

HAVE A SURGICAL CONSULT

A surgical consult is an appointment with your surgeon to talk about your goals for surgery and your options in terms of procedures. It's also an opportunity for you to ask questions.

See Trans Care BC's [Navigation Guide for Vaginoplasty and Vulvoplasty Surgery](#) to learn more about what to expect during the surgical consult appointment and other frequently asked questions.

Here are some tips on how to prepare for this appointment:

- Attend a GSP BC [Surgery Education Class](#).
 - Read up on the surgery you are interested in:
 - Rainbow Health Ontario: [Vaginoplasty](#)
 - GRS Montreal: [Vaginoplasty](#)
 - GRS Montreal: [Vulvoplasty](#)
 - Search online for before-and-after photos, including photos of people who have a body similar to your own.
 - Have a list of your current medications and supplements (including traditional medicines, such as herbs and teas; vitamins; minerals; amino acids; and probiotics). Include the dose and how often you take them.
 - Have a list of questions for the surgeon. You can find common questions in this workbook and online, at the [Navigation Guide for Vaginoplasty and Vulvoplasty Surgery](#).
 - Have a pen for taking notes.
 - If there are any updates on your health since your initial referral was made, ask your GP or NP to send any relevant information to GSP BC.

DATE(S) OF SURGICAL CONSULTS

For more information, please visit transcarebc.ca

CURRENT MEDICATIONS

Bring a list of medications, traditional medicines, and supplements that you take regularly. Some of these may affect how your body responds during surgery or in the healing period. Your surgeon may recommend changes.

current medications

Medications or Supplements	Dose	How often	Need to stop before surgery? (Y / N / When)

MY QUESTIONS FOR THE SURGEON

Make a list of questions to ask your surgeon during your consult. Some sample questions are listed below. Don't forget to have a pen handy so you can record the answers. You may also want to have a friend take notes so you can focus on the conversation.



FAQS

When should I arrive in Vancouver/Montreal for surgery?

When can I return home?

Can I see photos of surgical outcomes of your other patients who had this surgery?

What are the complications that could occur after the surgery?

How common are these complications?

What are the chances that I will need a revision with this type of surgery?

How long will the swelling last?

What happens during the time I spend at VGH/Asclépiade?

What should I do if I experience a new symptom after I return home?

Can I take [medication/vitamin/supplement] before surgery?

When can I return to work?

How do I know my vaginal discharge is healthy?

What do I need to do to take care of my prostate?

How long will it take to heal? What can I expect from the healing process?

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other questions

For more information, please visit transcarebc.ca