

Call for contributions, input for the fanzine “tips, no tits”

When someone decides to get a top surgery, they don't always have access to easy and relevant infos on what to do/not to do. So we decided to make a free fanzine, multilingual and diy to propose as much as possible tips, solutions...

How to prepare for surgery? How to deal with pain and the lack of mobility? How to deal with the post-op depression? And more... Share your experiences, infos and all those tips “ that might look stupid at first but can change your life when you can move only as good as a playmobil...”

For instance :

- before you go to the hospital, swap t-shirts for zip or button-up tops. Take better cottons and large sizes.
- Think about a stack of straws. You might not use them, but if ever you cannot lift a glass as far your lips, it would allow you to avoid a dependent state that will kill your mood.
- After surgery, if you don't have or use your insurance, think of comparing prices and double check that the products are exactly the same (not more or less the same: the greasy net for wounds isn't exactly the same as for burns)
- you will have to wear a binder 24/7 for a while. In order to wash it, you'll need to bring a hairdryer or a heater for the drying. You cannot wear a wet binder on your bandage.

Warning, please only give us advice on experimental and alternative medicine if you've tried and checked them first! We don't want the readers to have to take any risks ! The idea is to provide proper information, not to find test subjects!

In France, it is illegal to give the name and addresses of surgeons, doctors and other hospital staff, it is considered advertisement. If you have any to recommend, we won't publish it in this fanzine, but we can pass it around our network.

We can show also links to info pages, associations etc. Share your bookmarks!

All the contributions will be gathered and arranged into “before-during-after” surgery. If you are not feeling like a writer, it doesn't matter, we welcome contributions in no matter what form. Well, you can also draw, do diagrams, send pics...

You can send your contributions to : [crach.asso\[at\]gmail.com](mailto:crach.asso[at]gmail.com) (before the 30 sept.)

The fanzine will be edited by CRASH (cell of research and activities against heteronormativity) under the creative commons :



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It will be first translated into french, english, spanish, serbian and german. If you can and want to translate it into other languages, you're welcome! Just let us know!

The fanzine will be available at all the good distros, and downloadable freely on our website in pdf. <http://crachasso.wordpress.com/> and SAS (www.wix.com/sante_active_solidai/sas)