Surgical Preparation Next Steps:

❑ Hair removal options after surgeon consult:

❑ Laser referrals will be sent to an identified Kaiser laser facility. You should hear back by phone within 1 week after referral is sent.

❑ Electrolysis referrals will be sent to a contracted electrologist provider. You and your provider will receive an authorization letter in 1-2 weeks. Once you receive the authorization letter, please contact the provider directly to schedule an appointment.

❑ Referral Assistance: If you do not hear back within timeframe listed above please let the MST Nurse Coordinator know via kp.org or call MST at 510-752-7149.

❑ Surgical Follow-Up

❑ Gender Pathways in San Francisco will follow up with you to check in about hair removal progress and surgery scheduling.

❑ The phone number for Gender Pathways is: 415-833-8767

❑ Vaginoplasty Class

❑ MST offers a live online information session covering surgical technique, preparation for surgery, post-operative care, and a patient panel. To enroll please call the MST department for dates.
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.
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.
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.
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:

<table>
<thead>
<tr>
<th>Month</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Month One</td>
<td>4x per day</td>
</tr>
<tr>
<td>Month Two</td>
<td>3x per day</td>
</tr>
<tr>
<td>Month Three – Month Twelve</td>
<td>2x per day and then 1x per day once surgeon gives the ok</td>
</tr>
<tr>
<td>Month Thirteen – Rest of Your Life</td>
<td>1-2x per week</td>
</tr>
</tbody>
</table>

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

- Work with your doctor and other specialists to support your health goals and health requirements