

## **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 Dysphoria or contact the Gender Identity Support Team (GIST) at 646-757-7982; or email [GIST@amidacareny.org](mailto:GIST@amidacareny.org)**