



## Vaginoplasty Clinical Pathway

### **Surgical Patient Checklist**

This checklist outlines the pre-surgical process for vaginoplasty surgery. All of our patients are seen by our readiness team which includes social work, mental health, and medical 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 [CTMSInfo@Mountsinai.org](mailto:CTMSInfo@Mountsinai.org), with questions or concerns.

#### **Step 1: Call Center**

- Dial (212) 604-1730 to reach our call center and indicate you are interested in vaginoplasty surgery. Our registrar will contact you in 24-48 hours. We will then send an online health survey to collect registration information. Once completed you be contacted by our registrar to proceed to Step 2.

#### **Step 1a: Letters**

- Most insurance companies require 3 letters of support- 1 letter from a medical provider, 2 letters from mental health providers. Bring any letters of support you have to your appointments, or fax to (212) 271- 7310. Additional letters can be written by CTMS providers. Letter templates can be found on our website.

#### **Step 2: Schedule Social Work pre surgical consult appointment.**

- Social Work / Aftercare Planning – A social worker will talk 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

**Step 3:** Once you are cleared by social work you will receive a call from our registrar to schedule your Mental Health and Medical appointments.

- Mental Health appointment

- Medical provider appointment - A medical provider will meet with you to answer any questions you have about surgery. To ensure you have the safest surgery possible, we request the following:
  - Body Mass Index (BMI) of 33 or below
  - No smoking or nicotine products prior to surgery

**Step 4: Hair removal**

- Local patients have the option of getting laser hair removal at CTMS.
- Patient who do not live local to CTMS have to arrange hair removal themselves

**Step 5: Surgical consultation**

- This consult can only be scheduled once steps 1-3 are completed
- You will meet with the surgeon who will go over the surgery and answer any questions
- Surgery date given at the time of the surgical consult or shortly after

**Step 6: Pre-certification financial consultation**

- A member of billing team will talk with patient to discuss the financial responsibility of surgery.

**Step 7: Pre-testing**

- 6-8 weeks before surgery the surgeons office will talk with you to get all the required pre-testing scheduled.
  - Patients who are not local to NYC will be given paperwork to take to their primary care provider.
  - Local patients will be seen at Mount Sinai Hospital.

**Step 8a: 1 week before surgery**

- NO alcohol 1 week before and 3 weeks after surgery. It increases your chances of bleeding.
- NO aspirin – consult medical provider concerning ANY blood thinners
- NO NSAIDS (ibuprofen – Advil & Motrin or naproxen – Aleve)
- Acetaminophen (Tylenol) for pain is OK. Consult your medical provider.
- NO herbal supplements (garlic, ginger, ginkgo, ginseng)
- NO fish oil

**Step 8b:** A COVID test must take place 4-6 days before surgery. This will be scheduled by the surgeon's office.

**Step 9: Bathing Instructions**

- 3 days before surgery begin using pre-operative CHG soap
- Additional Instructions will be given to you by the surgeons office

**Step 10: 1 day before surgery**

- Patients must continue to follow all rules for “1 WEEK BEFORE SURGEY.” NO alcohol, no aspirin, NO NSAIDS, NO herbal supplements, NO fish oil.
- 7-9 am – Have breakfast
- THIS YOUR LAST SOLID MEAL BEFORE SURGERY
- 12 noon – Start drinking the Golytely bowel cleansing solution.
- Drink the entire solution
- For the rest of the day, you can ONLY DRINK CLEAR FLUIDS (Gatorade, Powerade, Apple Juice, Water, Tea, Coffee, Broth)
- After 12 midnight, NOTHING TO EAT OR DRINK- no snacks, no tea, no coffee, no juice
- It is ok to take medications with a small sip of water unless otherwise instructed

**Step 11: DAY OF SURGERY**

- You will arrive to the hospital at your scheduled time confirmed by the surgical coordinator. Please check in to the front desk and they will begin to admit you for surgery
- DO NOT EAT OR DRINK ANYTHING ON THE DAY OF SURGERY, OR YOUR SURGERY WILL BE CANCELED.
- No breakfast! No coffee! Nothing!
- It is ok to take medications with a small sip of water unless otherwise instructed