

Gender-Affirming Care Preparation Checklist for Transmasculine Patients

1. Pre-Consultation Prep

✓ Reflect on Your Goals

- What are you hoping to feel and achieve after surgery?
- Are you seeking a flat contour, nipple repositioning, or scar minimization?

✓ Research Procedures

- Evaluate different techniques: double-incision, keyhole, peri-areolar
- Look into scar care options, if desired

✓ Gather Medical History

- List current medications and allergies
- Collect surgical history and hormone therapy info
- If applicable, bring your mental health letter or WPATH documentation

✓ Check Insurance Coverage

- Contact your insurance with CPT codes and diagnosis code
- Ask your provider for a surgery navigator to help secure prior authorizations

2. Pre-Operative Steps

✓ Attend Surgical Consultation

- Discuss goals, recovery, nipple placement, and scarring
- Ask about nerve-sparing options for preserved sensation

✓ Schedule Required Appointments

- Primary care clearance
- Mental health evaluation if needed
- Bloodwork and any imaging requested by your surgeon

✓ Start Home Preparation

- Arrange 1–2 weeks of support (ride, meals, help with daily needs)
- Prep post-op station with compression vest, pillows, gauze, meds
- Freeze meals, fill prescriptions early, and get mobility aids if advised

✓ Stop or Adjust Medications as Directed

- Follow guidelines on stopping blood thinners, hormones, or herbal supplements

✓ Avoid Nicotine, Alcohol, and Cannabis

- Stop 2–4 weeks before surgery to optimize healing and reduce complications

3. Surgery Day

✓ Bring Your Essentials

- Government ID, insurance card, emergency contact info
- Wear loose, button-up clothing
- Bring comfort items: lip balm, headphones, slip-on shoes

✓ Have Your Support Person Present

- Ensure someone is available to take you home and stay with you 24–48 hours

✓ Review Recovery Protocols with Your Team

- Understand drain care, signs of complications, and when to call

4. Post-Op Recovery

✓ Follow All Aftercare Instructions

- Wear compression garment as advised (usually 4–6 weeks)
- Limit arm movements and lifting for 2–4 weeks
- Attend follow-up appointments and report any concerns

✓ Manage Scarring & Sensation

- Begin scar care protocol as directed by your surgeon
- Track sensation return and nerve regeneration if applicable

✓ Monitor Emotional Well-Being

- Plan mental health support: therapist, peer groups, journaling
- Allow space for emotional ups and downs — healing includes your heart

✓ Plan for Long-Term Health

- Continue routine screenings (e.g., Pap smears if cervix is intact)
- Discuss testosterone management and bone health with your PCP