

Multi-Specialty Transitions Department

Vaginoplasty Surgery Planning

3779 Piedmont Avenue, Oakland, CA 94611

510-752-7149

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

Hair Removal

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 3 weeks and will then need to contact the provider to schedule an appointment.

Surgical Follow-Up

Provider:

You should hear back within 2-3 weeks to get info about next steps.

If you do not hear back from the provider, call Gender Pathways, 415-833-8767

Vaginoplasty Class

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

If not scheduled and you would like to attend, please call MST 3-4 months before surgery to schedule.

Other:

Smoking Cessation

Wellness Coaching

Weight Loss

Reproductive Options Class

Other pending gender affirming procedures:

Genital Hair Removal

Why Hair Removal?

- Hairless vaginal canal
- It is very difficult, if not impossible, to get hair removed from inside the vagina after surgery.

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.**

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



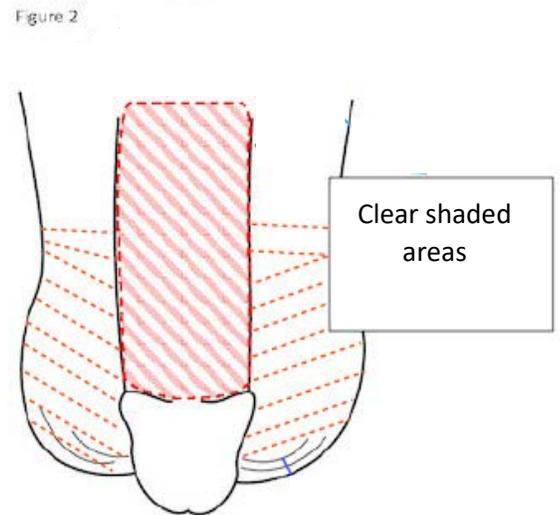
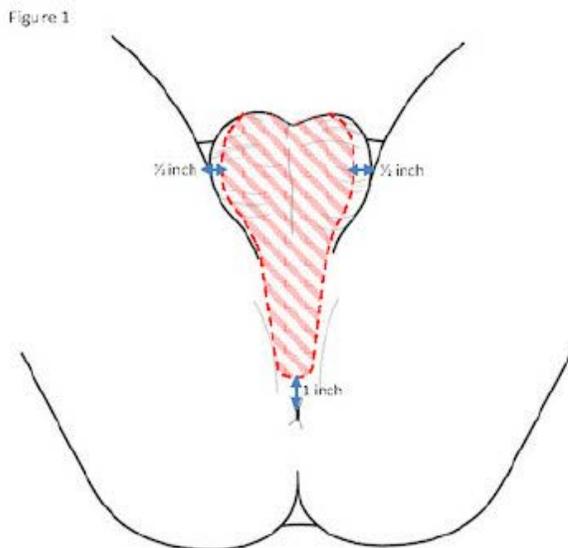
Electrolysis



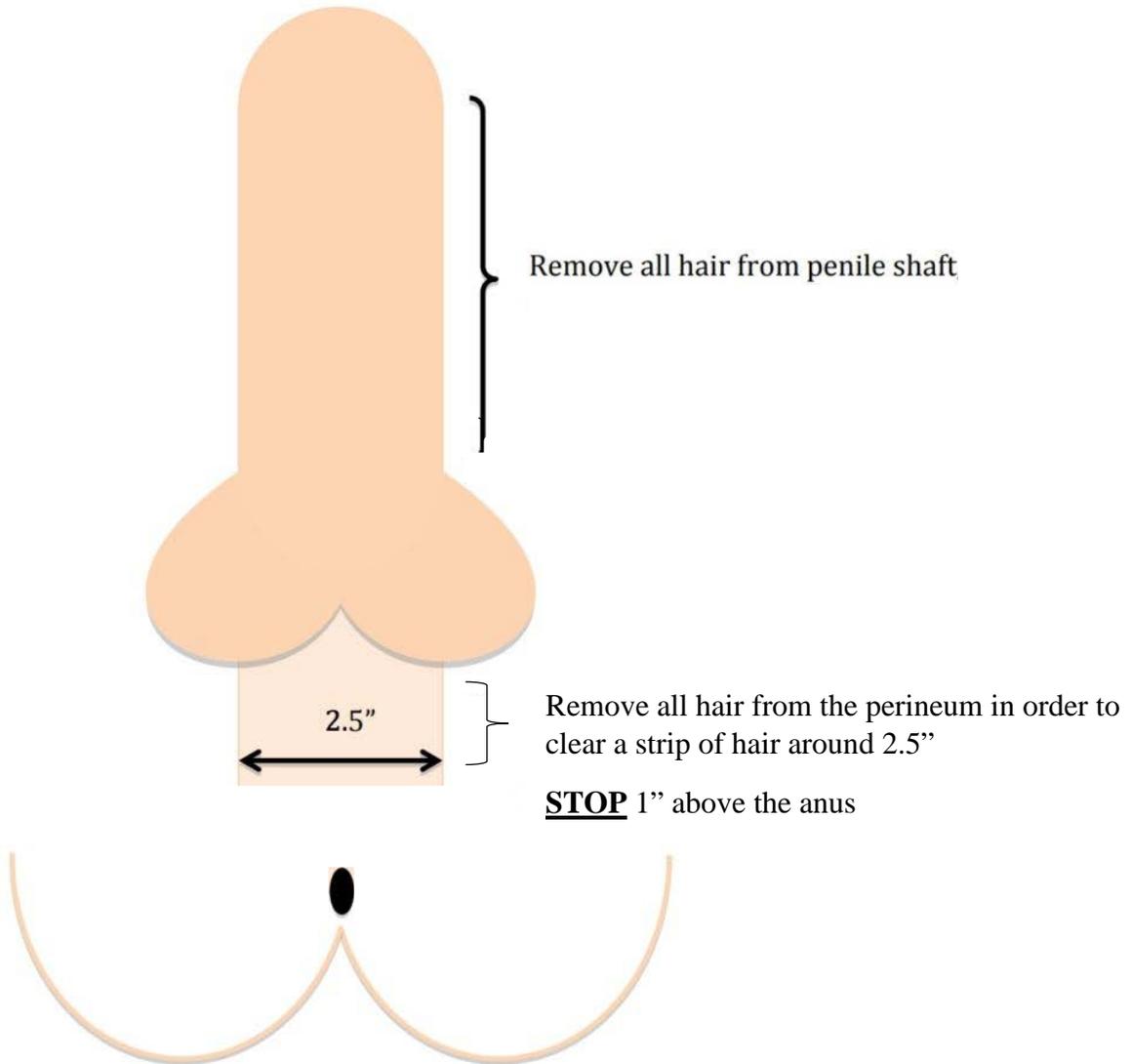
KAISER PERMANENTE®

Full Depth Vaginoplasty Hair Removal Diagram

The area to be cleared for vaginoplasty must be completed no later than 4 weeks prior to surgery. Please clear the entire scrotum and perineum and stop one inch above the anus. Clear the entire shaft of the penis. See Figs 1-2: red lined areas need to be cleared.



Vaginoplasty Hair Removal Diagram





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Shallow Depth Vaginoplasty Hair Removal Diagram

The area to be cleared for vaginoplasty must be completed no later than 4 weeks prior to surgery. Please clear one inch of the penile shaft skin, starting at the base and moving out toward the tip of the penis clearing all the way around the circumference of the shaft. Also clear the perineum, stopping one inch above the anus (no hair removal to be done around the anus). See diagrams below and clear shaded areas only.

Figure 1

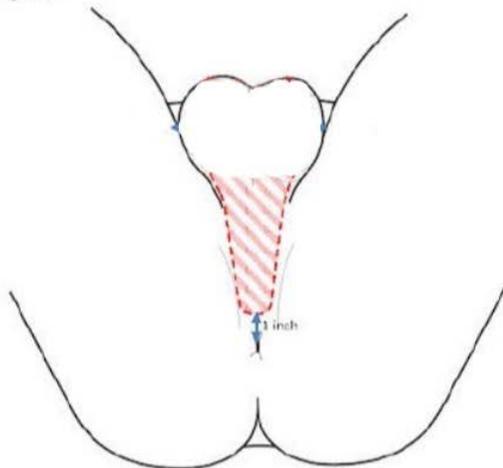
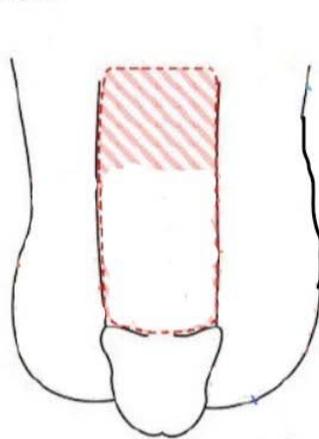
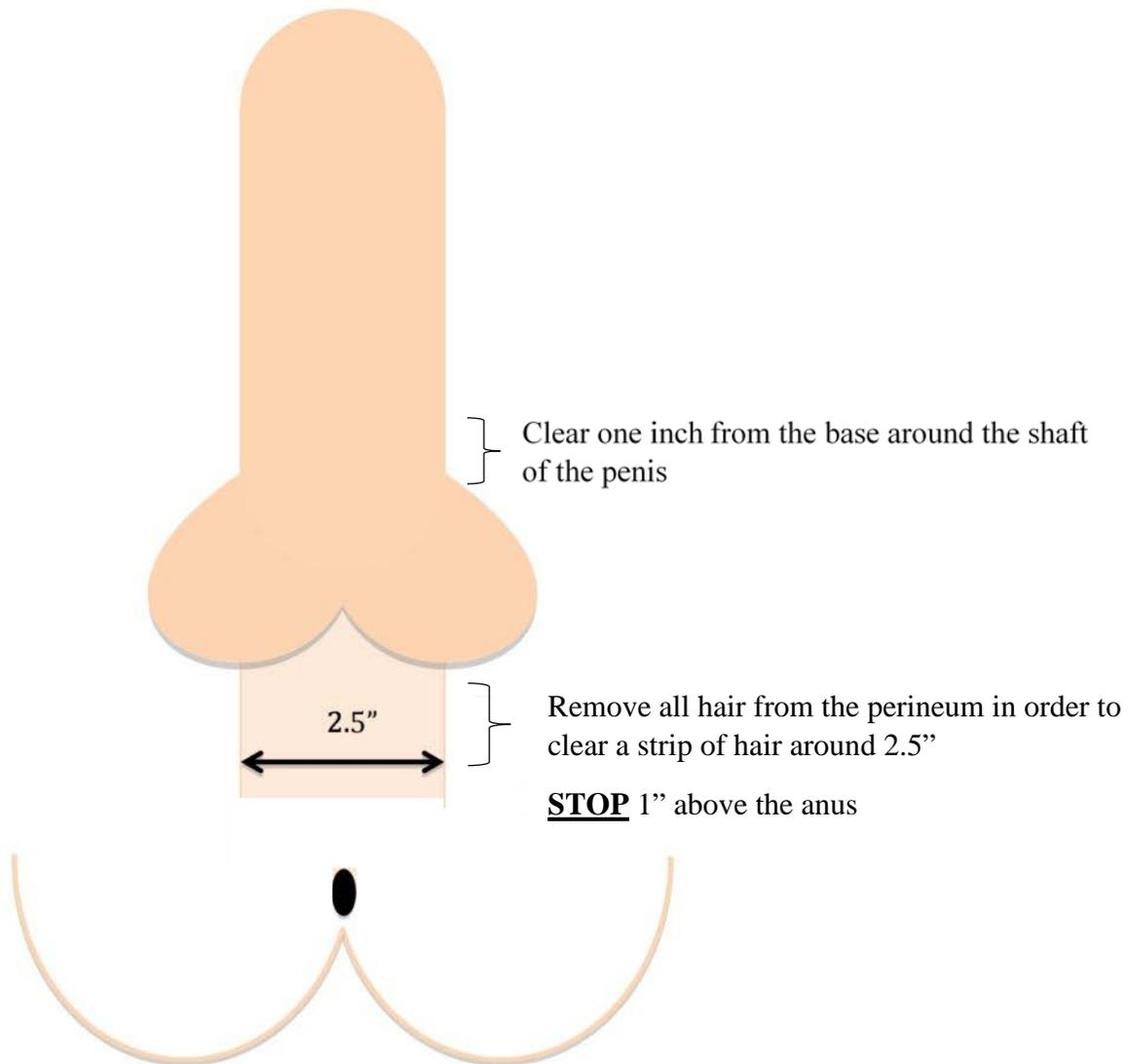


Figure 2



For **shallow-depth (zero-depth) vaginoplasty or vulvoplasty**, only clear the skin of the penile base.



Dilation



- EXTREMELY IMPORTANT to follow dilation instructions to maintain vaginal depth
- EXTREMELY DIFFICULT to create more depth if vaginal canal narrows or shortens
- Surgeon will give you exact instructions about frequency of dilation and show you how to do it
- General guidelines are:

Month One	4x per day
Month Two	3x per day
Month Three – Month Twelve	2x per day and then 1x per day once surgeon gives the ok
Month Thirteen – Rest of Your Life	1-2x per week

Note: You may need to increase frequency if dilation starts to feel difficult to maintain the vaginal opening and depth

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

