

# Chest Masculinization – First Visit Packet

## Plastic and Reconstructive Surgery



Thank you for choosing Virginia Mason. As surgery is never the first step in a gender transition, we know you have carefully considered this option and we want to provide the best outcome for you. To qualify for chest reconstruction at Virginia Mason you must meet the following criteria.

In our experience, we are able to assist our patients in successfully navigate the insurance authorization process when we have all of the documentation below before the initial consultation.

**AGE:** You must be 18 years of age or older at the time of surgery.

**SMOKING:** You cannot smoke or vape (cigarettes, marijuana or other substances) or have any nicotine exposure for 6 weeks prior to surgery.

**BODY MASS INDEX:** Less than or equal to 35

**HORMONES:** Hormone treatment is not a requirement for surgery.

**CLINICAL DOCUMENTATION:** You will need a letter from your primary care physician, within the last six (6) months addressing:

- length of time you have been presenting/living as your affirmed gender
- your medical history, including medications, body mass index, smoking history and document that you are capable of pricing consent for surgery and any medical conditions that may be relevant to surgery
- a diagnosis of “persistent, well documented gender dysphoria” using DSMS guidelines
- complete medication list
- when you began hormone treatment and your response to treatment

**BEHAVIORAL HEALTH LETTERS:** You will need a letter(s) from your mental health provider, within the last six (6) months addressing:

- any mental health issues being addressed and results of their assessment, including diagnosis of “persistent, well documented gender dysphoria”
- length of time you have been presenting/living as your affirmed gender and duration of relationship with the mental health providers including evaluation and therapy or counseling to date
- your ability to consent for surgery and explanation that you have met criteria for surgery
- Please check with your insurance company to determine if they require one or two letters.

### All letters should state:

- your legal name, affirmed name and pronouns
- the length of time you have been working with the provider
- the procedure you are being referred for
- Letters should be on the provider’s letterhead with the provider’s credentials and signature.
- Letters should state the provider is available for phone calls and provide contact information

**We must receive all documents prior to scheduling consultations.**

You can fax the documents to:

206-625-7259

or mail to us at

Plastic and Reconstructive Surgery

1100 Ninth Ave, Mailstop: X11-PRS

Seattle, WA 98101

**CONTACT US 206.223.6781**