



## 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 our Nurse Clinical Coordinator at [CTMSNursing@Mountsinai.org](mailto:CTMSNursing@Mountsinai.org), with questions or concerns.

**Medical Requirements:** In order to ensure the safest surgery possible, a medical professional will review 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
- Optimization for chronic health conditions, if needed. This will be discussed at your visit

**Letters of Support:** Most insurance companies require three letters of support. These letters may be written by CTMS providers:

#### **FOR ALL PATIENTS:**

- One letter of support from a social worker, licensed mental health counselor, or doctoral provider
- One letter of support from a doctoral level mental health professional
- One letter of support by a primary care physician or endocrinologist
- Letters from external providers can be faxed to (212) 731-7310 or scanned and emailed to [CTMSMedicalRecords@MountSinai.org](mailto:CTMSMedicalRecords@MountSinai.org). Letter templates can be found on the right hand side of the Gender Affirming Surgeries page on our website.

*\*\*\*Letters must contain diagnosis, start dates of treatment and/or care, surgeries patient is seeking to have, and state that medical necessity of the surgeries and benefits the patient will acquire from the procedures.\*\*\**

**Step 1:** Submit photo ID, insurance card, and a phone number you can be reached at to [CTMSMedicalRecords@MountSinai.org](mailto:CTMSMedicalRecords@MountSinai.org) indicating you are interested in vaginoplasty surgery. Once completed you will receive a phone call from our registrars to proceed to Step 2.

**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
  - Pre-Surgical labs done at this time

**Step 4:** Hair removal should be underway before surgical consultation.

**Step 5:** Surgical consultation

- This consult can only be scheduled once steps 1-3 are completed and step 4 is in progress
- Additional surgical questions can be asked at the time of the surgical consult
- Surgery date given at the time of the surgical consult

**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 a surgical coordinator will talk with you to get all the required pre-testing scheduled. (Blood test, EKG, Physical)
- Pre-testing takes place within 3 weeks of Surgery
- Any patient with chronic health issues needs to get additional clearance from the appropriate specialist 6-8 weeks before surgery
  - Surgeon's office must have this clearance 30 days before surgery. This is in addition to the pre-testing that takes place within the surgeon's office prior to surgery.

**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 physician concerning ANY blood thinners
- NO NSAIDS (ibuprofen – Advil & Motrin or naproxen – Aleve)
- Acetaminophen (Tylenol) for pain is OK
- NO herbal supplements (garlic, ginger, ginkgo, ginseng)
- NO fish oil

**Step 8b: A COVID test must take place 2-5 days before surgery**

**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.
- Read the instructions carefully
- 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**
- It is ok to take medications like hormones, heart meds, blood pressure meds, psych meds with a small sip of water
- This also means no more coffee/tea/milk/juice

**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 like hormones, heart meds, blood pressure meds, with a small sip of water unless otherwise instructed by specialist.