

Gender-Affirming Care Preparation Checklist for Transfeminine Patients

1. Pre-Consultation Prep

✓ Clarify Your Affirmation Goals

- What physical features feel most important to affirm your identity?
- Are you exploring breast augmentation, facial feminization, bottom surgery, or a combination?

✓ Learn About Procedure Options

- Facial: brow reduction, jaw contouring, rhinoplasty, tracheal shave
- Breast: augmentation with implants or fat grafting
- Bottom: vaginoplasty (penile inversion or peritoneal flap), orchiectomy

✓ Collect Your Medical Info

- Hormone therapy history (doses, duration)
- Prior surgeries, medications, allergies
- Mental health letter if needed for surgery clearance

✓ Insurance Planning

- Check if your plan covers each procedure
- Ask for help from a patient navigator to manage approvals

2. Pre-Operative Steps

✓ Attend Your Surgical Consultation(s)

- Review goals, risks, recovery expectations, and timelines
- Ask about sexual function preservation, nerve coaptation, and implant options

✓ Schedule Required Medical Visits

- Labs, EKG, primary care clearance
- Mental health clearance, if applicable
- Electrolysis/laser hair removal for vaginoplasty prep (6+ sessions recommended)

✓ Prepare for Recovery at Home

- Line up 2–6 weeks of support depending on the procedure
- Stock up on post-op items (pads, dilators, bras, wedges, pillows)
- Set up a recovery space where you can recline easily and rest safely

✓ Follow Medication Guidelines

- Stop estrogen, herbal supplements, or blood thinners if directed
- Start bowel prep (for bottom surgery) if prescribed

✓ Quit Nicotine & Alcohol

- Aim for 2–4 weeks prior to surgery to support wound healing and reduce risk

3. Surgery Day

✓ Pack Light, Dress Comfortably

- Wear soft, zip-up or button-front clothing
- Bring ID, paperwork, and a small bag with essential items (lip balm, phone charger, etc.)
- Have a list of your medications and emergency contacts

✓ Bring a Caregiver or Trusted Friend

- Someone must be available to take you home and help with first 24–48 hours

✓ Review Aftercare Instructions Thoroughly

- Ask about dilator schedule (if applicable), wound care, and warning signs

4. Post-Operative Recovery

✓ Follow Healing Protocols

- Dilation: Begin as scheduled, gently and consistently
- Tracheal shave: Follow voice-sparing care; avoid strain
- Breast or facial: Limit movement, elevate head, wear compression garments

✓ Commit to Scar & Sensation Care

- Silicone strips, scar gel, or laser, as recommended by your surgeon
- Sensation may take a few months to return. It is good to track your progress

✓ Emotional Healing Matters

- Connect with affirming therapists or peer communities
- Normalize post-op emotions like grief, anxiety, or euphoria

✓ Routine Health Maintenance

- Pap smears not needed after vaginoplasty, but neovaginal care is essential
- Maintain hormone therapy per endocrinologist guidance
- Watch for signs of urinary or sexual function issues — early intervention helps