

Date _____

name _____

DOB _____

Patient education for hysterectomy

- Some transsexual, transgender, and gender non-conforming people choose to have surgery to treat severe gender dysphoria and others do not. This is a choice based on personal preferences and medical need.
- Surgery is not required to make complete legal transition.
- Hysterectomy removes uterus, tubes, and ovaries but does not remove the vagina or create a penis
- Hysterectomy reduces estrogen to usual post menopausal levels
- Effects of surgery are permanent and irreversible
- Hysterectomy causes irreversible decrease in estrogen and therefore hormone therapy with estrogen or testosterone will be necessary to prevent osteoporosis
- Hysterectomy causes irreversible loss of fertility
- It is possible to store eggs to preserve the possibility of fertility for the future but this requires hormone manipulation therapy, minor surgical procedures, and is costly and usually not covered by health insurance, and may not be work
- Hysterectomy can be done using several procedures. While total vaginal hysterectomy with bilat salpingo-oophorectomy is the least invasive it is not possible for all patients. The type of hysterectomy is based on uterus size and other patient factors and is determined by the gynecologist at the pre-op exam.
- Cigarette smoking may interfere with wound healing and stopping smoking is highly recommended before surgery
- Complete instructions for pre-op preparation will be provided by the gynecologist and will include instructions for necessary bowel prep.
- Recovery time from hysterectomy depends on the type of procedure done. Overnight hospitalization is required for 1 or more days depending on the patient and procedure
- Return to work and normal activities depends on the type of procedure and usually ranges from 2-6 weeks after surgery

All of the information on this form has been reviewed with me and I understand it and have had any questions answered

patient / client signature

I have reviewed all of the information on this form with my patient /client and I am confident that my patient / client understands this information

name and signature