

Multi-Specialty Transitions Department

Phalloplasty Surgery Planning

3779 Piedmont Avenue, Oakland, CA 94611

510-752-7149

After today's appointment we will send the following referrals:

Hair Removal

Hair removal can not begin until the donor site is confirmed

Provider: _____ Phone#: _____

For **laser** referrals, you should hear back within _____.

If you do not hear back from the laser provider, please call us.

For **electrolysis** referrals, you will receive an authorization letter in 7-10 business days and will then need to contact the provider to schedule an appointment.

Surgical Consult

Provider: _____

You should hear back within 2-3 weeks. If you do not hear back, call Gender Pathways, 415-833-8767

Phalloplasty Class

Date: _____ **Time:** 4-7pm **Location:** Oakland MST Clinic

If not scheduled and you would like to attend, please call MST 4-5 months before surgery to schedule.

Other:

Smoking Cessation

Wellness Coaching

Weight Loss

Reproductive Options Class

Other pending gender affirming procedures:

Hair Removal

Why Hair Removal?

- Hairless Phallus and Urethra

Hair Removal Options

Laser

- Covers bigger areas of hair at a time
- Treatment is typically every 6-8 weeks

Electrolysis

- Treats each hair follicle individually
- Treatment is typically weekly at first and then less frequent over time
- Must be reauthorized by Kaiser annually. Please call MST for reauthorization assistance.

- Typically takes approximately 1 year of regular sessions of electrolysis or laser to complete hair removal for surgery but don't need hair removal to be complete until stage 2.**

Pain Prevention

EMLA numbing cream

- Apply 60 minutes before hair removal session and then cover area in plastic wrap
- Prescribed and refilled by surgeon

Extra Strength Tylenol OR Ibuprofen 600mg-800mg

- Take with a meal 45-60 minutes before session, if not contraindicated.



Laser



Electrolysis

Physical / Medical Preparation

- Being in your best physical health will support your recovery
 - Regular Sleep
 - Healthy eating habits
 - Regular physical activity
 - Relaxation and mindfulness
- Kaiser offers many resources, including:
 - KP Wellness Coaching
 - KP Classes – Exercise Classes and Nutrition Support
 - Interactive and informational websites:
 - <https://healthy.kaiserpermanente.org/health-wellness>
 - <https://thrive.kaiserpermanente.org/thrive-together/live-well/relax-your-mind-and-body-with-podcasts-and-feel-stress-melt-away>
- Work with your doctor and other specialists to support you health goals and health requirements

