

Temple Gender Affirming Surgery Program

Surgery Preparation for Vulvo/Vaginoplasty Surgery Consults

Prior to your surgical consults with the surgeons you will be scheduled with a program social worker for an intake where you will review the requirements for consults and surgery. The goal of the intake is to assess your readiness for surgery and get you prepared for the surgical consults. There are a handful of requirements for consults with the surgeons for vulva/vaginoplasty. They are listed here so that you may get started with preparation.

- **Surgery readiness letter:** WPATH SOC 8 requires 1 letter from a qualified provider (health care of mental health)
 - Please check with your insurance provider, if they are using SOC 7, 2 letters are required.
 - Letters expire after 1 year so please plan accordingly; if your letter has expired please reach out to the author to have the letter updated.
- **Nicotine test and urine drug screen:** In order to be scheduled for consult you must be at least 4 weeks from your last day of use. Prior to surgery you will complete a nicotine test and urine drug screen.
- **BMI measures:** We understand that the BMI scale is a flawed and problematic measure. Body composition and your current health are major factors of your surgery readiness that are also taken into account during your consults. However, we offer the BMI ranges as a more concrete measure if that is useful to you for surgery planning. BMI: <40 to proceed with surgery planning; BMI 35-39 will require a personalized discussion with the surgeons.
- **Hair removal** prior to vaginoplasty is highly recommended. Depending on the amount of hair you have this may take months, it can help expedite the surgery planning process if you have begun or completed your hair removal process prior to consult.
- **Travel:** If you are travelling more than 1-hour from the Hospital you will need to plan to stay locally for 4 weeks following discharge from the hospital.
- **Safe and stable housing:** You must have safe and stable housing to which you would return to following your local stay and/or hospital stay.
- **Caretaker:** You must have at least one caretaker who is able to physically assist you, help with daily chores of living and offer emotional support. It is helpful to plan for more than one caretaker if possible, so that folks are able to support each other and caretakers are able to take breaks and recharge as needed. At least 1 caretaker is required to proceed to surgery consults.
- **Financial planning:** It is important to have a financial plan in place to cover your cost of living and out of pocket expenses while you are recovering from surgery. This should account for a minimum of 9 weeks of living expenses to include your time in the hospital and your acute post op recovery time.
- **Time off of work:** If you are employed you will need to take time off of work for 6-8 weeks.
- **Patient handouts:** Please read the patient handouts prior to your intake.
- **For additional resources you can check out our resource library:** [Gender Affirming Resource Library](#)

Please update us if there are any changes to your demographic information or insurance.

We hope that by offering a preparation list that you will be as best prepared as able for surgery when your name comes up on the waitlist.

