

Surgery Guide

(Complete a separate worksheet for each surgery)

This guide is to help you think through questions to ask your surgeon, how to determine what is the right procedure for you, and how to get through the steps leading up to surgery. Your physician will also give you some guidance and steps to take once you have a scheduled surgery date. Please defer to those steps and use in conjunction with this guide.

Research

Determine which surgery you are interested in. If more than one, determine which one you would like to pursue first.

Circle or write in

Top surgery

(double mastectomy, keyhole, or breast augmentation)

Bottom Surgery

(vaginoplasty, vulvoplasty, orchiectomy, metoidioplasty, phalloplasty)

Facial Surgery

(facial feminization surgery/FFS and Tracheal shave, masculinizing facial and tracheal surgery)

Make a list of doctors who perform this surgery:

1. _____

2. _____

3. _____

4. _____

5. _____

What factors are most important to you in determining which surgeon to pursue?

(Rate them from: 1 Not Important - 10 Super Important)

Location/distance _____

Wait time for consult _____

Wait time for surgery _____

Insurance coverage _____

Surgery technique _____

Robotics/non robotic _____

Reputation in the community _____

Years of experience _____

Visual results _____

Complication rates _____

BMI/Smoking requirements _____

Office portal communication? _____

Doctor #1: (name) _____

Location/distance _____

Wait time for consult _____

Wait time for surgery _____

Insurance coverage _____

Surgery technique _____

Robotics/non robotic _____

Reputation in the community _____

Years of experience _____

Visual results _____

Complication rates _____

BMI/Smoking requirements _____

Office portal communication? _____

Doctor #2: _____

Location/distance _____

Wait time for consult _____

Wait time for surgery _____

Insurance coverage _____

Surgery technique _____

Robotics/non robotic _____

Reputation in the community _____

Years of experience _____

Visual results _____

Complication rates _____

BMI/Smoking requirements _____

Office portal communication? _____

Doctor #3: _____

Location/distance _____

Wait time for consult _____

Wait time for surgery _____

Insurance coverage _____

Surgery technique _____

Robotics/non robotic _____

Reputation in the community _____

Years of experience _____

Visual results _____

Complication rates _____

BMI/Smoking requirements _____

Office portal communication? _____

Doctor #4: _____

Location/distance _____

Wait time for consult _____

Wait time for surgery _____

Insurance coverage _____

Surgery technique _____

Robotics/non robotic _____

Reputation in the community _____

Years of experience _____

Visual results _____

Complication rates _____

BMI/Smoking requirements _____

Office portal communication? _____

Insurance Coverage Research

- Inquire with your insurance about coverage for gender affirming surgery
- Call insurance company
- Ask for a PDF version of your gender affirming care policy
- Ask to speak with a representative (sometimes a team) who works with gender affirming claims and policies
- Have this information available when calling doctors and at consults

Create a timeline

- When would you like to have your surgery? _____
- When would you like to have a consultation with your top surgeons? _____
- What are factors that play into the timing of surgery?
(school, work, other major life events, needs of family members, children, other commitments).

- Do you want to recover in the spring, winter, summer or fall? Take into account weather when driving to/from appointments, ability to go outside or not, etc.

Schedule Consult

- Call your top 3 surgeons and schedule consults.
- Dates of consults _____
- Prepare Questions for Consultation (see other guide)
- Attend Consult.
- Take notes because you won't remember much of what doctor has said.
- Possibly audio record the consult.
- Take a friend or family member who can:
 - take notes for you, if possible
 - Listen with a 2nd set of ears and may have a 2nd opinion/impression of the surgeon from the consult
 - Provide emotional support before and after the consult. The consult can bring up strong emotions for you. You can also celebrate together - this is a big step!

Consider your finances

How much will insurance pay? _____

What is covered under your insurance policy?

How much money do you need to save for surgery?

Who can help you pay for surgery?

Who can help you pay for after care costs?

Will you need to take unpaid time off work? How much money will you need to float you through recovery time?

Contact your HR to find out if you qualify for FMLA, short term disability, or long term disability.

How much money do you need to travel and stay in hotels before and after surgery, if traveling away from the Philadelphia area.

Schedule Surgery

When is the best time based on your life and schedule and finances to have surgery?

How far booked out is the surgeon?

Write Surgery Date Here: _____

Surgery Preparation

Things you need to do in preparation of surgery:

- Laser or electrolysis
- Tattoo removal
- Weight loss
- Discontinue smoking
- Removing piercings?
- Surgery preparation
- Who will be driving you to and from surgery?

• Where will you be staying after surgery during recovery?

• If you are traveling out of state, how long is the stay out of state? What accommodations will you have for that time?

• Who will be present with you the day of surgery? Who is the best support for you emotionally and for physical and logistical support?

• Who will take care of you in the days/weeks following surgery?

Consider Aftercare

The week after surgery

Who will be taking care of you, driving you to follow up appointments, etc?

Who can you call in case of emergencies?

What supplies do you need for after surgery?

Can friends and family visit at scheduled times?

Will you have groceries and supplies at home?

Will you need help setting up a meal train or would you like to do that yourself?

Two weeks after surgery

Ask your surgeon what your physical limitations will be 2 weeks following surgery.