

Pre-Surgical Patient Checklist

This checklist outlines everything you'll need for vaginoplasty, metoidioplasty and phalloplasty surgeries. All of our patients are seen by our readiness team which includes medical, social work, and mental health providers to discuss plans for surgery. We hope that this tool helps you prepare for your first appointments with us. At any point, feel free to reach out to our Nurse Clinical Coordinator at CTMSNursing@Mountsinai.org, with questions or concerns.

Medical Requirements

In order to ensure the safest surgery possible, a medical professional will meet with you to assess the following:

- Body Mass Index (BMI) of 33 or below
- Negative nicotine and cotinine (nicotine byproduct) test
- Negative urine drug test
- Clearance for chronic health conditions, if needed. This will be discussed at your visit

Mental Health Assessment

In order to provide comprehensive care and ensure the best and safest pre- and post-surgical outcomes possible, a mental health provider will meet with you to provide any support you may want or need.

Although not a requirement, if you are already seeing a mental health professional please come to the visit with any documentation you may have available: letter of supports, previous mental health evaluation or treatment summary.

Social Work/Aftercare Planning

A social worker will meet with you to help form a secure and reliable aftercare plan that will include the following:

- A place to recover for 4 weeks following surgery that:
 - Has a kitchen where food can be prepared
 - Has a private/non-shared bathroom
 - Is located within an hour and a half driving distance from Mount Sinai

- Caregiver(s) who can:
 - Stay overnight with you
 - Go grocery shopping, prepare food and make pharmacy visits
 - Accompany you to your aftercare appointments
- A transportation plan that does not include public transportation. Options include:
 - A family car driven by a caregiver, an Uber or taxi service, or ambulette.
 - A front passenger's side seat that reclines for smooth transport home

Letters of Support

Most insurance companies require three letters of support:

- One letter of support from your primary care physician or the individual prescribing hormone therapy
- One letter of support from a doctoral level mental health professional
- A second mental health letter from a social worker, licensed mental health counselor or doctoral level provider

During your visit to our clinic, you may ask our providers for letters of support. Letters from external providers can be faxed to (212) 731-7310 or scanned and emailed to CTMSMedicalRecords@MountSinai.org.