



Pre Gender Affirming Surgery Checklist

- Plan for quitting substances as needed
 - Quitting nicotine/tobacco
 - Discussing alcohol and marijuana use with surgeon
 - Disclose cocaine use to anesthesiologist as it can fatally interact with anesthesia medication
 - Disclose opiate use to surgeon for adequate postoperative pain control plan
- Plan for transportation to and from surgery (you will not be able to drive yourself)
- Plan for post operative housing
 - Especially for people who travel for surgery and stay until first post operative appointment
- Plan for financial needs pre and post operatively
 - Paying regular expenses despite time off work
 - Paying any co-pays, prescriptions, caregivers
- Plan for post-surgical supportive care
 - Someone to stay with you for at least the first 24 hours
 - Have a clear understanding of risks and benefits of procedure including medicine used post operatively, avoid making any important decisions while chemically altered postoperatively*
 - Help with meals for a few days to a few weeks
 - Help with pet or child care as needed
 - Help picking up prescriptions, getting to and from follow-up appointments
 - Have comfortable easy to access clothes to wear (zip up sweatshirts- no arms overhead, loose sweatpants, slip on shoes- often can't bend over)
 - Have needed compression garments- often can order them online and not have to pay the surgery center mark-up (if you insurance does not cover everything)
- Plan for follow-up healthcare both physically and mentally
 - Know when you will need to be see in follow-up
 - Schedule needed mental health support as well