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.

 ❑ Note: Hair removal can not begin until the donor site is confirmed

❑ 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

❑ Metoidioplasty/Phalloplasty 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.
Donor Site 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.

** It usually takes 1 year of regular sessions to complete hair removal. Hair removal will need to be complete before the flap stage of 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.
ANTERIOR LATERAL THIGH HAIR REMOVAL DIAGRAM

PLEASE NOTE: DIAGRAM IS NOT TO SCALE
RADIAL FOREARM HAIR REMOVAL AREA
PLEASE NOTE: DIAGRAM IS NOT TO SCALE
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://healthy.kaiserpermanente.org/health-wellness)

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