



**Mount
Sinai**

*Center for Transgender
Medicine and Surgery*

FOLLOW UP APPOINTMENTS FOR PATIENTS WHO DO NOT RESIDE IN NEW YORK

1 Week From Hospital Discharge

- Your first follow-up visit will be scheduled for 1 week from your discharge date.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.
- This appointment is mandatory
- If there are complications during this time and the patient needs to be taken back to the operating room their departure is subject to change

2 Weeks From Hospital Discharge

- Your second follow-up visit will be scheduled for 2 weeks from your discharge date.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.
- This appointment is mandatory
- Clearance to travel would be given during this visit at the surgeons discretion
- If there are complications during this time and the patient needs to be taken back to the operating room their departure is subject to change

1 Weeks From Clearance To Travel

- Have a follow-up appointment with your local primary care provider in place
- During this time if there are complications visit your local GYN

5 Weeks From Clearance To Travel

- Follow-up appointment with your local primary care provider in place
- During this time if there are complications visit your local GYN

9 Weeks From Clearance To Travel

- Follow-up appointment with your local primary care provider in place
- During this time if there are complications visit your local GYN