

Temple Gender Affirming Surgery Program

Lab Work Requirements for Surgery

Requirements for Surgeries

- All patients will undergo both an initial drug screen and nicotine test (except orchiectomy patients).
- **We are unable to offer a surgery date without negative results.** If either or both tests come back positive (except for marijuana), we cannot move forward with the surgery scheduling process until repeat testing is negative.

Nicotine Test

- **QUIT ALL NICOTINE PRODUCTS** (smoking, vaping, hookah, chewing tobacco, nicotine patches/gum, certain rolling papers, etc.) and avoid passive secondhand smoke exposure for at least 1-2 months. A documented negative nicotine screening test is required before scheduling surgery.
- Though forever is best you should remain nicotine free for at least 2-3 months after surgery.

Nicotine and Surgery

- **Why is it so important that I have a negative nicotine test for surgery?** While you are recovering, blood will be trying to get to the operated area as much as possible so you can heal quickly. Nicotine causes your blood vessels to constrict or narrow, reducing the amount of blood that can reach the injured tissue/surgical site, negatively affecting wound healing. Nicotine increases your chance of surgical complications such as infection, tissue loss, and tissue necrosis.
- **When do I have to stop smoking?** At least 1-2 months before surgery.
- **Can I vape?** No, Vaping contains nicotine products, additionally we ask that you don't inhale any products for 4 weeks prior to surgery, including marijuana.
- **I'm trying to quit, I don't smoke cigarettes, but I chew nicotine gum, is that OK?** No, nicotine gum contains nicotine.
- **What about secondhand smoke?** Avoid secondhand smoke for at least 1-2 months prior to surgery and 2-3 months post-surgery. This means no prolonged exposure to smoke within an enclosed area. If you live with a smoker, ask them to smoke outside. Do not share a car with someone who is smoking.

Mixing nicotine with plastic surgery can result in

- Infections
- Loss of graft
- Death of fat cells (fat necrosis), causing hard lumps
- Delayed wound healing
- Thick, wide scars
- Blood clots, which can be fatal
- Increased pain
- Life-threatening complications like stroke, heart attack, blood clots, and pneumonia



Urine Drug Screening

- **What are we testing for?** Amphetamine; barbiturate; benzodiazepines; cocaine; methadone; opiates; oxycodone/oxymorphone; phencyclidine (PCP); propoxyphene; tetrahydrocannabinol (THC)
- **Why are we testing for drugs?** Some drugs affect healing in a similar way to nicotine.
- **What about marijuana?** Marijuana is OK-we recommend no smoking/inhaling anything 4 weeks before surgery and recommend edibles instead. This is to decrease the risk of lung/breathing complications during surgery.
- **What about mushrooms?** We do not test for Psilocybin. It is not recommended to take recreational drugs (including marijuana) the day before or day of surgery, as there may be unsafe interactions with anesthesia.

Completing Lab Work

Where do I go for my lab work?

- Outside Lab: Please check your insurance to see if there is a preferred lab; Some insurances will only cover the cost of labs if you go to a certain lab (i.e. LabCorp or Quest)
- Results of lab work can be faxed to **215-707-2915**
 - Attention: Gender Affirming Surgery Program at Temple
- **Temple Main Campus Lab Services are in the Tioga Lobby, 3401 North Broad Street, First Floor Zone B, Room B130 Philadelphia, PA 19140;**
 - Accepts walk ins
 - Please have your insurance card with you

