

# GENDER-AFFIRMING SURGERY AT METROPOLITAN

A Complete Guide

NYC  
HEALTH+  
HOSPITALS

Metropolitan



The LGBTQ Health Center at Metropolitan offers a dedicated space where LGBTQ and especially TGNC patients can access affirming health care services.

We provide primary and preventative care, HIV/STD testing and treatment, specialty referrals, and more. Some people who are TGNC take feminizing or masculinizing hormones as part of their transition. TGNC patients can access hormone therapy through our primary care clinic, during a regularly scheduled medical appointment.

We also offer hormone therapy through a dedicated clinic, should patients remain engaged in primary care elsewhere.

You can make an appointment for a consultation with a hormone therapy specialist, or a primary care provider by calling us at **212-423-7292**.



NYC Health + Hospitals/  
Metropolitan offers a safe space  
where transgender and  
gender-nonconforming (TGNC)  
patients can access individual and  
family based care with  
respect and honesty. Our staff have  
been trained in TGNC  
competencies, and in the unique  
health needs and experiences of  
TGNC communities.

Our services are available to you  
regardless of your health  
insurance status, or your ability  
to pay. Call us, and we will find a  
healthcare program that is right  
for you.



At Metropolitan,  
we believe that  
everyone  
deserves access  
to excellent  
healthcare.

## TOP SURGERY

“Top surgery” refers to gender-affirming surgery on the chest. Feminizing top surgery can involve breast implants or breast augmentation. Masculinizing top surgery can involve a mastectomy, or removal of breast tissue. Currently, Metropolitan offers top surgeries to transgender and gender non-conforming patients, who meet criteria defined by their insurance plans and their medical providers.

## CHECKLIST

We will guide you through the process of obtaining the following documents, which most insurance companies in New York State require:



- + A signed statement of support from a psychiatrist, psychologist, psychiatric nurse practitioner, or licensed clinical social worker who knows you well.
- + A second letter from a psychiatrist, psychologist, physician, psychiatric nurse practitioner, or licensed clinical social worker who evaluated your need for surgery.
- + A letter from a psychiatrist at Metropolitan supporting your need for surgery. This letter can be in addition to, or in place of the second letter listed above.



### In addition, you may need:

- + Documentation of hormone therapy for at least 2 years, or documentation of reasons why hormone therapy is ineffective or contraindicated, and
- + Documentation of little to no breast growth despite feminizing hormone treatment (women of trans experience).
- + Once the letters are obtained we will make an appointment for you with our surgeon.



## WHAT TO EXPECT

**Before surgery:** Let your primary care provider know about your surgery so that they can provide the best care for you. Hormone replacement should be stopped 6 weeks before surgery. You should also consult your primary care provider or hormone therapy clinician before stopping hormones. You will receive additional pre-surgical instructions from the surgical team prior to your procedure.

**After surgery:** You will most likely be able to go home on the same day of your surgery. You may be sent home with a drain in place that you will be shown how to manage by your surgical team. Follow-up appointments after surgery will vary according to your needs.

Any questions after your surgery should be directed to your surgical team.



## IMPORTANT NUMBERS

Ambulatory Surgery Center 212-423-6204

Main Hospital 212-423-6262



Metropolitan has been recognized as a Leader in the Healthcare Equality Index by the Human Rights Campaign Foundation, the educational arm of the nation's largest LGBTQ civil rights organization.

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**NYC HEALTH + HOSPITALS/METROPOLITAN**

Our mission is to extend equally to all New Yorkers, regardless of their ability to pay, comprehensive health services of the highest quality in an atmosphere of humane care, dignity and respect.



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