

IT WAS THE MOST CARE FOR IVE EVER FELT.

COMMUNITY CARE

I MADE A SPREADSHEET FOR FRIENDS TO SIGN UP AND HANG OUT FOR TWO WEEKS, PLUS A SHOPPING LIST OF STUFF I NEEDED.

I WAS REALLY SPECIFIC IN WHAT I WANTED FROM MY FRIENDS AND I'M GLAD I HAD THE GUTS TO ASK FOR HELP.

MY NEEDS

WHAT I WOULD PUT IN A TOP SURGERY CARE BOX

EVERYTHING IS ESSENTIAL

SOFT SHAMPOO

WET WIPES TO WASH OFF WITH

DRY SHAMPOO

GIANT WIPES

CAMELBACK FOR HYDRATION

SHIRT CUT DOWN THE MIDDLE TO WEAR UNDER BANDER

CBD GUMMIES FOR DAYS

NO BOOBS

PILLOWS GALORE

NECK PILLOW

PILLOWS, PILLOWS, PILLOWS!

SOME LITTLE TIPS

- I DIDN'T TELL MY FAMILY ABOUT GETTING SURGERY. THAT WAS A GOOD CHOICE TO MAKE.
- AFTER A WEEK, MY DOCTOR CUT THE BANDER DOWN BECAUSE IT WAS CRUSHING MY RIBS. I WISH I'D DONE IT EARLIER!
- I BOUGHT A BIDET. I'D WOULD RECOMMEND IF YOU CAN AFFORD ONE.
- I RENTED AN AWESOME RECLINER CHAIR TO HELP ME GET UP AND DOWN. IT WAS SO COMFY AND HELPFUL!

I @ MY CHAIR

I CAN'T WAIT TO RUN, DANCE AND SNUGGLE!

AND TO NEVER WEAR A BRA AGAIN!

WHEN I Woke UP MY CHEST FELT LIKE IT WAS STILL THE SAME SIZE, BECAUSE OF THE BANDAGES.

IT DIDN'T FEEL REAL UNTIL THE FIRST TIME I PUT ON A SHIRT WITHOUT A BANDER.

I FELT A RETURN TO MY BODY.

NOW.

LOTS OF SELF-PETTING

I WAS REMINDED OF HOW SOCCER JERSEYS FELT ACROSS MY CHEST, AS A KID.

RMASC

I WOULD TELL THE ME OF SIX MONTHS AGO...

Don't suffer through needless pain and discomfort. Do whatever you can to care for your body. Remember to have hope and remember that this world can be sweet.

WORDS AND EXPERIENCES BY NELLE

ZINE DESIGN AND DRAWINGS BY S.MIRK @MIRKDROP

WHAT I LEARNED FROM TOP SURGERY!

LITTLE TIPS FROM MY TOP SURGERY

I GOT TOP SURGERY IN OREGON IN JULY 2023 AND I WANT TO SHARE MY EXPERIENCE.

Nelle

EVERYONE'S EXPERIENCE IS UNIQUE!

THIS ONE IS JUST ABOUT ME!

SOME THINGS TO KNOW

- I'M 35
- NONBINARY
- WHITE
- AUTISTIC
- I HAVE INSURANCE

THIS IS MY SOUL BROTHER CAT PAL

THERE'S A NARRATIVE ABOUT GENDER-AFFIRMING SURGERIES THAT YOU'LL WAKE UP FEELING \*EUPHORIC!\*

ALL MY PROBLEMS ARE SOLVED!

I WENT IN WITH CAUTION. I WAS EXPECTING WORST-CASE SCENARIOS. I WAS SO ANXIOUS AND CERTAIN SOMETHING WOULD GO WRONG.

WHAT IF MY SURGERY GETS CANCELLED?!

\* IN REALITY, IT ALL WENT REALLY WELL! WHEN I CAME TO, \*

\* I FELT HAPPY AND GROGGY. \*