

## **Gender Affirming Surgery Consult Questions**

A consultation is an initial appointment with a surgeon. This is your chance to learn as much as possible to see if the surgeon will meet your needs. To get the most out of your consult, here is a list of possible questions to ask your prospective surgeon. This list is not exhaustive and should not be a replacement for doing your own research.

### **EXPERIENCE**

- Do you have specific training in gender-affirming surgeries?
- What kinds of gender-affirming practices has your office adopted?
- Will I be referred to by my preferred name and pronouns?

### **PROCEDURE**

- What types of surgeries do you offer?
- What procedure do you think would best suit my needs and goals?
- What does the surgery involve?

### **TOP SURGERY RESULTS**

- Can I see a portfolio of before/after photos for your patients?
- How much long-term follow-up do you do of patients?
- How soon after surgery will I see my final results?
- How much do complications impact the final result?
- What results are reasonable for me?
- What are my options if I don't like the final result?

### **RISKS & COMPLICATIONS**

- What complications am I at risk for?
- What symptoms should I be on the lookout for?
- If a complication happens, what is the protocol for managing it?
- Do any of my medical conditions increase complication risks?

### **PREPARING FOR SURGERY**

- Do I need to stop taking any other of my medications before surgery?
- Will I need to have any blood work done or do any other lab tests prior to surgery day?
- Will you be providing detailed, written pre-op and post-op instructions?
- Are there any other ways I need to prepare?

### **RECOVERY**

- How long will my hospital stay be?
- What will my recovery look like?
- What medications will I be prescribed after surgery?
- I can't take opioids. What are other options for pain management?
- When will I be back to normal daily activities?
- When can I go back to work with a [desk job/physical job]?

### **REQUIREMENTS**

- What letters do you require?
- Do you have a BMI requirement?
- What is your prior authorization process like?

For additional information, please see Amida Care Clinical Guidelines and Coverage Criteria for the Treatment of Gender Incongruence or contact the Gender Identity Support Team (GIST) at 1-866-441-0009 option 1; or email [GIST@amidacareny.org](mailto:GIST@amidacareny.org)