

FTM Surgery Checklist

Preparing for Your Surgery

- Set a firm date for your surgery with Dr. Bowers
- Arrange for your Letters of Recommendation, which should be forwarded directly to Dr. Bowers prior to your surgery: one from a Psychiatrist or Ph D in Psychology.
Unless you have been living "full time" for more than 5 years, you need two letters. Due to hospital and insurance requirements, this is not negotiable. Patients living more than 5 years full time will just need one letter from a PhD or MD mental health professional.
- Continue hormone therapy
- Stay in shape! Your recovery will be faster if you are healthy and not overweight.
- If you smoke, QUIT
- Consider taking a multivitamin and optimizing vitamin C (citrus) intake for ideal tissue healing

Before Your Surgery

- One week** prior to surgery, **stop Aspirin, Ibuprofen, herbal supplements, blood thinners. YOU MUST STOP ANY BLOOD THINNING PRODUCTS** If you are taking **any** additional medications or have **any** doubts call Robin for instructions.
- Consult with your endocrinologist/physician to inform her/him about your surgery, and to arrange a visit with your primary care physician for two or three weeks after your surgery. Our office is happy to answer any questions you have about healing, but you will need to find a local doctor. Dr. Bowers is very happy to speak to him/her regarding your specific case.
- If you are over 45, provide us with a copy of an EKG performed within 6 months of your scheduled surgery. If you do not provide a copy, an EKG must be performed at MSRH (for a billed fee of \$45 from Dr. Jimenez)
- Send your surgical fees to Dr. Bowers (cashiers check) for arrival **absolutely no less than 14** days prior to your surgery. (Fed Ex, Priority Mail or some other method that you can track and insure.) Call if you have not received notice of final check amount.
- Review the information packet you have received by Robin for the date and time of your pre-surgery visit.

Travel Arrangements

- Plan to arrive two days before your surgery. Two days before is safest in case of travel delays and to give you some time to relax and enjoy Trinidad! You will need to be in Dr. Bowers' office the day prior to surgery.
- Arrange for a hotel for yourself as well as for anyone accompanying you for your surgery. If you would like to spend any nights in the Guest House, this can be arranged for an additional fee. Contact Robin for more details. Hotel Information can be found on the website here:
<http://www.marcibowers.com/grs/surgery2.html>

- Arrange for flights (advance tickets may be less expensive!)
- Consider how you will get from the airport to Trinidad. Check the website for travel information:
<http://www.marcibowers.com/grs/surgery2.html>
- Dr. Bowers' office can provide transportation to and from the Colorado Springs airport (~\$150 each way) - we require advance notice, pending availability. You may drive yourself back to the airport, although taking advantage of a friend or relative is a good idea.
- Travel time via car from Denver: 3.5 hrs, Albuquerque 4 hrs, Colorado Springs 2 hrs

When You Arrive in Trinidad

- Confirm your previously scheduled pre-surgery appointment and let us know you are in town, by calling (719) 846-6300 (office)
- If you need transportation to and from the office, and/or the hospital, please call us in advance at (719) 846-6300 to arrange.
- Please shave your genital area the night prior to surgery. (Someone might do this for you the morning before surgery).
- You can eat normally today, but please put **NOTHING IN YOUR STOMACH AFTER MIDNIGHT** please!!
- Remember to discuss your medications with Dr. Bowers so that she can work with you to phase these in after your surgery
- If you get into town early, you can find some information and brochures about Trinidad here:
<http://www.marcibowers.com/grs/tourism.html>

Things to Bring to Trinidad: Medical

- Bed pads to protect sheets in the hotel and Guest House. You can get disposable ones.
- Your hormones and other medications (you will continue taking these after your surgery), per your endocrinologist's and Dr. Bowers' recommendations. At the hospital you will need to give all the meds to the nurse. They will be secured in the hospital pharmacy. (You will be able to use your own meds, but the hospital cannot leave them at the bedside.)

Things to Bring: Boredom Suppressants

- Stamps and Stationery if you want to write some letters
- CD Player, DVD Player, Laptop, etc. as well as media, if you are having an inpatient procedure. Bring headphones so you do not bother other patients. MSRH now has high speed wireless internet.
- A good book or two, or magazines.
- Bring spare batteries or chargers for electronic devices
- A camera (we're all so photogenic!)

Things to Bring to Trinidad: Personal

- Clothes (you will not need much for the hospital, but plan loose and comfortable outfits for after your release)
- Toiletries

Bring A Little Cash

While your surgery fees are generally inclusive of most medical expenses, plan to bring some money to Trinidad for the following:

- Snacks, the gift-shop, comfort food, etc.
- Downtown Trinidad has some really cute and unique places to shop for a memento of your visit or gifts for friends and loved ones who put up with your pre-surgical freaking out.
- Plan on spending about \$100 - \$120 for prescriptions upon your release. (antibiotics and pain meds). You can pick these up at the local Hometown Pharmacy, Safeway, or Walmart. Bring along any insurance cards, although you may need to pay for the meds and submit the bills for payment.
- If you are over 45 and have not provided us with an EKG, you will need to have an EKG performed at MSRH - Dr. Jimenez will bill the reading fee for this separately (about \$45)
- Plan enough money for meals and hotels on any days you are staying before or after your surgery.

Things to Have Pre-purchased for When You Return Home

- Neosporin, Triple antibiotic, or A&D Ointment which you will apply to suture areas while you are healing.
- Thin pads to protect your underwear and clothes
- Soft toilet paper
- If you live alone, stock up on foods that are nutritious, will keep while you are in Trinidad, and are easy to prepare. You may not want to brave the supermarket for a while

Updated 01/05/10