



- ⇒ Bring a friend to take notes for you
- ⇒ Find pictures of ideal results to reference
- ⇒ Arrive early and expect the visit to run late

A consultation is your chance to learn if a surgeon will meet your needs. This list is a starter guide for getting the most out of it! Ask **specific questions** in order to get specific answers. You might not get all the answers in an initial consultation, or need to ask every questions, but these are all reasonable things to want to know before you commit.

**It is best to consult with more than one surgeon before making a decision.**

## The Surgeon

1. What training have you had in this surgery? What training did you have for offering this surgery to trans people?
2. How many have you done total? How many do you perform in a year?
3. How many patients are satisfied with the outcome? What kind of long term follow up do you do with patients who had this surgery?
4. What percentage of your patients are trans? Are you involved with advocacy for the trans community?

## Funding and Forms

1. Will your office help fill out disability paperwork? Will you sign a letter to update my gender marker?
2. Will the office negotiate directly with my insurance? When I can expect updates regarding the insurance negotiations? Who is my contact person? When will I know the out-of-pocket costs for using my insurance?
3. Will the office help me with the appeal if surgery is denied by my insurance?
4. If I am not using insurance to pay for the procedure, does the office accept financing plans? When are the payments due? Is the deposit to hold a surgery date refundable?
5. Are there ways to lower the cost? Does the total cost include hospital fees, anesthesia, all aftercare supplies, or medications? Does the total cost include revisions?

## The Surgery

1. What is your most popular technique? Why? Do you offer other techniques? Are there other techniques you do not offer?
2. How will the surgery impact sensation?
3. How do you choose size and placement? Can I make specific requests?
4. How long will I be under general anesthesia? Who is involved in the surgery? Who does what?
5. Can I look at before and after pictures?
6. Will staff use my preferred name and pronoun even if my documents are not updated?

## Before Surgery

1. How does my medical history impact this procedure? How far in advance should I quit smoking? Is there a minimum or maximum weight?
2. Do you require a pre-op physical or bloodwork? Do you require that I stop hormones before surgery? Stop shaving the area or electrolysis?
3. Are there any diet or lifestyle changes to help with healing?

## After Surgery

1. What medications will I be prescribed? What dressing changes and rehab exercises will I need to do after surgery? How often? What scar care routine do you recommend?
2. How soon after surgery can I walk a mile? Take public transportation? Drive? Exercise? Drink Alcohol? Smoke pot? Have sex?
3. How long am I required to stay nearby after surgery? What appointments will we have after surgery? Do I need medical care at home to help with my recovery?
4. What complications can occur? How many of those complications heal on their own? How many people end up needing another surgery?
5. How soon after surgery will I see my final results? How much do complications impact the final result? What are my options if I don't like the final result?