

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.
- If you are over 40, provide us with a copy of an **EKG** performed within 6 months of your scheduled surgery.
- If you have heart problems, diabetes, hepatitis, genetic disorders, etc., you must contact the office as soon as possible for specific instructions.
- Bring **ALL** of your medications including prescriptions and inhalers. Also, bring your Medical Insurance Card.
- 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 having a Ring Metoidioplasty you might go home with a catheter. Your local doctor can help you remove this. Dr. Bowers will give you specific instructions regarding this.
- For Simple Meta's and Testicle Implants, recovery time is about 3 weeks. Ring Metoidioplasty and Hysterectomy have a 6 week recovery period. Plan accordingly with your employer.
- Send your surgical fees to Dr. Bowers and the San Mateo Surgery Center for arrival **absolutely no less than 14 days** prior to your surgery.
- Instructions for making payments are included in the letter you received from Dr. Bowers' office. We recommend you send payment via Fed Ex, Priority Mail or some other method that you can track and insure. Call if you have not received notice of final check amounts.
- 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! In most cases, 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
- Arrange for flights (advance tickets may be less expensive!)
- Most hotels in the area will offer free shuttle service to/from the airport. Information about travel, lodging, cab services, local pharmacies, etc., can be found in the packet you received from Dr. Bowers' office.

When You Arrive in San Mateo

- Confirm your previously scheduled pre-surgery appointment and let us know you are in town, by calling Robin at (877) 439-2244.
- You can eat normally the day prior to surgery, but put **NOTHING IN YOUR STOMACH AFTER MIDNIGHT** on the day of your surgery please!!
- Remember to discuss your medications with Dr. Bowers so that she can work with you to phase these in after your surgery

Things to Bring to San Mateo: Medical

- Bed pads to protect sheets in the hotel. You can get disposable ones.
- Your hormones and other medications.
- Any Medical Insurance Card
- List of Questions for Dr. Bowers, and Medication list.

Things to Bring: Boredom Suppressants

- Stamps and Stationery if you want to write some letters
- CD Player, DVD Player, Laptop, etc.
- 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 San Mateo: 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 for the following:

- Snacks, comfort food, etc.
- San Mateo 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 a local pharmacy. Bring along any insurance cards, although you may need to pay for the meds and submit the bills for payment.
- 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 away, and are easy to prepare. You may not want to brave the supermarket for a while.