

WHAT IS A

HYSTERECTOMY?

Many procedures fall under the umbrella of hysterectomy. A partial hysterectomy is the surgical removal of the uterus, while a total hysterectomy is the surgical removal of the uterus, cervix, ovaries (called an oophorectomy), and fallopian tubes (called salpingectomy), and other surrounding structures. Some patients may choose to remove or keep different parts depending on their needs and desires.



IMPORTANT CONSIDERATIONS

- Sterilizing procedure, meaning having biological children will not be possible after completion. A family planning and fertility discussion with your care team is an important step in your surgery process.
- Undergoing hysterectomy permanently removes your body's ability to produce hormone (estrogen). It is important for your health to take hormones for life—to help prevent osteoporosis (weakening of the bones) and to help regulate your mood. Plan with your PCP to adjust your hormone therapy as needed.
- Changes in sex drive and sexual function may occur
- A major surgery that carries standard risks and complications

YOU'RE ON YOUR WAY TO BECOMING MORE YOU, AND WE'RE HERE TO HELP.

The mission of Gender Health SF is to increase access to quality gender-affirming health care for underserved transgender and non-binary people in San Francisco, regardless of immigration status and/or lack of income.

NOTES:



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Hysterectomy

Risk of surgery

Getting the best results

Questions to ask your surgeon

Possible surgical & non-surgical procedures

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HAVING A SUCCESSFUL SURGICAL CONSULT

Patients who understand the surgical and non-surgical procedures for facial surgery often have a more successful consultation experience. Your navigator will provide surgical education and help you prepare for consult. Talking through your expectations, desired outcome, and concerns can be helpful practice prior to seeing a surgeon.



Preparing For Surgery & Expectations

Your PCP, surgeon, and Gender Health Navigator can help you achieve optimal surgical outcomes by actively preparing for your surgery and making sure expectations are surgically possible.

PHYSICAL HEALTH

Maintain a healthy body weight, high body weight can increase complications. While there is not a specific body mass index (BMI) requirement, the surgeon will discuss any concerns about anesthesia, anesthesia outcomes, and/or wound healing at your BMI.

MENTAL HEALTH/WELLNESS

Having surgery takes both physical and mental preparation. Surgery is stressful, some people feel an increase in depression or anxiety after surgery. If you notice any changes in your mood or sleep, especially with anesthesia, please discuss with your care team. If you struggle with mental health, reach out to your mental health provider or navigator for support.

SMOKING

Nicotine intake by smoking, patches, chewing gum, or vaping may interfere with wound healing. If you use nicotine, you should discuss a quit date with your PCP and surgeon. Surgeons require patients to stop nicotine prior to surgery and may test for confirmation.

If you inhale cannabis, it's important to find another way to use it, for example, topical, edibles, and tinctures, or to stop altogether.

SUPPORT

Build your network of support with providers, family, and community to help you plan and organize your recovery prior to and after surgery.

- Transportation to and from appointments
- Meal planning and preparation
- Providing a calm and supportive healing space

What Questions Should I Ask My Surgeon?

PLANNING

- What choices do I have in surgical procedures and what is best for me—for example, will the organs be removed through the abdomen or through the genital canal?
- I want to get phalloplasty in the future, is a total hysterectomy necessary for this procedure?
- Will I have scarring?
- Where will my surgery take place and how long will it take?
- How long will I need to take off work/school?
- What medications or hormones do I need to alter or stop before surgery?
- What kinds of medical supplies will I need for recovery?

EXPECTATIONS

- What sexual functioning changes may occur, and will I be able to have an orgasm? What are the possible complications of this surgery?
- What can I expect healing to look/feel like?

What Can I Expect After Surgery?

Everyone heals differently. Patients will experience—different levels of pain, bruising, swelling, and cramping. Each aftercare recovery plan is catered to a patient's unique medical needs. You will receive post-op care instructions from your surgeon, so make sure to review these instructions with your surgeon, PCP, and navigator as needed. For optimal results and to help avoid complications, it is essential to follow post-op directions and engage in follow-up care appointments as scheduled.



While everything that your surgeon is asking you to do can feel overwhelming, remember that you're not alone. We're in this together. It's okay to reach out to your Gender Health SF navigator for help.