

Consultation Questions

- Can I choose how the scars will look? Nipples?
- How long do I have to wait before working out again?
- How should I sleep position-wise?
- How long do I have to wear the compression vest?
- How often should I clean the area?
- Can I use some kind of salve for the scars? Any recommendations? When can I start?
- How long should I take off from work?
- How long will I need to be on pain meds?
- Any foods to avoid post-op?
- What supplements should I take?
- My bed is tall – how long before I can support myself enough to get on it?
- How long until I have full range of upper body motion?
- What all should I prepare at home post-op?
- What should I do if I experience complications/concerns post-op?
- When will I be able to shower?
- Do you recommend sleep aids?
- Will I need someone to take care of me? How long?
- Pre-op preparations and supplies?
- How long until I can drive?
- Will I need to stop taking T? How long?

Pre-op Questions

- Do I need my current PCP to recommend a surgeon before scheduling a consultation appointment with the surgeon?
- Does my insurance policy (BCBS HealthSelect of Texas) cover mastectomy for gender dysphoria or are transgender procedures a policy “exclusion?”
 - Diagnosis code: F 64.1 (Gender Dysphoria)
 - Procedure code: 19303 and 19350
- If covered, what are the requirements?
 - Therapist’s letter?
 - Number of months of treatment?
 - Licensed psychologist or psychiatrist?
 - Hormone therapy required? How long?
- Benefits for “In Network” vs. “Out of network?”
- Is Dr. Dulin in network?

- What do I need to do to get this underway? Surgeon needs to submit surgery information to insurance with a recommendation for surgery?
- Do I have to pay out-of-pocket and then get reimbursed?
- If so, can I do a payment plan?
- Do I need to buy medical supplies?
- Can I review/update my medical passport?
- They're gonna shave me, right?
- When can I start drinking coffee again?