Vaginoplasty Budgeting and Supply List
Dr. Curtis Crane

Required Supplies	Estimated Cost	"X" once completed
Maxi Pads with Wings or disposable diapers Need 3 to 4 per day for at least 30 days	*$24.00 for 4 total packs of 32 each	_____
100% Cotton Underwear (enough to last until you can do laundry again - 7-10 pairs - they might need to be thrown away)	$8.00 - $12.00	_____
Lubricant (KY Jelly or Astroglide 12 ounces) for dilation	*$18.00	_____
Liquid Dial Soap (pump bottle)	$6.00	_____
Clean cloth towels (2-4)	$6.00 - $12.00	_____
Wet Wipes	$4.00	_____
Toilet Paper (12 rolls, soft is preferable)	$5.00	_____
Robe or loose fitting clothing		_____
Chux (absorbable and disposable pads to protect surfaces from leaking when sitting or laying down)	*$8.00	_____
Epsom Salts (for bathing)	$4.00	_____
Rubber or nitrile exam gloves	$5.00	_____
Thermometer	$10.00	_____
Vitamin E Oil (to minimize scarring)	$8.00	_____
Prescription medications you take		_____
Groceries (frozen meals) (Plan for food at least for 4-6 days Include highly nutritious food including fruits and vegetables)		_____
Hydrogen Peroxide (for cleaning incisions)	$2.50	_____
Massengil or vinegar non-scented douche (1-2 times per week for about 5 weeks)	$20.00 for 5-week supply at $2.00 each	_____
2 small squirt bottles	$14.00 for 2	_____
Transportation (min. 3 visits follow-up to Greenbrae office via bus or ferry)	up to $57.00 for 3 roundtrips	_____
Supplies to get at time of surgery		
Antibiotic (prescribed by surgeon)		
Pain Medication (prescribed by surgeon)		
Stool Softener (prescribed by surgeon for day before surgery)		
Dilators (provided by surgeon)		

Total estimated out-of-pocket budget: **$210.00**

(cost may be more or less depending on where you buy and your coverage)

* Starred items may be covered by Healthy SF/Medi-Cal; ask your primary doctor or Transgender Health Services