play a pivotal role in ensuring that Dr. McLean will be able to evaluate your concerns properly and recommend the suitable FTM/N top surgery procedure for you.



Here are a few helpful tips when taking your photos:

- Choose a well-lit room, preferably with bare white walls or any solid-coloured wall without too many distractions.
- Take your photos in the highest image size and resolution available.
- Use a digital camera to guarantee crisp and clear images, instead of your smartphone.
- Take several photos of your chest area while directly facing the camera, left side view, right side view, and 45 degrees angle to your left and right sides.

Since this step involves taking photos of sensitive areas of the body, we understand that you may feel uncomfortable. We value and protect your safety and privacy above anything else. Rest assured your pre-consultation photos are handled with the utmost care and are only used for medical purposes.



## The Virtual Consultation

Initial consultations are done virtually via video chat or by phone, so you do not have to fly or drive to the clinic prior to your scheduled surgery dates. This is especially helpful to aspiring top surgery patients coming from other provinces in Canada or from another country.

Here's what you expect on the day of your scheduled virtual consultation date: You will meet with our Clinical Director, Lorilei, who will give you an overview of the FTM/N top surgery procedure and address any pressing questions you may have.

You will then be connected to Dr. McLean for your consultation. We encourage you to be as open and honest as possible during your discussion. Dr. McLean will walk you through the process, explaining the benefits of the surgical technique he recommends along with the risks and complications involved. Before ending the call, he will address any further questions or concerns that you may have.

McLean Clinic uses informed consent, which means a referral letter from your psychiatrist is not necessary to proceed with the top surgery.

## Setting a Surgery Date

Our patient coordinator Elizabeth will provide you with all the financial details for your FTM/N top surgery. This will include a patient information booklet, which contains everything you need to know in order to prepare for your procedure accordingly.

Typically, you can have a surgery date scheduled with Dr. McLean within **18 days to a month after calling our clinic for your first appointment**. Nevertheless, if you need more time to gather funding for your surgery or straighten out some things, don't hesitate to let us know so we can make the necessary arrangements. We'll work with you to pick a date.

## Your Recovery Period

On average, patients will require around **2 weeks** of rest before returning to their daily lives. You will need to take time off of work or school in order to ensure your body heals properly.

Additionally, Dr. McLean will schedule a follow-up appointment with you to examine your post-surgery results and how your recovery is progressing **approximately 1 week after your surgery**. Once you have the go-ahead from Dr. McLean and your two-week recovery period is up, you can begin the journey home.





# How to Prepare For Your Surgery & Recovery

## File for Medical Leave

If you're working, it would be best to inform your employer and file for a medical or vacation leave at work in advance of your surgery. Don't forget to account for pre-surgery appointments, your recovery period, and travel time to get back home when estimating how many days you'll be going on leave.

## Booking Your Flight

We advise you to arrive at least a day before your scheduled operation in Mississauga. Drop by the clinic to meet Dr. McLean in person and for additional pre-surgery instructions. This will give you enough time to settle down, take a breather, or iron out any kinks. It will also allow you to have enough sleep, which you will need the next day.

**Important note:** It is not safe to immediately fly home after your surgery due to the risk of increased air pressure on your incisions. If possible, book your return flight and hotel accommodation for **at least a few days after your surgery date.**

## Medical Documents

Visit your primary care physician for a physical exam and request a basic lab test. Have a copy of the results ready to present to McLean Clinic a day before your surgery.

## Travel Documents

If you're flying from abroad, secure an updated passport and a travel visa in advance. In Canada, there is no special medical visa requirement for foreigners seeking treatment procedures in the country. Check out the [\*\*Government of Canada's official website\*\*](#) for complete details on eligibility and requirements.

## Health Insurance

Gender affirmation surgery in a private clinic is considered an elective procedure and is therefore not covered by most healthcare insurance. Nevertheless, it wouldn't hurt to reach out to your provider to confirm whether or not you qualify.

## Travel Companion

Ask a friend or family member to come with you on the trip. You'll need all the physical and emotional support you can get to boost your morale and make your recovery as comfortable as possible. We do not recommend that you travel alone.

# FTM/N Top Surgery Packing List

Pack light. We know this advice is easier said than done, but whatever happens, limit the weight of your carry-on bag to 5 lbs maximum. There may still be swelling and pain 3 weeks post-surgery, which means you shouldn't be putting any unnecessary pressure and strain on your shoulders or chest. Bring all the essentials and opt to have other items delivered to your hotel instead.

To give you a better idea on what you should bring with you, here's a comprehensive FTM/N top surgery packing list:

## 1. Clothing

Comfortable clothing pieces that will not require you to lift your arms or bend and strain your upper body. These include short-sleeved or long-sleeved button-down shirts, zip-up sweatshirts or hoodies, athletic pants with elastic waistbands, boat shoes or slip-on shoes.

## 2. Compression Binder

Bring a compression binder vest. McLean Clinic will provide you with one after the surgery, but it's highly recommended to have a second one in case of bleeding or if the first needs to be washed.

## 3. Compression Socks

Pack at least a couple of pairs of compression socks or stockings. Wearing them after going through a surgical procedure is known to lower the risk of blood clots if you are travelling or flying home after surgery.

## 4. Toiletries

For the first 24 hours and up to several days post-surgery, it may be challenging to move, and showering is perhaps the last thing on your mind while your body is sore. Stay on top of your personal hygiene and freshen up every now and then with wet wipes, no-rinse bathing wipes, as well as dry shampoo and conditioner on your bedside table. Pack a gentle antibacterial soap and shampoo to use a week after surgery.

## 5. Medications

Have a stash of medical supplies within your reach to alleviate any source of discomfort while in recovery.

- Painkillers, allergy meds (as advised by your surgeon)
- Vitamin C, arnica, and multivitamins to strengthen your immune system
- Lozenges, cough drops, or ginger tea to soothe throat dryness and irritation due to airway management during surgery
- Polysporin Ointment
- Cold and hot reusable compress

Check out this [FTM/N post-op kit](#) from Trans Recovery Supply.

## 6. Entertainment

After your operation, you will need at least a couple of weeks to take it slow to promote your body's natural healing process. This can be an emotionally challenging phase for some patients, so make sure you come prepared with stuff to keep you preoccupied.

- Stockpile on books or magazines to read.
- Bring handheld gaming devices.
- Subscribe to Netflix, Hulu, HBO, or other streaming services.
- Bring your laptop with you to binge-watch movies or series or get in touch with your family and friends using Skype, Zoom, or other video conferencing platforms.
- Get a portable laptop bed table, which can also be used to put food on top when you feel sluggish to walk all the way to the dining table for a proper meal.



## FTM/N Top Surgery Preparation Tips

As with any surgical procedure, the recovery process from an FTM/N top surgery can vary from patient to patient. However, there are proactive steps that you can take to help strengthen your body's immune system prior to your surgery and speed up your healing.

Check out these [FTM/N pre-surgery tips](#):

### 1. Stop drinking alcohol at least a week leading up to your surgery.

Doctors warn against drinking even a small amount of alcohol before your top surgery, as it can weaken the immune system and impede recovery.

### 2. Quit smoking three to six weeks before your operation.

According to the World Health Organization (WHO), smokers have a higher risk of suffering from post-surgical complications.

### 3. Follow a nutritious top surgery diet rich in protein, vitamin C, and zinc.

Stay away from fad diets but maintain a healthy and balanced meal plan filled packed with protein-packed meat for muscle building. Eat a variety of fruits and vegetables loaded with nourishing vitamins and minerals.

# Aftercare and Recovery

FTM/N top surgery is an outpatient procedure. Patients are discharged a few hours after they've gained consciousness from anesthesia. Here are some things to keep in mind about your aftercare and recovery:

## Book Your Ride Home

Arrange for your transportation back to your accommodations in advance. You cannot drive yourself home since it's expected that you will still be groggy and sore from the operation.

## 24 to 48 Hours Post-Surgery

The first 24 to 48 hours is the most critical time post-surgery. We highly recommend that you have a friend, family member, or partner stay with you during this period. If you are travelling alone, you can hire a professional nurse or caregiver to stay with you during the first 24 to 48 hours after the operation. Should this be the case, simply let us know and we can help make the necessary arrangements for you.

## Sleeping and Movement Restrictions

Sleep on your back for a week post-surgery to avoid putting excess pressure on your surgical wound, which may cause bleeding or swelling. Avoid lifting your arms above your head for the first couple days after your surgery. Doing so pulls on the skin and heightens your risk of fluid accumulation.

## Managing Your Medical Drains

If you have the keyhole/periareolar procedure, there will be two post-surgical drains attached to the treatment site. Their primary purpose is to collect blood and excess fluids that can accumulate inside the incision after top surgery. Drains help the wound heal faster. Without this proactive approach, there's a chance of fluid buildup that can cause pain, swelling, and inflammation. In FTM/N top surgery, medical drains also prevent the formation of air, which can give unwanted chest volume.

You will be required to wear medical drains for several days. Our staff will provide you with all the instructions on how to maintain it properly. **After 6 to 7 days of post-surgery**, you will come back to the clinic for a post-operative appointment. Dr. McLean will remove the drains, dressings, and check how your wound is healing in general.

## Chest Binding Post-Surgery

You will be provided with a compression binder to wear for around 1 to 6 weeks. Aside from preventing fluid buildup, a chest binder will also help lessen the possibility of scarring, keep the skin together, and make any pain more manageable.



# Planning Your Stay in the Greater Toronto Area

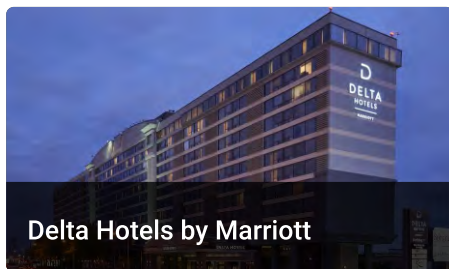
## How Long You Should Stay in Canada

Planning the length of your stay depends on the speed of your recovery from surgery. This varies greatly from person to person as everyone's healing process is unique. Typically, it takes **2 to 3 weeks** for the swelling to subside. During this period, there may still be soreness and a bit of discomfort when moving your upper body.

We recommend our patients stay for 1-week minimum. This ensures that you get ample time to rest and recuperate. Another benefit of staying in Canada while you're still on the mend is that you'll be closer to the clinic should any post-surgery complications occur.

## Where to Stay

McLean Clinic is in a prime location surrounded by hotels, furnished short-term apartments for rent, and surgical recovery suites for your convenience. Here are some options you can book during your stay here:



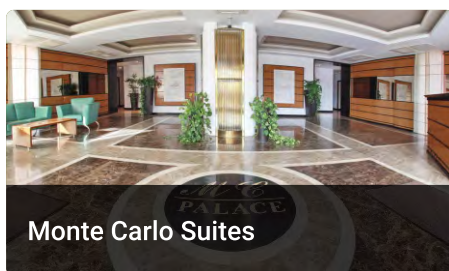
Delta Hotels by Marriott



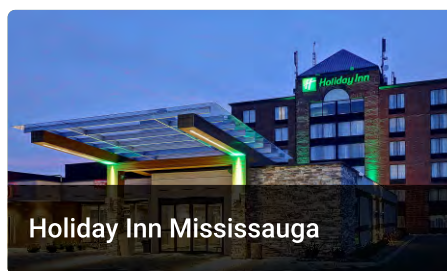
Hilton Garden Inn



Days Inn By Wyndham



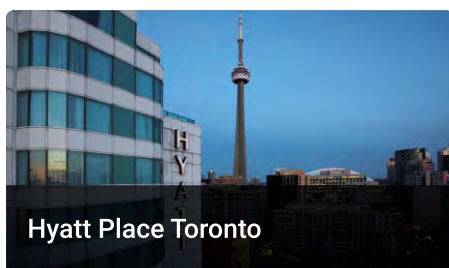
Monte Carlo Suites



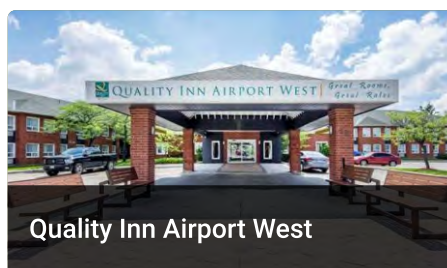
Holiday Inn Mississauga



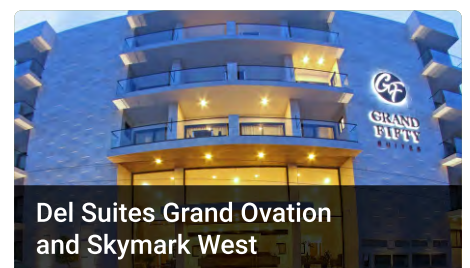
Homewood Suites by  
Hilton Toronto-Mississauga



Hyatt Place Toronto



Quality Inn Airport West



Del Suites Grand Ovation  
and Skymark West

There are also several specifically advertised as queer-friendly bed and breakfast, inns, and hotels in Toronto, including the Wellesley Manor Hotel, A Seaton Dream, Downtown Home Inn & Toronto Garden Inn, McGill Inn and Bed and Breakfast, Victoria's Mansion, the Gladstone Hotel, Drake Hotel, and Broadview Hotel.



## Getting Around the GTA

Although there are a lot of public transportation options to help you get around the Greater Toronto Area, this may not be recommended given your delicate post-op condition. It's better to arrange for your transportation to and from the clinic using a ride-hailing app like Uber or by booking cab companies or private car rental services in advance, such as:

Bristol Car and Truck Rentals

Enterprise Rent-A-Car

Alamo Rent-A-Car

Avis Rent-A-Car

## Airports Closest to Mississauga

Although there are a lot of public transportation options to help you get around the Greater Toronto Area, this may not be recommended given your delicate post-op condition. It's better to arrange for your transportation to and from the clinic using a ride-hailing app like Uber or by booking cab companies or private car rental services in advance, such as:

### Toronto Pearson International Airport

Despite its name, Toronto Pearson International Airport is located in Mississauga. It's the largest airport in Canada, with 400,000 flights taking off every year. It's accessible via several routes and is only roughly a 20-minute-drive from McLean Clinic. Since it's a major international airport, it accommodates different airlines worldwide.

### Billy Bishop Toronto City Airport

Another great airport close to Mississauga is the Billy Bishop Toronto City Airport. It's only 30 minutes away from McLean Clinic by car. Based on reviews, Billy Bishop can also connect you to flights anywhere in the world.



# Things to Do in Toronto

Gender-affirmation surgery is a major life-changing decision that can be stressful both physically and emotionally. One of the perks of having your top surgery at McLean Clinic is that you'll get to experience Canada's warm and welcoming culture for people part of the LGBTQ+ community. Toronto, for instance, is home to the largest LGBTQ+ population in the country!

## The Gay Village

While you're in GTA, don't miss your chance to visit the iconic "Gay Village", known by locals as "The Village," found at the intersection of Church and Wellesley Streets in downtown Toronto.

The Village is a quaint part of the city, packed with trendy queer-friendly cafes and exciting nightspots. Don't forget to check out the historical Glad Day Bookshop, the first Canadian and the oldest queer bookstore worldwide.

If you're coming in June, you might even be able to witness how the streets of Toronto come alive during the celebration of Pride Month!

## Parks and Nature

After weeks of being cooped up in your hotel room, it would be great to have a breath of fresh air while admiring breathtaking views of the GTA's many outdoor spaces. Toronto has many parks for you to explore within proximity to McLean Clinic, such as:

[High Park](#)[Toronto Island Park](#)[Edward Gardens](#)[Ashbridge's Bay](#)



## Contact

For more information on getting FTM/N top surgery, contact **McLean Clinic today!**



### Office

**McLean Clinic**  
50 Burnhamthorpe Road West, Suite 343,  
Mississauga, Ontario  
Canada, L5B 3C2



### Email

[topsurgery@mcleanclinic.com](mailto:topsurgery@mcleanclinic.com)



### Call us

**866-731-0431**

Our top priority will always be to provide our patients with value.

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