



MOSAIC MEDICAL

Gender Affirming Surgery Guide

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Getting Started

Gender affirming surgery is a personal decision. Not everyone who affirms their gender will choose to have gender affirming surgery. This guide will walk you through the process of planning for gender affirming surgery and offer a number of resources. Typically the arc of surgery includes deciding to have surgery, planning for surgery, having surgery, followed by acute recovery, and then long term recovery.

Types of gender affirming surgery include but are limited to: facial surgeries, hair implants, tracheal shave (Adam's apple reduction), voice surgery, body contouring, BBL (Brazilian butt lift/buttock augmentation), breast augmentation, chest masculinization surgery, metoidioplasty ("meta"), phalloplasty, vulvo/vaginoplasty, and nullification surgery. Some gender affirming surgeries are covered by insurance and some may not be, it will vary by insurance. Typically most insurances cover chest and genital gender affirming surgeries when certain requirements are met. Facial surgeries are covered by some insurance, but not all. Additional gender affirming surgeries and revisions may also be covered, but it is best to check with your insurance policy to better know the possibilities and limitations of your plan.

If you are interested in exploring surgery possibilities, it can be best to start by checking out your insurance's gender affirming services policy to better understand what is covered. If there is no policy or a surgery is not explicitly listed in the policy as covered the procedure may be covered if considered medically necessary by your insurance. Here is a link with more information about medical necessity: [chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://content.naic.org/sites/default/files/consumer-health-insurance-what-is-medical-necessity.pdf](https://content.naic.org/sites/default/files/consumer-health-insurance-what-is-medical-necessity.pdf)

Letters for Surgery

WPATH SOC 8 (World Professional Association of Transgender Health Standards of Care) recommends standards of care for transgender care across the globe. It is often used as a guide for insurance policies and surgeon requirements. WPATH SOC 8 (2022) only requires 1 letter for any gender affirming surgery. This letter can come from a mental health professional or a medical provider who is connected to your gender affirming medical care. Some insurances and surgeons will differ from the WPATH SOC 8, so it is always best to check your insurance plan and the requirements of your surgeon's office.

Here is a guide and sample letter from the American Psychiatric Association that can be used by providers who have less experience with letter writing. Please share this link with your provider if helpful.

<https://www.psychiatry.org/psychiatrists/diversity/education/transgender-and-gender-nonconforming-patients/letter-writing>



Gender Affirming Surgeons and Programs

Programs and surgeons change over time. Please call to confirm that the surgeon or surgery you are interested in is still available and if they accept your specific insurance. Some surgeons' offices require that you have a letter for surgery prior to scheduling. Please check when scheduling your consults. Have your insurance card available when calling. It can also be helpful to take notes as you call different surgeons.

Pennsylvania

Jefferson Einstein PRIDE Program

Philadelphia PA | LGBTQ+ Patient Navigator: call or text 215-420-0989

Different surgeons offer different surgeries and have different contact information.

Top surgery | Breast Augmentation & Double mastectomies and chest reduction | 18+

Dr. Jared Leibman (he/him) | Center One, 9880 Bustleton Ave, Philadelphia, PA | 215-827-1602

Dr. Heather McMahon | 840 Walnut St. 15th Floor, Philadelphia, PA | lgbtq-pride@jefferson.edu

Top Surgery | Double mastectomy & breast reduction only | 16+

Dr. Susanna Nazarian (she/her) | Center City, PA 215-503-2346 | Cherry Hill, NJ 856-218-2100

Gender Affirming Hysterectomies and GYN care

Dr. Mary Elise Lynch | <https://providers.einstein.edu/provider/mary-elise-lynch/2638899>

Bottom, top and Facial Surgeries

Dr. Avra Laarakker (she/they) | Complete this interest form or email plasticsaffirm@jefferson.edu <https://www.jeffersonhealth.org/find-a-doctor/l/laarakker-avra-sophia-s>

www.jeffersonhealth.org/find-a-doctor/l/laarakker-avra-sophia-s

- Email should include Name you use, pronouns, surgeries of interest, phone # and insurance

Penn LGBTQ+ Health Program

Philadelphia PA | LGBTHealth@penmed.upenn.edu | 215-662-7300 | Patient Navigator 215-573-8499

Top surgeries, body contouring, facial, hysterectomy, orchiectomy, and voice surgeries

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/igbtq-health/patient-care/igbtq-affirming-services>

Connect with the LGBTQ patient navigator at lgbtHealth@penmedicine.upenn.edu or call 215-573-8499. Include the name you go by, pronouns, date of birth, phone number and surgeries of interest. They will help you with next steps.

Mainline Health Gender Care Program | Dr. Katherine Rose

Philadelphia PA | 866-225-5654

Top surgeries, tracheal shave, vulvo/vaginoplasty, body contouring, orchiectomy and voice

<https://www.mainlinehealth.org/specialties/gender-care-program/gender-care-services/surgical-gender-affirming-care>

Temple Health Gender Affirming Surgery Program

Philadelphia, PA | New patients: 844-948-5077 | Program direct line: 215-707-8427

Top surgeries, facial, tracheal shave, vulvo/vaginoplasty, orchiectomy, metoidioplasty, phalloplasty

Dr. Laura Douglass | Orchiectomy and gender affirming urology

Dr. Alireza Hamidian | Top surgeries, facial, tracheal shave

Dr. Laura Douglass and Dr. Alireza Hamidian | vulvo/vaginoplasty, meta and phalloplasty

<https://www.templehealth.org/services/transgender-non-binary-gender-diverse-affirming-healthcare/surgeries-procedures>



Pennsylvania Continued

Temple Health Gender Affirming OBGYN Services

Philadelphia, PA | New patients: 844-948-5077

OBGYN Care and Gender Affirming Hysterectomies

Dr. Elizabeth Eisner | Dr. Kylee Clyatt | Dr. Anna Zelivianskaia

<https://www.templehealth.org/services/obgyn-reproductive-endocrinology/general-gynecology>

Tower Health Gender Affirming Services | Ashley Brandt, DO

Redding PA | 484-628-9757

Top surgeries, orchi, vulvo/vaginoplasty, hysterectomy, meta, vulvo/vaginoplasty revisions

<https://testing-stage.towerhealth.org/services/gender-affirming-services>

Papillon Center | Dr. Christine McGinn

New Hope, PA | papilloncenter@gmail.com | 215-693-1199 | Fax: 215-693-1197

Top surgeries, orchiectomy, vulvo/vaginoplasty, meta, scrotoplasty

<https://www.drchristinemcginn.com/>

Philadelphia Center for Transgender Surgery | Dr. Jude Opoku-Agyeman

Bala Cynwyd, PA | 610-667-1888

Top surgeries, body contouring, BBL, hair transplant, facial, tracheal shave, bottom surgeries

<https://www.dropokuplastics.com/>

New Jersey

The Rutgers Center for Transgender Health | Dr. Edward S. Lee and Dr. Rachel Kaye

Newark, NJ | 973-972-1129 or 973-972-3229

Top surgeries, facial feminization, tracheal shave, body contouring, voice

https://njms.rutgers.edu/centers_institutes/trans_health/services.php

Robert Wood Johnson University Hospital PROUD Gender Center

New Brunswick, NJ | 833-247-7683

Top surgeries, facial, body contouring, hysterectomy, vaginectomy

<https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/lgbtqia-program/proud-gender-center-transgender-community-servic/>

The Center for Gender Affirmation at East Coast Plastic Surgery

Dr. Jonathan Keith and Dr. Drew Marano

New Jersey | New York | 201-449-1000

Top surgeries, facial, tracheal shave, body contouring, voice

<https://www.ecaplasticsurgery.com/procedures/gender-affirmation/>

Summit Health Gender Confirmation Surgery

Berkeley Heights and Florham Park, NJ | 908-277-8759

Top surgeries, facial, tracheal shave, body contouring

<https://www.summithealth.com/gender-confirmation-surgery>



New York

NYU Langone Medical Center Transgender Surgery Services

Dr. Rachel Bluebond-Langner and other surgeons

New York, New York | 646-929-7800

Top surgeries, facial, tracheal shave, orchiectomy, hysterectomy, vulvo/vaginoplasty, metoidioplasty and phalloplasty
<https://nyulangone.org/care-services/plastic-surgery/transgender-surgery-services>

Mount Sinai Center for Transgender Medicine and Surgery

New York, New York | 212-604-1730 | ctmsinfo@mountsinai.org

Top surgeries, facial, tracheal shave, orchiectomy, hysterectomy, vulvo/vaginoplasty, meta, phalloplasty, and voice
<https://www.mountsinai.org/locations/center-transgender-medicine-surgery/care/surgery>

Maryland

John Hopkins Medicine Center for Transgender and Gender Expansive Health

Baltimore, MD | 844-546-5645

Top surgeries, facial, tracheal shave, vulvo/vaginoplasty, meta and phalloplasty
<https://www.hopkinsmedicine.org/center-transgender-health>

MedStar Health | Dr. Gabriel Alfonso Del Corral

Baltimore, MD | 443-777-7631

Top surgeries, facial, tracheal shave, body contouring, orchiectomy, hysterectomy, vulvo/vaginoplasty, metoidioplasty and phalloplasty, vulvo/vaginoplasty revisions
<https://www.medstarhealth.org/doctors/gabriel-alfonso-del-coral-md>



Common Surgery Timeline

- **Surgery readiness letter**
 - Work with your medical provider or mental health provider to prepare this letter. This letter is typically required by surgeons and insurance to proceed with gender affirming surgery. Insurances and surgeons may have different requirements regarding letters, it is best to check when scheduling and/or consult your insurance policy.
- **Consults**
 - Call surgeons and programs to schedule a consultation or consultations.
 - Some offices or certain surgeries may have wait lists. It is helpful to take notes and ask when you might expect a call back or be scheduled.
- **Attend your consultation / consultations with various surgeons**
 - Meet with the surgeon, view surgical results, ask questions and share your concerns.
 - It can be helpful to write your questions down ahead of time.
 - If you like, you can make a plan for a supportive friend or loved one to accompany you to the consultation, to offer emotional support and help take notes. This way you can focus more on the consultation.
- **Choose a Surgeon**
 - Once you have completed all your consultations, you can choose your surgeon.
 - Typically your surgeon's office will submit the claim to your insurance company and inform you of the insurance determination.
 - If using insurance through your employer, be sure to check if your employer has any exclusions, this is rare, but still legal and helpful to know ahead of time.
- **Schedule Surgery**
 - Schedule your surgery and pre-surgical visits with your surgeon's office and PCP (primary care provider) or any other specialities that your surgeon may require.
 - Make a plan for who will take you to the hospital and pick you up at discharge.
- **Create a recovery plan**
 - Plan for time off of work, school and/or personal responsibilities while healing.
 - Your surgeon will give you information about healing time and when you should take off work, school or other personal responsibilities.
 - Do you have short term disability or FMLA available through your employer?
 - Check in with your human resources department if you are employed and see what is available to you.
 - You can share that you are planning for surgery. You do not have to share the specific surgery or that it is for gender affirmation, unless you want to.
 - Create a post op recovery plan with friends and family.
 - Who will be your support team? Who will keep you company and assist with daily tasks of living: meals, changing bandages, showering, emotional support and help you be as comfortable as possible?
 - Create a transportation plan for your follow up appointments.
 - It may not be possible to take public transit for a period of time; make a plan with a friend who has a car or be sure to have savings for a car service like Uber or Lyft.
- **Acute and long term health**
 - Most surgeries have an acute healing phase where you will need to rest a lot and stay home from work or school and have other people help you with daily tasks of living.
 - If you are a parent or a caretaker you will need to make a plan for care while you heal. If you have a pet, you will also need to plan for pet care while you heal.
 - Healing times are offered as a range and will vary depending on a variety of factors. Every person heals differently and it is important to listen to your body.
 - Healing timelines vary by surgery and surgeon, but general healing times are listed below as a guide.



Being Prepared for Your Surgery Consultation

You deserve to be treated with respect and dignity always.

Here are some things to prepare for that typically happen during a surgery consultation:

- They will review your health history, current health and readiness for surgical procedures.
- They will also discuss your long term gender embodiment goals with you and make recommendations for procedures.
- They will go over the procedure details, including the risks and benefits and what to expect post operatively.
- Prior to your surgery date you will typically complete a preoperative anesthesia and medical evaluation to confirm that you are healthy enough for surgery.

There are many questions you may want to ask during your consultation. It can be helpful to write them down ahead of time. It can also be helpful to bring a friend or loved one with you to the consultation to take notes while you speak with the surgeon/s.

Here are a few suggested questions you may want to ask:

1. Can you tell me about your training and experience with this type of surgery?
2. How long have you been performing this surgery? How many have you completed?
3. What technique/s do you offer? Are there other techniques you do not offer?
4. How long does the surgery typically take?
5. Is this an outpatient or inpatient procedure? If inpatient, how long is the hospital stay?
6. Are there any requirements for staying near the hospital after discharge?
7. Do you have pictures of surgical results I can view in the office?
8. How will surgery impact sensation? When can I expect maximum sensation to return?
9. What complications are possible?
10. What kind of revisions are typical?
11. What can I do to be better prepared for this surgery and healing afterwards?

Here are a few more questions that can be asked of the administrative support staff:

1. If utilizing your insurance, review with the staff the steps for submitting to your insurance and what you need to provide to complete the process.
2. Will the office help me appeal if my insurance denies the surgery?
3. What out of pocket costs should I expect?
4. What kind of updates can I expect from staff?
5. Who should I contact if I have questions about paperwork or insurance?



Feminizing & Nonbinary Surgeries

Breast Augmentation

- Breast augmentation (BA) or feminizing top surgery is the addition of implants (saline or silicone) or a fat transfer to enlarge the chest tissue/increase breast size.
- Typically an outpatient procedure with general anesthesia.
- There is natural chest growth from GAH (gender affirming hormones): estrogen, but it varies per person. Max growth is usually experienced around 12 months from GAH, but everyone varies and some people may have growth for up to 3 years.
- It is often recommended to be taking estrogen GAH for around 12 months before surgery. This varies by surgeon, so it is recommended to ask when calling to schedule your consultation.
- BA is typically covered by insurance when requirements are met.
- Coverage for BA revisions can be challenging and are often deemed cosmetic by insurance, especially if it is for a change in implant size. Insurances can consider this type of revision to not be medically necessary, but it will vary by insurance.
- Implants will need to be replaced over someone's lifetime every 10-20 years, but may need to be replaced sooner for a variety of reasons.
 - Insurance should cover these procedures as they are medically necessary.
- Healing time is around 4-6 weeks but will vary by surgeon and technique.
- It typically takes around 2-3 months for the new breasts to 'drop' and have a more natural shape.

Breast Augmentation Surgery Resource Guide

Breast Implants | <https://www.mtfsurgery.net/mtf-breast-augmentation.htm>

Fat Transfer | <https://www.mtfsurgery.net/mtf-breast-augmentation-fat-transfer.htm>

Your Questions Answered: Breast Augmentation for Trans and Non-Binary Patients

<https://www.genderconfirmation.com/mtf-top-surgery/>

Information from the Gender Confirmation Center located on the west coast has a lot of useful universal information, but some is specific to the Center.

Facial Gender Confirmation Surgery/FGCS aka Facial Feminization Surgery/FFS

- Check your insurance policy to confirm that FGCS procedures are covered.
 - If FGCS is not mentioned in your insurance then there is a possibility it could be covered if considered medically necessary by your insurance.
 - FGCS is sometimes denied as medically necessary. Know that you can appeal the decision with your insurance company. Ask your surgeon's office if they will support you with an appeal.
- PA Medicaid plans: The only PA Medicaid plan that explicitly covers FGCS at this time is UPMC For You, which is available in every PA county.
 - UPMC For You Medicaid plan | <https://medicaid.upmchealthplan.com/>
 - Facial feminization surgeries for trans women now covered by UPMC | <https://www.pghcitypaper.com/news/facial-feminization-surgeries-for-trans-women-now-covered-by-upmc-21003394>
 - Other PA Medicaid plans may cover FGCS if considered medically necessary.
- Acute and long term healing will vary based on procedures performed.

Facial Gender Confirmation Surgery Guide

<https://www.mtfsurgery.net/facial-feminization-surgery.htm>

FOLX Health Facial Feminization Surgery 101

<https://www.folxhealth.com/library/facial-feminization-surgery-10>



Feminizing & Nonbinary Surgeries Continued

Orchiectomy

- Removal of the testes
- Outpatient procedure with general anesthesia
- Typical healing times is 1-2 weeks with no heavy lifting for 8 week

Orchiectomy Resource Guide

<https://www.mtfsurgery.net/orchiectomy.htm>

Vulvo/vaginoplasty

- Vulvoplasty is the creation of external genitalia (clitoris, labia majora, labia minora, urethral shortening, and a vaginal dimple)
- Vaginoplasty is the creation of external genitalia and an internal vagina.
 - The most common technique is penile inversion vaginoplasty.
- Folx can opt for a shallow depth procedure which does not include the creation of a vaginal canal or a full depth procedure which does include the creation of a vaginal canal.
- Vaginoplasty typically requires hair removal prior to surgery, but check with your surgeon when scheduling your consultation. Completing hair removal prior to your consultation can typically move up your surgery date as hair removal can take weeks or months to complete.
- Full depth vaginoplasty requires daily dilation post-op for the foreseeable future to maintain the vaginal canal. Dilation schedules will vary by surgeon.
- Pelvic floor physical therapy is highly recommended before and after surgery.
- Acute healing is typically 6-8 weeks, but healing can continue up to and past 1 year.

Vulvo/Vaginoplasty Resource Guide

<https://www.mtfsurgery.net>



Masculinizing & Nonbinary Surgeries

Top Surgery

- Gender affirming top surgery/chest surgery is the permanent removal of chest tissue.
- There are a variety of surgical techniques that different surgeons offer.
- Top surgery can be done with or without nipple grafts.
- Surgical nipple tattooing following surgery is also an option.
- Acute healing typically take 2-8 weeks
- Folx typically can return to work in 1-2 weeks (desk job) 4-6 weeks (heavy lifting or physical activity is involved).
- Many surgeons and patients underestimate the time off it takes to heal. Listen to your body and go slow. You can only heal once.
- Full healing can take up to one year or more.

Top Surgery Guide

<https://www.topsurgery.net/>

FOLX Health Top Surgery 101

<https://www.folxhealth.com/library/top-surgery-101-procedures-cost-and-safety>

The Gender Confirmation Center: Everything You Need to Know About Top Surgery

<https://www.genderconfirmation.com/ftm-top-surgery/>

Information from the Gender Confirmation Center located on the west coast has a lot of useful universal information, but some is specific to the Center.

Hysterectomy Salpingo/Oophorectomy

- Hysterectomy: removal of the uterus
- Oophorectomy: removal of ovaries
- Salpingo oophorectomy: removal of ovaries and fallopian tubes
- Healing times vary based on surgical methods

Hysterectomy Surgery Guide

<https://www.hysto.net/>

Metoidioplasty aka Meta

- Creation of a phallus utilizing the hormonally enlarged clitoris; masculinizing bottom surgery that works with the existing tissue.
- Depending on goals this can include a combination of procedures
 - Urethral lengthening (UL) allows for peeing through the tip of the neophallus
 - Vaginectomy is the removal of the vaginal wall/vaginal epithelium
 - Colpectomy is the closure of vaginal or front opening
 - Perineum reconstruction: construction of a flat, masculine appearing perineum after vaginal closing
 - Monsplasty: reduces extra tissue in the pubic area surrounding the neophallus to give it a longer appearance
 - Scrotoplasty: creation of a scrotum using labia majora and perineal tissue
 - Testicular Implants: placement of prosthetic implants into the scrotum
- Typically covered by insurance as a gender affirming surgery if requirements are met. Please see your individual insurance plan for coverage details and requirements.

Metoidioplasty Surgery Guide

<https://www.metoidioplasty.net/>



Masculinizing & Nonbinary Surgeries

Phalloplasty aka Phallo

- The creation of a large neophallus using tissue from your forearm, thigh, abdomen, back or other locations.
- The same combination or procedures from meta are available for phalloplasty.
 - Glansplasty: creation of the glans portion of the phallus, or the “head” (of a circumcised penis)
 - Penile implants: placement of prosthetic implants into the phallus to make it rigid enough for penetrative intercourse
- This is typically a multi stage surgery with healing times between procedures and can take up to 3 years to complete full phalloplasty with implants.
 - There is no one way that phalloplasty is performed and will vary widely based on your choice of surgeon.
 - Check with your surgeon about their timeline and healing periods.
- Typically acute healing time ranges 6-8 weeks and can take a year or more to fully heal and function.

Phalloplasty Surgery Guide

<https://www.phallo.net/>

Phalloplasty Timeline and Recovery for Young Professionals & Students, Dr. Gabriel Del Corral

https://youtu.be/nBzLCgniUhQ?si=_ABIYPWFQngfi3Y



Things To Consider

BMI and Gender Affirming Surgery

- The Body Mass Index (BMI) is not an inclusive measure and has not been proven to be a good measure for surgical outcomes as the data is very limited.
- Unfortunately, it is used by many surgeons as a predictor of surgical outcomes and limits people's access to surgeries. • Queer Doc's article about BMI and advocacy: <https://queerdoc.com/7-31-bmi-and-gender-affirming-surgery/>
- Fed Up Collective's list of surgeons with BMI requirements: <https://fedupcollective.org/gender-affirming-surgeon-guide>
- Unfortunately, due to insurance, geography and financial limitations, you may not have much choice in who is available for surgery and may face BMI limits as a barrier to surgery. Please reach out for support as this can be very challenging to navigate.

Nicotine Use and Gender Affirming Surgery

- Most surgeons will require a negative nicotine test prior to surgery.
- Different surgeons will have different requirements around length of time to be completely nicotine free prior to and following surgery.
- Nicotine impairs healing by causing the blood vessels to constrict or narrow, reducing the amount of blood that can reach the surgical site. Nicotine increases the chance of surgical complications such as infection, tissue loss and tissue necrosis (cell death/loss of tissue or graft).
- Nicotine increases life threatening complications like stroke, heart attack, blood clots and pneumonia.

Surgical Resources

Being Ready for the Emotional Ups and Downs of Recovery | Gender Confirmation Center

<https://www.genderconfirmation.com/emotional-physical-reactions/>

Queer Doc Gender Affirming Surgery

Telehealth provider based in the west coast. Website collection of helpful resources.

<https://queerdoc.com/gender-affirming-surgery/>

Transbucket

Posts and pics from people who have had gender affirming surgery. You will need to register with Transbucket to access this site.

<https://www.transbucket.com/>

Trans Recovery Supply | Gender Confirmation Surgery Recovery Kits

<https://www.transrecoverysupply.com/>

T4T Caregiving | A collection of Trans caregivers for all your post op needs.

<https://www.t4tcaregiving.org/> | Sliding scale available

Temple Gender Affirming Resource Library

Resource lists and guides on a variety of topics.

<https://www.templehealth.org/services/transgender-non-binary-gender-diverse-affirming-healthcare/resources>



Gender Affirming Hair Removal Resources

Point of Pride: Electrolysis vs. Laser Hair Removal: An Intro for Trans Folks

<https://www.pointofpride.org/blog/electrolysis-vs-laser-hair-removal-an-intro-for-trans-folks>

Gender Confirmation Center: Located on the West Coast but offers some helpful information between laser hair removal and electrolysis.

<https://www.genderconfirmation.com/hair-removal-transgender-san-francisco/>

Zapster Laser and Electrolysis: trans owned hair removal services

1315 Walnut St. Suite 717, Philadelphia, PA | Phone: 267-ZAPHAIR (267-927-4247)

<https://www.transcendeelectrolysis.com/>

Milan Laser Hair Removal for Transgender Clients

Various locations | Phone: 833-NORAZOR (833-667-2967)

<https://milanlaser.com/trans/>

Metro Laser Hair Removal

Supportive of trans and gender diverse clients

1528 Walnut St. Suite 2002, Philadelphia, PA | Phone: 215-826-3094 | Call or Text

<https://www.metrolaserphilly.com/>

Electrolysis by Linda

117 West Ridge Pike, Suite 2, Cons hohocken, PA | Phone: 610-246-6529

<https://eblinda.com/>

Gender Wellness Center Papillon Center

New Hope, PA | Phone: 215-693-1199

<https://www.drchristinemcginn.com/services/electrolysis.php>

Picone Beauty & Wellness | Offers Electrolysis

100 West State Street, Kennett Square, PA | 610-444-4887

<https://www.picone1.com/electrolysis>

Wynnewood Salon

1404 Manoa Rd. Wynnewood, PA | 610-896-6183

<https://www.wynnewoodsalon.com/>

Gender Affirming Pelvic Floor Therapy

Pelvic Floor Physical Therapy for Gender-Affirming Vaginoplasty | Brief Outline

<https://pelvicpath.com/pelvic-floor-physical-therapy-for-gender-affirming-vaginoplasty/>

Good Shepherd Penn Partners: LGBTQ Pelvic Health Program | 877-696-7342

<https://pennrehab.org/services-and-programs/outpatient-rehabilitation/lgbtq-pelvic-health-program/>

MossRehab Tabor Road | 215-456-9800

<https://www.jeffersonhealth.org/locations/moss-magee-rehabilitation-tabor-road>

Request Naomi Goodman or Sbura Shiffrin for your physical therapist

Ivy Rehab Physical Therapy | 267-281-5253

<https://ivyrehab.com/physical-therapy-location/>

Request a pelvic floor physical therapist who is trained in supporting patients with pre and post gender affirming surgery

Strive Physical Therapy | 800-903-4142

<https://strivephysicaltherapy.com/location/philadelphia/>

Request Julia Kajen for your physical therapist