

Jarmuske, Review One:

Firstly I am a little worried about writing this when I still have not had my surgery.

Secondly trigger warnings: I am going to describe the consult from the time I got there till I left. I will discuss what I found triggering. This is just my opinion of my one consult and of Dr Jarmuske. This should not be used to formulate your personal opinion or be held against me - my story, my feelings.

I had a morning appointment. I checked in with the receptionist and she had forms for me to fill out. She was ok. She asked a couple of questions like "how does the referral process work now". I wasn't offended and I was there early so I answered them.

Dr Jarmuske arrived on time as I was his first appointment of the day.

We went into his office and he asked me to tell him a bit about myself. I took this opportunity to tell him a brief synopsis of my coming out story and about how I am recovering from an eating disorder. This was actually helpful because it got the "weight" discussion out of the way. He said at my weight 5'5" 100kg he would ask people to lose weight or gain muscle but since I am a lot of muscle my weight isn't an issue. He asked what I hoped from surgery and if I wanted to maintain nipple feeling and what bra size I took and do I bind, how many binders do I wear and how many hours a day do I bind. He gave the the options for surgery based on the bra size I gave him. He then started with the up selling. To get rid of the "bra roll" would be \$1500-\$2000 extra. I do not want a concave chest and he said that would involve more lipo suction and "feathering" which would be another \$1500-\$2000. The government covers removal of breast tissue only and we sizing and re attaching the nipple no lipo suction as that is considered contouring. He had three sets of pictures on his phone that he showed me – one being of a reduction because none of the grs were as big as me.

We then moved into the exam room.

I had to put a gown on opening at the front and sit on one of the old style exam tables. He came in opened the gown sat in front of me and marked the mid line of my chest he then started to exam and measure them. He did tell me that I was larger in size than what I thought which triggered me really bad but he did that to tell me there was only one surgery option for my size and for the way my nipples pointed. He lifted them, measured them, we kept talking during this but with my trauma history it was so triggering. We talked about the "bra roll" fat and that because I don't have the money now that if I do get the money it can be done at another time. He then pulled out his camera and started taking pictures. NO consent was asked! No warning! Somehow I didn't lose it at that point and probably because he is such a nice guy, shows interest in his patients, and seem to care about me and his work.

We discussed that he will see me 3 days, 7 days, and a month post surgery. He has binders for post surgery and I am expected to cover the \$50 for it. He does not use drains when possible but if needed he will put them in and I will be responsible for their care as he does not arrange home help unless there is an infection.

I then was able to get dressed and I went to book the surgery with the receptionist. This is scheduled for the end of September. Tuesday's he does surgery out of the Riverside and Thursdays out of the General. I was given post surgery instructions which were for breast reductions as he doesn't have srs instructions and a bunch of forms that have to be filled out for the pre surgery appointment.

I hope this helps relieve anyone's fears and helps you to prepare for the appointment.

The complete process took just over an hour.