



Questions For My Surgeon and Care Team About Racial Disparities in Care and Hematoma Risk

My surgeon is: _____

My hospital/care center is: _____

Questions For My Surgeon:

How many years have you been in practice?	
Are you board-certified?	
How many of this surgery have you done?	
And what percentage of your patients are BIPOC?	
What are the complications you see most frequently?	
Are there differences in the complications you see across race?	
Can you tell me how healing in darker skin can be different?	
Can you show me before and after pictures of people with darker skin who have gotten this surgery?	
What precautions do you take to prevent hematomas and other complications?	
Can you tell me about any training you've done about differences in wound care for darker skin?	

Notes:



Recommended Readings for My Surgeon:

1. Jolly, D., Boskey, E. R., & Ganor, O. (2023). **Racial Disparities in the 30-Day Outcomes of Gender-affirming Chest Surgeries.** *Annals of Surgery*, 278(1), e196–e202. <https://doi.org/10.1097/SLA.0000000000005512>
2. Jorge Trilles, Bachar F. Chaya, Hilliard Brydges, Augustus Parker, Laura L. Kimberly, Daniel Boczar, Ricardo Rodriguez Colon, and Eduardo D. Rodriguez. (2022.) **Recognizing Racial Disparities in Postoperative Outcomes of Gender Affirming Surgery,** *LGBT Health*, 9:5, 333-339

Specific Strategies For Lowering Hematoma Risk

Our recommendations:

Your Stay:

- Do you have a friend or family member who could act as your advocate if you have concerns and they are not being treated seriously enough?
- **Know the signs of hematoma:**
 - Discoloration around the incision that looks similar to a bruise
 - Swelling, especially sudden or uneven
 - Pain
 - If you are concerned about a potential hematoma, consider taking pictures to document skin changes
- **Risk factors for hematoma include:**
 - Age - older patients have a higher risk of hematoma
 - Hypertension
 - Medications (aspirin, NSAIDs, SSRIs, blood thinners)
 - Discuss stopping these medications with your surgeon and care team at least two weeks prior to surgery and waiting at least two weeks after surgery before resuming.
 - Undergoing more than one procedure in one surgery session
 - Vomiting