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 60 days prior to surgery.

BODY MASS INDEX: Less than or equal to 35

HORMONES: It is often recommended that patients have 12 months of affirming hormone treatment prior to surgery.

CLINICAL DOCUMENTATION: You will need, clinic visit notes from your most recent visit, and 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 providing 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

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.

Return through online secure portal https://www.virginiamason.org/gender-affirming-surgery or mail to us at

Plastic and Reconstructive Surgery
1100 Ninth Ave, Mailstop: X11-PRS
Seattle, WA 98101

CONTACT US 206.223.6831